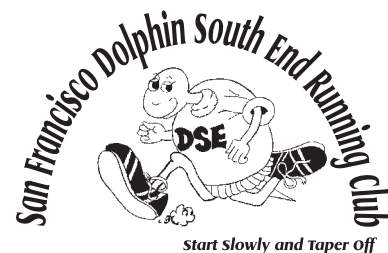


DSE NEWS



46th Year

December 2011

DSE 2012 OFFICER ELECTION

DSE election subcommittee: George Baptista, Jim Kauffold and Bill Woolf

The ballot for the election of 2011 DSE club officers is included as an insert in this issue of the *DSE News*. You may mail the ballot as directed or deposit it in a ballot box at an upcoming DSE race. The voting will close shortly after the Arts & Sciences 5K on December 11. You must be a member (dues paid) for your vote to be counted.

Please cast your vote for the candidate(s) of your choice. The candidates' statements are included in this issue for your consideration.

We are pleased with the turnout and high quality of candidates for this election. We urge all of the candidates to stay involved in our club activities as race directors, volunteers and in other key posts regardless of the election outcome.

A big thanks to our Candidates:

President: Ky Faubion

Senior VP: Noe Castanon

2nd VP: Leo Rosales

Secretary: Dave Floersch and Maria Pantoja

Treasurer: Chikara Omine

The winning candidates will be announced in the January 2011 *DSE News*. Thank you in advance for your vote.

CANDIDATES FOR 2011 DSE OFFICES

KY FAUBION, CANDIDATE FOR PRESIDENT



Most of you call me Ky Faubion — solid DSE member for almost five years and counting! Very pleased to be the 2011 president and seeing a great angle on the club. I've been with you for four relay seasons on the highly competitive racing team and have volunteered for a few overflowing Double Dipsea races. I also represented our club through a Bay to Breakers challenge to run across the city in under 44:10 in order to beat the first winner from 1912, Bobby

Vlught. I ran into a strong headwind with a 44:08 victory!

Physical goals are what this club gives us and I can truly admit that I had one of

continued on page 3

Inside

FEATURES

2012 Waterfront 10M/5K.....	2
2012 Race Schedule.....	4
Human Kinetics Discount.....	8
Course de La Châtaigne.....	11
San Francisco Marathon Ambassadors.....	13

DEPARTMENTS

Classic Stu-peds.....	2, 12
How to Contact the Newsletter.....	2
How to Contact the DSE.....	2

Folding Session Hosts Needed.....	4
More DSE at the Races	4
Race Results	5-9
Volunteers Needed	10
DSE at the Races.....	10-13
Monthly Running Schedule	14
Group Runs	14
Membership Info	15
Officers & Coordinators.....	15
Folding Session & Weather Forecast.....	15
Birthdays and New Members.....	16

From the President's Desk

◆ ◆ ◆ KY FAUBION

WRAPPING UP THIS YEAR

is a mouthful of wonderful accomplishments and I'm very proud to have witnessed our club's successful endeavors. This is PR city and we've continually shown our ability to coexist with the public in due respect. I'm happy to announce that this last year has attracted the likes of Dr. Cathy Utzschneider who is a Boston College professor of competitive performance, writer for National Masters News and national site coach for www.women-running-together.com. She writes about female runners mainly and since we have Erika Kikuchi and Marian Lyons and Noriko Bazeley — the list goes on, right? I felt some of you would like to fill her in on your stories about this year and forward it all to me so I can beat Dr. Utzschneider to the punch.

NEW WEBSITE FACELIFT!

It's in the making. We currently have someone developing a prototype website as the 2011 board committee all agreed it needed some updating to bring in a fresh crowd. If you have any suggestions, let us know! We'll relay the info and integrate our best ideas. We really hope to use this as an easier way to clear up directions to and maps of our courses and have a consistent up-to-date weekly agenda one the front page that will allow you to hit dserunners.com and immediately see which race is about to take place. It will be magnificently easy on the eyes, we hope. All feedback is welcome!

XMAS RELAY TEAM SUPPORT APPROVED

at our last board meeting, so if you feel the urge to form a relay team, get on it and we'll help you out!

2012 GALA

is approaching fast on Friday, January 27 at 7:00 PM. so be sure to make your reservation now (the form is an insert in this issue). We're partying at the South San Francisco Conference Center again and bringing you a new theme — red carpet and everything. Come, eat, dance, receive your hard-earned awards and relish in it all! Hope to see you all there. and don't be afraid to let loose!

UPCOMING RACES

Dec 4 — Ferry Building 4M: 8:00 AM start time! Set out at full power to avoid cluttering and within the first minute find your position. You'll start at the Aquatic Park and race over to the Ferry Building and back for four miles so treat this as a quick one. Don't forget to watch for pedestrians with dogs and children because these areas are highly traversed and require extra caution.

Dec 11 — Arts and Sciences 5K:

This is your end-of-the-year 5K on flat ground so make it happen. Achieve 2011 like you would have wanted it a year ago and put a minute on yourself from the past! You'll start at the Conservatory of Flowers on Kennedy

CLASSIC STU-PEDS

by *Stu Ruth*

Editor's note: Choose your poison (see page 12).



I'M JUST RUNNING TO SUPPORT
MY TWENTY DOLLAR A WEEK
CHOCOLATE HABIT.

Drive and race down to Stow lake for a small uphill, but lean into it because there's more flat ground ahead within 300 yards. You'll then soon take a sharp left turn onto Lincoln and take your next left to loop around both museums. At this point you'll be feeling good until Lincoln turns into another small hill which feels a bit exhausting; but DON'T GIVE UP because the finish happens to be only around the corner.

Dec 18 — NO DSE RUN! But head on down to Lake Merced with a four-runner team for the Lake Merced Christmas Relay.

Dec 25 — Blind Date Relay FUN RUN:

Start out your Christmas Day by picking a partner out of a hat and then running a couple of miles in turn at Stow Lake and Strawberry Hill.

Jan 1 — Marina Green 5K: Start 2012 with a new tradition, a race on the Marina Green and Crissy Field instead of the old Hangover Fun Run, which hasn't been an official race since the last century.

WATERFRONT 10M

Janet Nissenson

The Waterfront 10M and 5K races will be held on Sunday, January 22. The 10M course begins promptly at 8:00 AM, followed by the 5K at 8:10. A printable copy of the application is available on the DSE website. Go to the Race Schedule page and click on the link for the Waterfront races. There will also be applications available at DSE races. There is an early entry fee for members — \$5 for the 10M and \$3 for the 5K. Mailed-in applications must be RECEIVED (not postmarked) by January 10 in order to receive the early entry fee. After January 10, entry fees for members increase to \$8 for the 10M and \$5 for the 5K, and these will also be the race day entry fees.

We will also need a larger than average number of volunteers to support this race — course monitors, finish line, aid station, refreshments, etc. If you can help, please contact the race directors, Gary Brickley at gary@brickley.com or Ken Fong at gnofnk@sbcglobal.net. This is one of our largest and most successful races so please lend your support.

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. Or just check the website on folding session day.

◆◆◆◆◆ 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

the greatest days of my life after finishing that day.

My fourth year here has been humbling in respect to the real dedication of our members and inspiration we spread to other running organizations. We are surprisingly small compared to other clubs across the nation but that means nothing when you have a solid team to keep the gears turning. I mean SOLID! We're all very lucky to have a well-balanced club and one of its unique attributes is the efficient use of park and recreation for low key, low impact, low prices, and a really high attendance.

I was voted in last year and I now have gone through one full cycle. I am very pleased to be a representative of our little/big community and ready to serve you again. My main initiative for our club will be to assist our heavy duty volunteers and adapt to public spaces accordingly in order to allow this club the steady flow it already runs with.

NOE CASTANON, CANDIDATE FOR SENIOR VICE PRESIDENT

My name is Noe Castanon, DSE active member since 2005 and current second vice president. This year I mostly helped as a volunteer, encouraging an environment where the runners and volunteers feel like they are at home.



