


January 2012

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

**President: Ky Faubion**  
**Senior VP: Noe Castanon**  
**2nd VP: Leo Rosales**  
**Secretary: Maria Pantoja**  
**Treasurer: Chikara Omine**

 **From the  
President's Desk**

◆ ◆ ◆ KY FAUBION

could have honestly thought there would be an ascendancy to the 11th dimension for us all but according to the planets, we get to keep RUNNING! I'm fine with that, what about you? Well let's do it! Here's to another year of fun and for some serious entertainment! I might as well get you started with this:

- \* You try to do a few pushups and discover that certain body parts refuse to leave the floor.
- \* Your children look through your wedding album and want to know who mom's first husband was.
- \* You get winded just saying the words "10 kilometer run."
- \* You come to the conclusion that, if God really wanted you to touch your toes each morning, He would have put them somewhere around your knees.
- \* You analyze your body honestly and decide what you should develop first is your sense of humor.
- \* You step on a talking scale and it says, "Come back when you are alone."

Tony Nguyen, one of our best examples of inspiration, should have by now completed 52 marathons in 52 weeks for the best of challenges. We want to let you know that we're very proud of your story and how well you've utilized our club to get you where you wanted to be! If our tortoise mascot was anything else, it would

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