What I would like to accomplish during my second turn on the board (if I'm elected) is simply to continue the good, hard work of our current president Ky Faubion. I want to maintain the tradition of keeping all the races open, running smoothly and inviting to all runners, and for the club to be inclusive, fun and fiscally sound and strong.

I know the club as a runner, as a volunteer, lately as an ultrarunner and more important as a friend. I have found so many friends here; I feel so lucky to be part of the club. I can never forget the support, camaraderie and solidarity shown to me during those hard times. When runners gather not only to run but also to help others, it fuels my love for running.

DSE encourages my love of running and as vice president I will help the president to keep this environment, so that runners and volunteers feel like DSE is also your second home, a Sunday worship. That's why I ask for your vote.



LEO ROSALES, CANDIDATE FOR SECOND VICE PRESIDENT

Hello my fellow runners. My name is Leo Rosales and I have been a proud member of the Dolphin South End Running Club since August 12, 2007. Before I joined the club, I was registered at Skyline

Community College looking to receive my Associates of Arts degree. While at the college I remembered that I had a desire for running and recalled how empowered I felt after participating in the Bay to Breakers race in 1992. I decided to register for the running class, but due to low registration the class was canceled. The coach asked me to

register for the weight training class and assured me that I could incorporate running into the course. After I expressed my desire to run, my wife went online to research what was going on in the running world and found this extraordinary group of runners called the DSE. My wife and I showed up early Sunday morning at Golden Gate Park with much apprehension and anxiety, because she had never been in a race and I hadn't participated in an organized race in 15 years. Nevertheless, we were embraced with a profound show of kindness from a group of people that we had never met before in our lives. DSE adopted us first of all as friends and second of all as fellow lovers of the sport of running. I have been part of this outstanding organization for four years and have accomplished goals that in my wildest dreams I would have never thought possible. DSE has taught me that the journey is the reward.

If the great club members of DSE find that I am worthy of the position of second vice president I would first of all be a support to the president of DSE. I would make myself available in his or her absence and assure my integrity to the club members. I would very much like to assist the president to reach goals that meet the needs not only for the club, but also for the community at large. I would hope that the president would have confidence in my abilities to communicate and utilize my skills for enhancing the running experience for not only the members of DSE, but also all of the non-members from the Bay Area and guests from around the world who find the DSE through word of mouth and online.

I would like to bring fresh ideas to the club in order to increase the membership through innovative thinking. I think creating an open forum would be a tremendous way of being in touch with what the members need and want. I think these objectives could be accomplished because throughout the years DSE has shown that it truly cares about its members and teaches these concepts of success through the tireless efforts and volunteerism of so many that put together such a great service of selflessness every Sunday morning rain or shine.

It would be an honor and a tremendous privilege to give back to the community of runners that has given so much to my family and me. This would just be a small token of appreciation on my part compared to the service the Dolphin South End Runners Club has given to the greater San



DAVE FLOERSCH, CANDIDATE FOR SECRETARY

The climate's right, the race is tight. You propose, I'll compose, no one need suppose. Those who oppose, just hold your nose, don't throw smelly clothes. Above all, Vote.

Get a grip, run, don't trip. Ride a winner into winter, elect a sprinter, never chase your goat.

As for me, Maria's the one. It's not rocket-sci, on her you can rely. Vote 'til your heart's content, but don't forget to pay the rent.

Come January, by and by, Bob shall bid adieu. So, Maria or Floe for Secretary? 2012 is not the year to be contrary.

Take a memo: DSE asks for you to do your Christmas duty.

DSE 2012 Resolutions: In keeping with the season and with DSE course direction, it would be timely to promote a contributor column for the newsletter, ranging from a question and answer format to a developed article format based on researched readings. The subjects would cover the nuts and bolts of our sport, namely injury avoidance, nutrition, health, therapies and ideas that work when injuries do occur. Anecdotal stories of recovery and lessons learned would be golden. Individuals possess hard-won knowledge, and the community obviously benefits when it's shared. It's an idea. Maybe its time has come.

Some other notions: edit the web site's "weekly schedule of races" for errors in maps, course descriptions and directions; improve the precision of race results and their swift posting on the web site; provide an award ceremony with more fanfare when records are broken; recognize, at the Gala, runners with age group point totals above the norm, and you add other motions. Meanwhile, be of good cheer and enjoy those foot moves.



MARIA PANTOJA, CANDIDATE FOR SECRETARY

The reasons why I want to run for secretary of the DSE are (in order of importance) as follows. First, because it will make Bobby Marty smile. Second because George Baptista told me, "this year you have to run for

office," and I don't want to disappoint George ever. And third because I really want to help the club that has brought me so much happiness. Other than that, I have a PhD in computer engineering that will come very handy if while taking notes or accepting assignments involving correspondence (the duties of a secretary) the computer breaks, and I promise I will not get distracted from my note-taking duties even if the rest of the officers (male or female) are as handsome as they usually are. See you Sunday (unless I'm on vacation).

What would you like DSE to accomplish during your time in office? I would like to see more women running.

What would you do to help facilitate these objectives? I don't know. I will start with trying to convince my girlfriends and my two sisters to run. Let's see if I can succeed at that.

What do you see as the general direction for DSE? I would not want to change the general direction of the DSE. I think it is awesome already, gets all kind of people to get out and exercise, but maybe help it grow.

CHIKARA OMINE, CANDIDATE FOR TREASURER

One of the biggest appeals of the DSE is that the club has been able to hold organized races nearly every weekend at a cost that is easy on the wallet. As treasurer, I would continue to monitor the financial health of the club and be active in Board decisions to try to help the club maintain its tradition of putting on low-cost races that members have come to enjoy.



2012 RACE SCHEDULE

Janet Nissenson

At press time, the majority of our race permits for 2012 were still pending approval from various agencies (i.e. GGNRA, San Francisco Parks & Rec, etc.). We expect to be receiving approval on these events within the next couple of weeks. A printed copy of the confirmed 2012 Race Schedule will be included with the January 2012 newsletter. In the interim, please refer to the DSE website – www.dserunners.com – for the tentative 2012 schedule. A few of our January races have been approved, including the first race of the year, the New Year's Marina Green 5K to be held on Sunday, January 1. We will also have printed copies of the schedule available at the races beginning in January. Please be sure to check the website for any changes to the schedule.

MORE DSE AT THE RACES

More results that didn't fit in the listing starting on page 10:

PL	NAME	AGE	A.G.	PL	A.G.	TIME
Quadruple Dipsea, 28.4M, Mill Valley, November 26						
14	Cliff Lentz	46				4:54:50
30	Jason Reed	32				5:10:58
46	Jamie Collie	33				5:34:56
93	Erika Kikuchi	33				6:16:13
123	Mary Collie	34				6:37:00
145	Kenneth Fong	49				6:47:48
182	Gary Brickley	58				7:27:56
215	Noe Castanon	41				8:06:48

Quarry Lakes Turkey Trot, Fremont, November 26

Half Marathon						
184	Mary Gray	49	12	F 45-49		2:57:23
187	Alva Fong	40	17	F 40-44		3:15:51

10K

8	J.R. Minthz	45	2	M45-49		42:48
66	William McCarty	64	3	M60-64		1:05:04

5K

183	Barbara Robben	77	1	F 75-79		36:48
312	Riley Baird	5	10	M 2-8		50:50
313	Danni Baird	28	13	F 25-29		50:56

FOLDING SESSION HOSTS NEEDED

Jane Colman

Thank you so much to all the DSE members who stepped up to host folding sessions in 2011, especially those who volunteered multiple times. But now the DSE News needs folding session hosts for all of 2012, starting with the last week in January. The folding session is always a party, where everyone brings refreshments to share. The host's 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. 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).



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

October 30, 2011

Great Highway 3.95M

Race Directors: Bob Theis and Robert Brizuela

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Rick Torrealano, Phyllis Nabhan, Kevin Lee, Vince French, John Weidinger, Neal Ashton, Dave Floersch, Jimmy Yu



Race Directors Bob Theis and Robert Brizuela

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Sloane Cook	22	21:40
2	Chikara Omine	28	22:00
3	Caio Soares	28	22:11
4	Jesse Caen ?	29	22:14
5	Joe Wehrheim	39	22:42
6	Markham Miller	47	23:24
7	Pedro Alvarez	38	23:34
8	Jerry Flanagan	46	23:49
9	Alex Munoz	41	24:00
10	Tim Comay	27	24:09
11	Ky Faubion	26	24:23
12	Nakia Baird	36	24:24
13	Jerry Lee	33	24:37
14	John Woods	47	25:13
15	Drew Lindsey	25	25:41
16	Michael Crowgey	28	25:42
17	George Rehmet	44	26:04
18	Steven Pitsenbarger	43	26:29
19	Edward Caldwell	53	26:40
20	Rick Torrealano	62	26:41
21	Cristian Alvarez	32	26:47
22	Marcial Saavedra	19	26:55
23	Mark Mooney	54	26:59
24	Roger Mena	38	27:01
25	Landon Jones	34	27:06
26	Brian Schultz	44	27:07

27	Dave Flinn	45	27:14	86	Robert Horton	49	35:05
28	Daryl Luppino	51	27:27	87	Maria Wamsley	48	35:10
29	Conal Gallagher	48	27:53	88	No Name		35:14
30	Maureen Davin ①	30	28:06	89	Steve Nissenson	63	35:21
31	Edward Hung	34	28:28	90	Ken Weller	63	35:40
32	Stephen Seymour	50	28:30	91	Claire Tuohey-Mote	24	36:22
33	Michael Gulli	51	28:34	92	Pat Geramoni	63	36:24
34	Bruce Johnson	43	28:43	93	Henry Nebeling	79	36:39
35	Alice Shikina ②	40	28:48	94	Xiaohong Xu	32	36:40
36	Noriko Bazeley ③	53	29:10	95	Keith O Johnson	73	37:13
37	Kenneth Fong	49	29:11	96	Alfred Palma	50	37:20
38	Jason Reed	32	29:14	97	Fred Haber	52	37:23
39	Erika Kikuchi ④	33	29:23	98	Yong Cholee Haber	53	37:31
40	Peter Emanuel	13	29:26	99	Brian Dierking	46	37:38
41	Betsy Gray ⑤	28	29:31	100	Mike Rouan	47	37:38
42	Nickolas Melville	41	29:33	101	Joana Mendoza	37	37:43
43	George Musante	56	29:33	102	Tanya Cota	42	37:49
44	Maxime Bernadat	24	29:42	103	Matt Bouchard	37	37:51
45	Patrick Lee	64	30:15	104	Bri Blencoe	25	37:56
46	Steve Kusmer	54	30:20	105	Kirsta Moore (Martino)		
47	Sharon Munoz	15	30:30			43	38:27
48	Larry Wuerstle	56	30:35	106	Lina Khatib		38:38
49	Ruth Rainero	56	30:53	107	John Bozeman		38:56
50	Bill Hamilton	58	31:02	108	Miguel Guerrero		38:57
51	Liz Heidhues	61	31:03	109	Beth Hoch	34	38:58
52	Thomas Camplin	31	31:08	110	Andrea Lambert	39	39:24
53	Sarah Woulfin	33	31:17	111	Rebecca Miller	48	39:25
54	Stacie Mounts	29	31:21	112	No Name		39:30
55	Diego Cuenca	26	31:34	113	Naomi Kwooten	52	39:31
56	James Taylor	28	31:50	114	Caron Anderson	70	39:39
57	Yoshio Daikoku	63	31:53	115	Eric S.		39:56
58	Mike Melton	30	32:02	116	Stephanie Douglass	42	39:57
59	Catherine Melton	27	32:04	117	Methinee Thongma	34	40:06
60	Alyssa Yell	29	32:06	118	Tracy Hathaway	49	40:30
61	Marisa Ceballos	30	32:09	119	Jane Colman	68	40:33
62	Daz	59	32:27	120	Lisa Kelly	28	41:37
63	Sandra Sigurdson	55	32:29	121	Sarah Casteneda	27	41:38
64	Rob Snively	41	32:43	122	Kevin Casteneda	27	42:10
65	Marta Lindsey		32:50	123	Sara Glassford	26	42:10
66	Ger Blanchfield		32:51	124	Lex Leifeit	35	42:44
67	Amy Sonstein and Rebecca			125	Dan McKinley	31	42:46
		41	33:09	126	Christy Colcord	43	42:47
68	Floe	70	33:17	127	Mari Almeida	38	42:48
69	Larry Chow	42	33:18	128	Heather Mead	31	42:50
70	Gary Brickley	58	33:23	129	Jeff Shopoff	67	42:55
71	Jim McBride	68	33:27	130	Virginia Rosales	47	43:53
72	Joseph Connelly	50	33:29	131	No Name		44:23
73	David Wamsley	46	33:30	132	William McCarty	64	44:24
74	Erik Luna	32	33:33	133	Mike Hung	61	44:45
75	Eleanor Fraser	28	33:39	134	Hannah Katz	27	44:59
76	No Name		33:40	135	Angelina Gin	23	45:00
77	Megan O'Conner	41	33:46	136	Keilin Huang	23	45:01
78	Kate Bannon		33:53	137	Kelly Daikoku	52	45:33
79	Melissa Cheung	26	34:06	138	Tam Tran	41	45:49
80	Jerry McGowan	73	34:11	139	Jim Kauffold	74	45:56
81	Paul Mosel	70	34:20	140	Diana Canant	59	47:23
82	Meredith Benton		34:29	141	Lucia Angel	24	48:08
83	Marian Lyons	64	34:43	142	George Sacco	73	48:10
84	Courtney Alev	25	34:44	143	K. Lail	42	48:11
85	Cindy Wamsley	51	35:00	144	Shannon Luppino	15	48:49



Harry Cordellos and Gregory Brown being chased by a unicyclist on the Great Highway
Photo by Don Watson

145 Shannon Cairns	37	49:11
146 Gregory Brown		49:57
147 Harry Cordellos	73	49:58
148 Amanda Chevalier	15	50:20
149 Marcia Martin	59	50:26
150 Fatim		59:20

SELF-TIMERS

Ed Olkowski	68	72:43
Diane Okubo-Fong	50	

November 6, 2011

Kennedy Drive 8K

Race Director: Noé Castañón

Volunteers: Calvin Chan, George Sacco, George Baptista, Bobby Marty, Geores Buttner, Jim Buck, Nakia Baird, Erika Kikuchi, Phyllis Nabhan, Caron Anderson, David Guerrero, Kevin Lee



Race Director Noé Castañón

© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Sloane Cook	22	27:11
2	Ky Faubion	26	27:55
3	Joe Wehrheim	39	28:03
4	Ian Macnider	26	29:02
5	Jerry Flanagan	46	29:30
6	Andrew Macnider	23	29:45
7	Tim McMenomey	50	30:06
8	Joe Ridout	42	30:49
9	Colin T. Johnson	45	31:12
10	John Woods	47	31:19
11	Jason Reed	32	31:24

Brie Reybine	
John Lang	72
Jennette Figueroa	58
Richard Hannon	76
Richard Finley	63
Jesse Agbayani	59
Ann Agbayani	51
Roxanna Pezzy	
Liese Rapozo	84
Wally Rapozo	83

KIDS' RUN

1 Peter Emanuel	13	3:27
2 Jakob Lail	7	3:46
3 Tim Abbott	7	3:47
4 Vanessa Miller	7	3:48
5 Xavier Miller	6	4:02
6 David Guerrero	7	4:10
7 Elijah Canlas	9	4:17
8 Freya Wehrheim	6	4:21
9 Ava Moore	5	4:27
10 Lilli Moore	4	5:18
11 Michelle Alvarez	5	5:51
12 Lila Villaeuva	3	5:59
13 Phineas Wehrheim	3	6:34

12 Michael Crowgey	28	31:28
13 Samuel Harvel	49	31:32
14 Louise Stephens ①	46	31:36
15 JP McSherry	36	31:53
16 Jerry Lee	33	32:09
17 Marcial Saavedra	19	32:17
18 Gene Bauer	49	32:34
19 Cristian Alvarez	32	32:45
20 Rick Torrealano	62	33:26
21 Conal Gallagher	48	33:34
22 Daryl Luppino	52	33:57
23 Kate Grossman ②	28	34:22
24 Aoife Breslin ③	27	34:34
25 Barry O'Brien	28	34:43
26 Michael Gulli	51	34:51
27 Nancy Benedeti ④	28	35:57
28 Erika Kikuchi ⑤	33	36:06
29 Miller	45	36:15
30 Ayman Naseri	42	36:21
31 Catherine Nelton	27	36:27
32 Patrick Lee	64	36:47
33 Sylvain Margoloff	24	37:11
34 Alfred Hu	51	37:16
35 Miguel Guerrero		37:31
36 Betsy Gray	28	37:39
37 Liz Heidhues	61	37:40
38 Michael Melton	50	37:48
39 Stephen Seymour	50	38:03
40 Jacki Seymour	15	38:10
41 Amy Svendberg	41	38:25
42 King Wayman	62	38:27
43 Yoshio Daikoku	63	38:58
44 Francois Lariviere	49	39:00
45 Bill Hamilton	58	39:47

46 Stephanie Soler	37	39:50
47 Fiona McCusker	47	39:52
48 George Durgerian	45	39:53
49 James Taylor	28	40:09
50 Marie Carlotti	55	40:21
51 Theo Jones	73	40:39
52 Rick Nippes	63	40:40
53 Shane Corban	35	41:08
54 Floe	70	41:11
55 Allison Groves	47	41:27
56 Amy Sonstein and Rebecca		
	41	41:29
57 Mark Kelley	55	41:30
58 Eleanor Fraser	28	41:58
59 Steve Musser	66	42:12
60 Fred Haber	52	42:20
61 Mike Gaughan	25	42:37
62 Lina Khatib		42:39
63 Cesar Granados	27	42:39
64 Ken Weller	63	42:41
65 Niall Fox	32	42:47
66 Joe Connelly	50	42:51
67 Yong Haber	53	43:00
68 Michael Slowvik	46	43:07
69 Jennifer Frankel	30	43:17
70 Teresa Scott	26	43:56
71 Paul Mosel	70	44:31
72 Geores Buttner	75	44:49
73 Sharon Crost	50	44:55
74 Xiaohong Xu	31	45:29
75 Jim Golden	60	45:46
76 Marena Granados	31	45:53
77 Stephanie Hibbert	43	45:54
78 Kate Randolph	32	45:56
79 Steve Nissenson	63	46:28
80 Mort Weisberg	74	46:49
81 Henry Nebeling	79	47:01
82 Mike Rouan	47	47:10
83 Brian Dierking	46	47:11
84 Tracy Hathaway	49	47:32
85 Veronica Campbell		47:33
86 No Name		47:34
87 Alfred Palma	50	48:00
88 Peter Flessel	70	48:57



Geores, Fred and Lina heading up to Kennedy Drive

Photo by Don Watson

89	Abigail Bridgman	29	49:00
90	Svea Jeske	33	49:01
91	Carol Pechler	71	49:30
92	Jeff Shopoff	67	49:31
93	Jane Colman	68	49:36
94	Rebecca Miller	48	50:00
95	Beth Hoch	34	50:01
96	No Name		50:43
97	Deborah Bevilacqua	43	51:02
98	Jack Bascom	70	51:57
99	Heather Urnes	22	52:11
100	Irene Flack	52	52:14
101	Dina Tavera	27	52:23
102	Mari Almeida	38	54:07
103	Jeff Houston	53	54:37
104	Teo Ammino	64	54:56
105	Christy Colcord	43	55:29
106	Cowboy Guy	58	55:53
107	Jim Kauffold	74	57:12
108	Sherie Ambrose	53	57:31
109	Shannon Luppino	15	58:10
110	Kelly Daikoku	52	58:34
111	Seth Ducey	40	1:04:39
112	April Rizzi		1:04:53
113	Rocco Mullinax	37	1:04:54
114	Margo Banowicz	52	1:05:05
115	Sarah Hasvong	29	1:08:13
116	Joi Milsom	39	1:13:50

SELF-TIMERS

	Ed Olkowski	69	1:31:19
	Diane Okubo-Fong	50	
	Sunhi Kim		
	Tom Huster		
	Russell Breslauer	66	
	Bob Theis	83	
	Elaine Gecht	67	
	Richard Finley	63	
	Richard Hannon	76	
	Wally Rapozo	83	
	Liese Rapozo	84	

KIDS' RUN

1	Anya Durgerian	10	4:50
2	Johnathan Ngo	11	5:12
3	Vanessa Miller	7	5:25
4	Joseph Louie	9	5:25
5	Freya Wehrheim	6	5:36
6	David	7	5:49
7	Xavier Miller	6	6:29
8	Vladimir Hoffman	6	6:35
9	Griffin Hoffman	3	8:59
10	Phineas Wehrheim	3	9:10
11	Milo Plotitsa	4	9:12

November 13, 2011

Embarcadero 10K

Race Directors: Kathleen and Joshua Lail

Volunteers: Calvin Chan, Bobby Marty, George Baptista, Geengr Cocco, Geores Buttner, Danni Baird, Riley Baird, Pat Geramoni, Vince French, Jakob Lail, Phyllis Nabhan, Judith Jarosz, Tom Huster, Denise Leo, Kevin Lee



Race Directors Joshua and Kathleen Lail
© 2011 Paul Mosel

PL	NAME	AGE	TIME
1	Sloane Cook	22	35:28
2	Stuart Fraser	45	35:47
3	Ky Faubion	26	36:06
4	Jonathan Reid	42	36:44
5	Ian Macnider	26	36:58
6	John Harper	37	37:26
7	Micah Citrin	37	37:42
8	Pedro Alvarez	38	37:44
9	Jason Draut	35	38:10
10	Reese Laughlin	49	38:12
11	Tim McMenomey	50	38:33
12	Andrew Macnider	23	38:39
13	PJ Walstrom		38:58
14	Brian Burbank	47	39:19
15	Alyson Barrett-Ryan ❶	32	39:28
16	Marlin Gilbert	51	40:10
17	Steven Pitsenbarger	43	40:12
18	C. Conneely		40:52
19	Vincent Gulli	22	40:53
20	Stanley Hu	33	40:59
21	Marcial Saavedra	19	41:02
22	Joseph Connor	45	41:03
23	Edward Hwang	38	41:21
24	Chico Smalls	49	41:31
25	Chad Nathanson	13	42:14
26	Chase Doolittle	13	42:20
27	Cristian Alvarez	32	42:30
28	Yanning Zhang	53	42:47
29	Seth Sternglanz	35	43:14
30	Rick Torreano	62	43:19
31	Edward Caldwell	53	43:44
32	Dave Flinn	45	43:54
33	Dave Carpenter	48	44:16
34	Andrew Keay	34	44:20
35	Aoife Breslin ❷	27	44:37
36	Warren Frost		44:40

37	René Rodriguez ❸	41	44:55
38	Chris Johnson	40	44:57
39	Michael Gulli	51	45:22
40	Nicole DeMartini ❹	27	45:51
41	Brett Hinton		46:02
42	Stephen Seymour	50	46:04
43	Gary Waterfield	50	46:08
44	Ian Inman	24	46:10
45	Andrey Kislyuk	22	46:12
46	Judy Waitz ❺	51	46:53
47	Barry O'Brien	28	46:58
48	Jeff "Rocket" Lyng	25	47:06
49	Steven Wong	36	47:46
50	Nick Goldsworthy	41	47:58
51	Pam Campanaro	24	48:09
52	Patrick Lee	64	48:26
53	Lenny Rachitsky	30	48:31
54	Cammie Dingwall	48	49:06
55	Sean Young	11	49:09
56	Riya Suising	44	49:10
57	Kristin Husband	30	49:19
58	Miguel Guerrero	42	49:31
59	Mark Prichard	56	49:34
60	Ashley Gorringer	34	49:39
61	Sarah Woulfin	33	49:58
62	Bill Hamilton	58	50:14
63	Sebastien Leger	30	50:26
64	Jenny Li	36	50:38
65	Dai Kudo	38	50:40
66	Gregory Loughin	30	50:40
67	Josh Fleischmann	27	50:42
68	Gordon Bowman	27	50:44
69	Nicholas Ray	29	50:50
70	Marin Kasper	40	50:55
71	Jonathan Schniat	49	50:58
72	Alison Bright	29	50:59
73	David Levine	42	51:01
74	Aaron Riley	27	51:03
75	Anton Schulz	25	51:12
76	Kristyn Byrne	40	51:41
77	Rafael Sands		52:03
78	Nathaniel Sands	16	52:03
79	Barbara Kirkwood	50	52:05
80	Wendy Allen	38	52:10
81	Edward Husband	52	52:19
82	Floe	70	52:20
83	Xiaodong Yang	56	52:21
84	Gary Brickley	58	52:44
85	Tim Lenz	51	52:45
86	Adam Lenz	29	52:46
87	Anthony A. Lopez	24	52:47
88	Nick Wesoky	32	53:00
89	Amy Sonstein (and Rebecca)	41	53:04
90	Stephen Yee	37	53:05
91	Jacki Seymour	15	53:06
92	Jared Chan	11	53:07
93	Elsa Heylen	41	53:08
94	Jen Hardy	25	53:16
95	Rick Nippes	63	53:20

96	Robert Schelly	50	53:25
97	Ignano (Jose) Toussaint	35	53:28
98	Annie Hutton	29	53:29
99	Katrin Fullerton	36	53:30
100	Kelly Grudzien	35	53:34
101	Sandra Sigurdson	55	53:51
102	Mira Inbar	30	54:00
103	Sarah Swanbeck	26	54:01
104	Jim McBride	68	54:04
105	Felicia Strankman	41	54:11
106	Kirby Hutton	24	54:12
107	Megan O'Connor	41	54:30
108	Janell Kobayashi	48	54:32
109	Turkey		54:36
110	Aaron Brickley		54:37
111	Marian Lyons	64	54:42
112	Faye Dibaln	42	54:44
113	Tyron Hooper	40	54:45
114	Immanuel Robard	12	54:48
115	Micaela Garcia	25	54:54
116	Chuck Allen	63	55:02
117	Yong Cholee Haber	53	55:39
118	Amy Albright	32	55:46
119	Danae Erratchu	27	55:48
120	Kathryn Cullen	37	55:55
121	Amy Kang	35	56:12
122	Chinh Le	37	56:13
123	Tim Foster	41	56:25
124	Jeanette Bordy	24	56:28
125	Alisha Ardiana	38	56:29
126	Paul Mosel	70	56:51
127	Turkey		57:00
128	Erin Laetz	28	57:19
129	Anthony Rojas		57:35
130	Pat Geramoni		57:37
131	Lisa Kelley	35	57:53
132	Stephanie		58:12
133	Joseph		58:15
134	Geores Buttner		58:16
135	Arleen		58:18
136	Janet		58:26
137	Luis Aguayo	34	59:06
138	Jim Golden	60	59:16
139	Trisha De		59:19
140	Keith Gluck	37	59:22
141	Savannah		59:23
142	Stewart	25	59:38

142	Gastón Olvera	37	59:38
143	Cyrille Bongat	27	59:39
144	Kristopher Prakash	30	59:43
145	Lori Nigam	27	59:45
146	Henry Nebeling	79	59:47
147	Heather Moonjian	29	59:52
148	Brandon Brewster	24	59:56
149	Alex Royea	22	59:59
150	Veronica Campbell		60:05
151	Ger Blanchfield		60:06
152	Johanna Friend	30	60:09
153	Alfred Palma	50	60:10
154	Brian Dierking	46	61:04
155	Mort Weisberg	74	61:06
156	Rebecca Miller	48	61:25
157	No Name		61:26
158	No Name		61:28
159	Ireland Clare Kennedy	13	62:05
160	Marcela Saucedo		62:21
161	DJ Prinvale	28	62:41
162	Sam Roake	75	62:49
163	Laura A. Clare	47	62:55
164	Heiko Ritter	36	63:07
165	Alyssa Easton	33	63:09
166	William McCarty	64	63:13
167	Ligia Bermudez	40	63:22
168	Kirsta Martino	43	63:29
169	Diane Lucas	53	63:30
170	Peter Flessel	71	63:32
171	Peihang Wu	26	63:47
172	Jeff Vesey	63	63:53
173	Anabel Mejia	49	64:12
174	Eduardo Hernandez	48	64:13
175	Daniel Pradilla	45	64:22
176	Bailey Kordic	25	64:29
177	Paul Jamtgaard	49	64:38
178	Mike Hung	61	65:56
179	Brian Hartley	58	65:57
180	Melissa Dizon	38	66:00
181	Paul F. Martinez	40	66:07
182	Jeff Shopoff	67	66:08
183	No Name		66:14
184	Lisa Schlittner	49	66:23
185	Cathy Bowling	49	67:02
186	Virginia Rosales	47	67:04
187	Heidi Clausen	37	67:11
188	Judy Breedlove	41	67:12
189	Anita Palafox	40	67:19
190	Yuko Naumann	47	67:23
191	Jay Zimmerman	35	68:00
192	Margo Zimmerman	35	68:01
193	Jenny Koch	41	68:02
194	Victor Chew	48	68:08
195	Amparo Leyman	39	68:09
196	Amor Terrazas	35	68:48
197	Kim Johnson	34	68:49
198	Marad Arriaga	36	68:51
199	Gary Bengier	56	69:00
200	Yvonne Lewis	37	69:07



As always, there were great refreshments at the finish of the race

© 2011 Paul Mosel

201	Michelle Balance	32	69:09
202	Rebecca Lewis	29	69:35
203	Frank Mwiti	34	69:42
204	Gokul Varadhan	33	70:23
205	Yasmin Ferchiou	32	70:51
206	Jim Kauffold	74	71:53
207	Mary Gray	49	71:59
208	James Mutschler	46	73:12
209	Barbara Robben	77	73:27
210	Tibisay Gonzalez	43	73:34
211	Julie Bernstein	41	74:02
212	Ted Ammiro		74:09
213	Daphne Davis	34	75:01
214	Leila Zwelling	35	75:49

HUMAN KINETICS DISCOUNT FOR RRCA MEMBERS

Human Kinetics, the leading publisher of resources for athletes, fitness enthusiasts and coaches at all levels, has become a gold-level sponsor of the Road Runners Club of America. Read the full release at <http://www.rrca.org/services/news-entry/human-kinetics-becomes-rrca-sponsor>.

Human Kinetics is pleased to offer a 20% holiday discount on any product purchased from HumanKinetics.com through December 22, 2011. Simply enter E6836 into the promo code box when checking out to receive a discount on all qualifying products in your shopping cart. More details at <http://www.humankinetics.com/news-and-excerpts/news-and-excerpts/save-20-this-holiday-season?associate=6883>.

November 20, 2011

Lake Merced 4.5M/9M

Race Directors: Marian Lyons and Joe Connelly

Volunteers: George Sacco, Markham Miller, Geores Buttner, Wally Rapozo, Liese Rapozo, Bobby Marty, George Baptista, Pat Geramoni, Jim Kauffold, Jill Sell, Joshua Lail, Jakob Lail, Sandra Sigurdson, Kevin Lee



Race Directors Joe Connelly and Marian Lyons

© 2011 Paul Mosel

PL	NAME	AGE	TIME
Single Loop. 4.5M			
1	Markham Miller	47	27:38
2	Jason Reed	32	28:18
3	Deante Johnson	25	28:35
4	Alex Munoz	41	29:28
5	Vincent Gulli	22	30:10
6	Bobby Chen	30	30:34
7	Conal Gallagher	48	31:28
8	Dave Flinn	45	32:23
9	Jon Yonago	48	32:25
10	Anthony Caprioglio	15	33:05
11	Dan Caprioglio	50	33:05
12	Stephen Dawson-Haggerty		
		26	33:07
13	Alex Smoigovets	26	33:22
14	Matt Greeley	37	33:25
15	Dave Bamford	55	34:13
16	Sean Young	12	34:22
17	Larry Wuerstle	56	35:03
18	Patrick Lee	63	35:03
19	Bill Hamilton	58	35:04
20	Michelle Fairbanks ❶		
		32	35:26
21	Charles Brown	32	35:37



It was a wet and cold start

Photo by Don Watson

22	Mark Prichard	56	36:10
23	Gary Brickley	58	36:11
24	Denise Leo ❷	36	36:32
25	John da Sote	21	37:32
26	Stephanie Soler ❸	37	37:40
27	Jim McBride	68	37:51
28	Josh Bader	22	38:19
29	Jerry McGowan	73	38:23
30	Michael Tran	21	38:53
31	Bob DeFazio	27	39:02
32	Brian Wright	48	39:08
33	Richard Seto	31	39:16
34	Eleanor Fraser ❹	28	39:22
35	Kathleen Lail ❺	43	39:36
36	Paul Mosel	70	39:39
37	Sandra Sigurdson	55	39:52
38	Pat Geramoni	63	40:44
39	Xiaohong Xu	31	41:02
40	Geores Buttner	75	42:09
41	Neal Ashton	55	42:16
42	Rocco Mullinax	37	42:35
43	Jared Chan	11	42:42
44	Raymond White	67	42:56
45	Bethany Steichen	28	43:01
46	Lin Pak	46	43:20
47	Jeff Shopoff	67	44:33
48	Tom Huster	68	45:05
49	Caron Anderson	70	45:29
50	Wendy Stewart	52	46:29
51	Jane Colman	68	46:30
52	Emily Pratt	26	46:45
53	Jeanette Vilches-Nielsen		47:38
54	April Rizzi		48:17
55	Annie Bachrach		49:21
56	Tiffany Young	24	50:18
57	Meg Kawahota		50:33
58	Marvin Ortiz		52:41
59	Jim Kauffold	74	54:19
60	Ariana Diaz	29	54:35
61	John Weidinger	70	55:56
62	Amanda Wasserman	29	56:47
63	Lauren Gill		61:15
64	Gabriel Rojas		62:13

SELF-TIMERS

Ed Olkowski	69
Diane Okubo-Fong	50
Richard Finley	63

Double Loop, 9M

1	Chris Thunen	34	50:50
2	Joe Wehrheim	39	53:03
3	Sloane Cook	22	55:16
4	Jenn Shelton ❶	27	55:22
5	Peter Bleckert	47	58:02
6	Tim Comay	27	58:13
7	Andrew Macnider	23	59:49
8	Steven Pitsenbarger	43	62:40
9	Juan Melendez	54	63:12
10	Rick Torreano	62	64:18

11	Jamie Yang ❷	27	64:45
12	Dave Carpenter		64:59
13	Ky Faubion	26	65:08
14	Michael Gulli	52	67:12
15	Rachel Haurwitz ❸	26	67:21
16	Kenneth Fong	49	67:32
17	Riya Suising	44	69:41
18	Lloyd Sampson	68	69:49
19	Nancy Benedetti ❹	28	71:45
20	Ashley Gorringer ❺	34	71:59
21	Danny Dawson	29	73:40
22	Jaume Rius i Riu	38	73:14
23	Kim Evason	34	74:01
24	King Wayman	62	76:28
25	Maria Pantoja	31	77:32
26	Amy Svendberg	41	77:59
27	David Klinetobe	50	77:29
28	Floe	70	79:37
29	Karen Pinckard	52	79:13
30	Milinda Lommer	42	80:42
31	Ger Blanchfield	42	81:29
32	Midoni Eg	49	82:31
33	NO NAME		83:12
34	Sergio Aldana	15	84:49
35	Greg Brown	62	84:51
36	Claudine Co		84:52
37	Martha Arnaud	41	84:23
38	Stephanie Humphrey		
		42	85:10
39	Alex Munoz	41	89:30
40	Vincente Aguiqui, Jr.	51	90:51
41	Tracy Hathaway	49	91:08
42	Gloria Jue	46	95:34
43	Michael Lopez	12	96:58
44	Peter Flessel	70	99:33
45	Mary Gray	49	100:48



Peter Flessel and Mary Gray ran the 9M Lake Merced double loop and the following Sunday ran the 15K Lake Merritt triple loop

Photo by Don Watson

◆◆◆ 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:

December 4	Ferry Building 4M
December 11	Arts & Sciences 5K
January 1	Marina Green 5K
January 8	Golden Gate Park 10K
January 15	Ballpark 5K
January 22	Waterfront 10M/5K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit — registration, finish line, course monitor or aid station when needed. This does not include helping to unload or reload the equipment truck as this is not an hour's worth of work. All year-end awards, including Age Division Awards, now require a minimum of two hours of volunteer work during the calendar year.

With a new year of races about to begin, we also need Race Directors for almost every 2012 race. We will also need additional volunteers at the Waterfront 10M/5K to help with course monitoring, aid station, finish line, etc. Start your New Year off right and get those required volunteer hours out of the way without delay!

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

LMJS 4th Sunday Runs, Oakland, September 25

5K

1	Wayne Cottrell	49	1	M40-49	19:02
2	Tim McMenomey	50	1	M50-59	19:04

15K

11	Jared Chan	11	1	M 1-12	1:17:48
----	------------	----	---	--------	---------

Detroit Free Press Marathonm October 16

2937	Gregory Brown	61	40	M60-64	5:17:21
------	---------------	----	----	--------	---------

Howlin' Moon 5K, October 22

2	Jerry Flanagan	46	2	M40-49	18:17
3	Markham Miller	47	3	M40-49	18:33
4	Nakia Baird	36	1	M30-39	18:52
5	Steve Pitsenbarger	43	4	M40-49	19:18
6	Peter Hsia	51	1	M50-59	19:33
15	Kenneth Fong	49	8	M40-49	21:40
22	Judith Waitz	51	1	F 50-59	22:34
55	Joseph Connelly	50	2	M50-59	26:35
60	Paul Mosel	70	1	M 70+	27:06
152	Diane Okubo-Fong	50	4	F 50-59	40:47

LMJS 4th Sunday Runs, Oakland, October 23

5K

2	Tim McMenomy	50	1	M50-59	19:07
37	Barbara Robben	77	1	F 70-99	35:33

10K

3	Tim Comay	27	1	M20-29	40:03
---	-----------	----	---	--------	-------

Rock 'n' Roll St. Louis Marathon, October 23

2918	Gregory Brown	62	33	M60-64	5:31:53
------	---------------	----	----	--------	---------

John Lawson Tamalpa Challenge, 4.25M, Marin Headlands, October 29

Women

24	Louise Stephens	46			27:18
55	Heather Leutwyler	33			29:32
104	Amy Sonstein	41			34:47
105	Marie Carlotti	55			34:50
106	Carolyn Dingwall	48			35:00
124	Barbara Robben	77			49:18

Open Men

27	Justin Mikecz	31			23:36
33	Chikara Omine	29			23:59
47	Ky Faubion	26			25:41
49	Ian Macnider	26			26:02
62	Eduardo Vazquez	38			27:38
67	Jason Reed	32			28:34

Masters Men

33	Jerry Flanagan	46			25:42
47	Wayne Cottrell	49			26:55
51	Paul Zager	54			27:05
69	Steven Pitsenbarger	43			28:24
91	Tyler Abbott	50			30:22
101	Gene French	65			31:21
104	Jim Flanagan	62			31:44

108	Steve Stephens	67			32:27
122	Russ Kiernan	73			34:51
Healdsburg Wine Country Half Marathon, October 29					
98	Hennie Strydom	38	13	M35-39	1:40:38
SAFETY 5K, October 30					
	Gregory Brown				27:10
	Bill McCarty				32:20
36th Marine Corps Marathon, Washington, DC, October 30					
3193	Jim Buck	68	10	M65-69	3:51:24
Lake Chabot Trail Marathon, Castro Valley, October 31					
22	Kenneth Fong	49	4	M40-49	4:39:24
33	Gary Brickley	58	1	M50-59	5:01:43
Ancil Hoffman Challenge, 6K, Carmichael, November 5					
Women					
22	Louise Stephens	48			23:10
78	Cammie Dingwall	48			29:09
Masters Men					
36	Paul Zager	54			23:05
68	Gene French	65			26:23
71	Jim Flanigan	62			26:44
Open Men					
25	Jin Daikoku	28			19:46
30	Chikara Omine	29			20:06
47	Jason Reed	32			23:07
Stinson Beach Trail 25K, November 5					
24	Erika Kikuchi		1	F 30-34	2:26:30
Indianapolis Monumental Marathon, November 5					
2487	William McCarty	64	43	M60-64	5:46:05
US Half Marathon, November 6					
457	Diann Leo	50		F 20-29	1:50:26
557	Rafael Sands	11		M 1-19	1:53:06
558	Nate Sands	12		M 1-19	1:53:06
786	Sherman Arnest	182		M30-39	1:57:51
1336	Marian Lyons	2		F 60-69	2:08:13
1858	Martha Arnaud	128		F 40-49	2:17:32
1919	Pat Geramoni	4		F 60-69	2:18:38
3274	Leopoldo Rosales	92		M50-59	2:57:12
3279	Virginia Rosales	308		F 40-49	2:57:28
3368	Mercedes Acosta	12		F 60-69	3:04:16
3511	Ann Agbayani	94		F 50-59	3:31:52
3520	Jesse Agbayani	98		M50-59	3:33:52
3521	Roxanna Pezzy	96		F 50-59	3:34:26
Run With the Jets Half Marathon, San Mateo, November 6					
94	Jared Chan	11	1	M 1-14	1:48:28
Tri-City 5K, Fremont, November 6					
1	Alex Munoz				19:25
Two Cities Marathon. Fresno and Clovis, November 6					
507	Gregory Brown	62	16	M60-64	5:20:21
New York City Marathon, November 6					
5214	Riya Suising	44	134		3:29:04
19768	Noriko Bazeley	53	309		4:13:17
Clarksburg Country Run, November 13					
5K					
219	Dee Farkas	84	1	F 80+	51:22

COURSE DE LA CHÂTAIGNE

Bill Woolf and Wendy Newman

Planned way in advance of November 6th, we signed ourselves and Suzana Seban up for a wonderful 15K race in a small French village known for its harvesting of chestnuts. We were excited to introduce Suzana to our running life on the Côte d'Azur and had planned this event carefully ever since she advised that she would be visiting us in Nice. It involved signing up for the race in advance and borrowing a car for the transport. As the race day approached, the weather deteriorated to catastrophic floods. We decided to stay the "course" and make the journey.

Race Morning:

It's 5 AM and the wind is howling, the rain is coming down in sheets and we will soon be off on our way to Collobrières for the 15K Course de La Châtaigne (Chestnut Run). We can't imagine worse weather for driving OR running. The drive alone is more than 125km and some of it is on winding mountain roads. We will pick Suzana up at 6:30.

We missed a text message from friends, sent at 7:30, telling us that the media was advising everyone to "stay put" at home.

Advance to 10:30 PM:

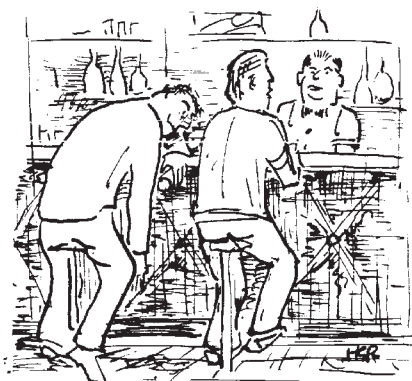
To make a long story short, we got soaked just walking to our car! Then, we drove 2 1/2 hours, much of it in heavy downpour, and arrived at Collobrières at 9 AM finding a surprisingly clear sky and the promise of a great race. In approaching the village, however, Suzana practiced her French by reading a big orange spray-painted sign saying "Course Annulée" (race canceled)! We were so disappointed. But, the security required to support the race had been diverted to flooded areas in the region and the prefecture had ordered the race canceled minutes before we arrived. No security on the course, no race! We each received a bag of chestnuts for our troubles! With few people at the race area, we declared ourselves 1st, 2nd and 3rd place winners and took a few "podium" pictures to prove it! Wendy took 1st for having driven, Suzana 2nd for navigating and Bill 3rd for just being



Bill. Then, we ran our own 4.5-mile run in the hills and spent the rest of the day touring about the town, eating lunch in a bustling local bar and buying chestnut products for gifts. It lightly rained off and on throughout the day, but the predicted "orages" (storms) never materialized in Collobrieres. As for driving to and fro, Wendy did an excellent job battling the poor visibility and Suzana proved to be an excellent navigator and car temperature controller. We arrived back in Nice at around 6 PM, returned our borrowed car and finally the day came to an end at Suzana and Harry's apartment where we had a peaceful, simple dinner.

MORE CLASSIC STU-PEDS by Stu Ruth

Editor's note: Choose your poison (see page 2).



THAT'S WHY HE RUNS IN THE MORNING - 'CO HE DOESN'T HAVE TO WORRY ABOUT IT AFTER WORK.

10K

42	Dana Farkas	52	3	F 50-59	56:33
----	-------------	----	---	---------	-------

Half Marathon

16	Jin Daikoku	28	9	M25-29	1:12:21
40	Chikara Omine	29	15	M25-29	1:19:33
50	Joe Wehrheim	39	5	M35-39	1:21:15
67	Markham Miller	47	3	M45-49	1:23:49
76	Roy Clarke	56	7	M55-59	1:24:55
85	Eduardo Vazquez	38	9	M35-39	1:26:12
86	Nakia Baird	36	10	M35-39	1:26:19
93	Peter Hsia	51	10	M50-54	1:27:52
119	Jason Reed	32	13	M30-34	1:34:02
171	Russ Kiernan	73	3	M70-74	1:44:39
419	Jane Colman	68	5	F 65-69	2:36:42

20M

176	Princesa Pabalan	30	24	F 30-39	3:09:20
191	Theodore Jones	73	1	M70-79	3:12:62

31st Annual SFFD Road Runners Turkey Trot, Lake Merced Loop, Nov. 19

Dave Floersch	70	1	37:44
---------------	----	---	-------

South San Francisco Thanksgiving 5K, November 19

Official results are not yet available. These are from George Baptista.

Shawn Gallagher	1	M50-59	18:55
Jerry Flanagan	1	M40-49	19:10
Mike Sullivan	2	M50-59	20:30
George Rehmet	2	M40-49	20:44
Marie Appel	3	F 40-49	25:xx
Gregory Brown	2	M60-69	25:42
Sandra Sigurdson	1	F 50-59	25:50
Joseph Connelly			27:33
Pat Geramoni	1	F 60-69	28:36
Marian Lyons	2	F 60-69	28:37
Paul Mosel	1	M70-79	28:47
Brian Hartley			31:31
Barbara Robben	2	F 70-79	37:59
George Baptista			44:xx
Virginia Rosales			49:xx
Leo Rosales			59:xx
Shannon Luppino			
Margo Banowicz			

PA Cross Country Championships, November 20

Women, 4M

148	Amy Sonstein	41	32:59
152	Carolyn Dingwall	48	33:26

Masters Men, 6M

42	Jerry Flanagan	46	39:13
65	David Moulton	44	41:24
73	Paul Zager	54	41:47
75	Wayne Cottrell	49	42:09
94	George Rehmet	44	44:13
95	Mike Sullivan	52	44:14
104	Tyler Abbott	50	45:21
123	Gene French	65	47:38
131	Jim Flanigan	62	48:56
150	Russ Kiernan	73	53:18

Open Men, 6M

45	Jin Daikoku	28	34:10
64	Chikara Omine	29	35:39
67	Justin Mikecz	31	35:46
91	Kenley Gaffke	33	39:00

102	Nakia Baird	36			41:36
103	Eduardo Vazquez	38			41:44
105	Jason Reed	32			43:49

Silicon Valley 10K Turkey Trot, November 24

Pat Geramoni

59:08

Run Wild for a Child, November 27

5K

10	Nakia Baird	36	2	M30-39	18:25
16	David Moulton	44	6	M40-49	18:42
20	Louise Stephens (1st female)	46	1	F 40-49	19:14
34	J.R. Mintz	45	12	M40-49	20:35
44	Jane Stephens	16	2	F 15-19	21:22
123	Joseph Connelly	50	8	M50-59	26:05
129	Melissa Cheung	32	6	F 30-39	26:36
153	Paul Mosel	70	1	M70-79	27:39
196	Jacob Quinlan	21	16	M20-29	28:30
290	Laurie Quinlan	54	18	F 50-59	31:15
341	Jeffrey Darrow	62	11	M60-69	32:21
476	Barbara Robben	77	2	F 70-79	36:10
530	Ann Agbayani	51	32	F 50-59	38:14
537	Roxanna Pezzy	53	35	F 50-59	38:23
643	Jesse Agbayani	59	45	M50-59	45:22
713	Dee Farkas	84	1	F 80-99	51:23

10K

3	Chikara Omine	29	3	M20-29	34:19
11	Kenley Gaffke	33	4	M30-39	37:19
12	Timothy Comay	27	4	M20-29	37:55
14	Peter Hsia	51	1	M50-59	39:02
40	David Lorsch	41	12	M40-49	42:12
77	Alyssa Yell	29	4	F 20-29	45:13
107	George Musante	56	11	M50-59	47:11
121	Julius Ng	60	3	M60-69	48:53
199	Mitchell Sollod	72	1	M70-79	52:58
200	Stephanie Soler	37	20	F 30-39	52:58
223	Aaron Brickley	26	20	M20-29	53:37
234	Brian Dierking	46	58	M40-49	53:56
292	Marian Lyons	64	2	F 60-69	56:42
325	Dana Farkas	52	12	F 50-59	57:36
328	Rebecca Rozewicz	57	13	F 50-59	57:41
401	Henry Nebeling	79	4	M70-79	1:00:31
414	William McCarty	64	13	M60-69	1:00:53
465	Alfred Palma	50	46	M50-59	1:03:34
498	Carol Pechler	71	4	F 70-79	1:05:31
505	Pauline Tang	29	45	F 20-29	1:05:19
557	Virginia Rosales	47	69	F 40-49	1:09:30

LMJS 4th Sunday Runs, Oakland, November 27

5K

1	Tim McMenomey	50	1	M50-59	18:48
2	Edward Haack	43	1	M40-49	19:39
30	Sharon Munoz	15	1	F 15-19	26:09
79	Judith Jarosz	71	2	F 70-79	42:26

10K

8	Jared Chan	11	1	M 1-12	46:09
20	Rocco Mullinax	37	3	M30-39	57:40
28	Jane Colman	68	1	F 60-69	1:08:47

15K

2	Alex Munoz	41	1	M40-49	1:00:16
19	Geores Buttner	75	2	M70-99	1:36:00
20	Peter Flessel	71	3	M70-99	1:50:58
21	Mary Gray	49	2	F 40-49	1:52:15

SAN FRANCISCO MARATHON AMBASSADORS

Alyssa Yell and Alisyn Gularte are pleased to announce that they have been chosen to be two of the 32 official ambassadors for the 2012 Wipro San Francisco Marathon, runners chosen from all over the country to represent the race to the public.

Alisyn says, "Being an ambassador means just promoting the SF Marathon and being a support to other runners who are interested in running the race. I will be representing the marathon through social media avenues like Twitter and Facebook, as well as being a guest blogger for the SF Marathon website on occasion. Here is my first Guest Blog post: <http://www.thesfmarathon.com/2011/11/28/turkey-trotting-in-san-jose>.

"Not only will I be promoting the marathon electronically but face to face as well — getting involved in the running community, perhaps hosting training runs and other things of the sort. I can also offer a \$10 discount to anyone who wants to register! They can email me at Runinsyn@gmail.com and I can get them a promotion code. Alyssa can also offer a discount as well!"

Alyssa and Alisyn also have their own running blogs, Alyssa's at diaryofanaveragerunner.blogspot.com and Alisyn's at runinsyn.com.



Alyssa and Alisyn showing off their ribbons after a DSE race

◆◆◆ 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 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

Unfortunately, the Miracle Mile and Christmas Classic 5K have been canceled.

Sun Dec 25 FUN RUN Xmas Blind Date Relays 2x2M

START/FINISH: Stow Lake Boathouse in Golden Gate Park

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

COURSE DESCRIPTION: Take an immediate right turn around Stow Lake, right over first bridge onto island, take right fork and run along dirt trail up Strawberry Hill. Run a clockwise loop up to the top of the hill and return downhill. Exit loop back over drawbridge onto Stow Lake and complete clockwise street loop of Stow Lake to finish.

Sun Jan 1, 2012 Marina Green 5K

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

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

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

◆◆◆ 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: Friday, December 30, 2011

TIME: 7:00 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. 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.

Weather ♦♦♦ ♦♦♦ Report ♦♦♦ Meteorologist Mike Pechner

December will be warmer and drier than normal for the first half and then very wet and cooler than normal in the last half. The first two weeks should be dry with lots of sunshine at the coast.

Rain will develop around mid-month, maybe as early as the 13th. This very cold system may bring snow to the hills with on and off rain through the 21st. There will be a brief break just before Christmas Eve for traveling, then it will be wet and cold for Christmas Eve and Christmas Day. The rain or showers will end around the 29th with dry and cold weather for New Year's Eve and January 1st.

♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Ky Faubion

ky.faubion@gmail.com

SR. VICE PRESIDENT

Calvin Chan

calwentjogging@yahoo.com

2ND VICE PRESIDENT

Noe Castanon

tobi9811@yahoo.com

SECRETARY

Bob Morris

bob_momcat@yahoo.com

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Ed Caldwell

edweb@sbcglobal.net

Kevin Lee

dse.pekingduck@juno.com

George Sacco

gsgasacco@yahoo.com

OPERATIONS

George Baptista gabaptista@att.net

Gary Brickley gary@brickley.com

Jerry Flanagan jerryflan@yahoo.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman wsn99@aol.com

Janet Nissenson

jnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP

Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT

Bob Marty

CLOTHING SALES

Yong Haber yongdse@yahoo.com

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Chikara Omine

Ed Caldwell

Mary Gray magray1@earthlink.net

Denise Leo legdead117@yahoo.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

DOUBLE DIPSEA RACE DIRECTOR

Ken Reed RunKenRun@aol.com

PERMITS

Pat Geramoni

Janet Nissenson

Suzana Seban

suzana@network172.com

DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆◆◆ December

1	Neil Mahoney Hennie Strydom	16	Jesse Agbayani David Emanuel
2	Tim Abbott Ximena Ares Joe Wehrheim	17	George Sacco
3	Priscilla Hughes	18	Ed Celestina Denise Langner Steve Stephens
4	Bill Boehner Michael Pechner	19	Glen Furuta Jack Woods
5	Nate Sands	20	Daniel Henry Sharon Munoz Rob Snavelly Judith Waitz
6	Brian Anzelc	21	Nancy Berner George Musante Virginia Rosales
7	Mark Mooney	22	Elaine Gecht, MD
8	Ella Haack George Rehmet	25	Sandor Mandoki Alex Munoz Mary Stratta
9	Ann Brunt Wayne Plymale Peter Royce	26	James Collie Peter Emanuel Heather Zacks
10	Gary Brickley	27	Rocco Mullinax
11	Staci Kavanagh Justin Mikecz	28	Megan Woods Andrew Macnider
12	Bean Anderson		
12	Amy Sonstein George Baptista		
14	Hugo Pegley		
15	Carol Keller Jim Pommier		

New Members

MONTARA
Joe Ridout

SAN FRANCISCO
Ann Brunt
Timothy Foster
Stephanie Hibbert
Melanie Puno
Andy Rochon
Lynn Rochon
Jeanette Vilches-Nielsen
Amber Wipfler

29 James Kambur
Kia-Jacquelyn Omotalade
30 Carolyn Hoppe
31 David Klinetobe
David Leo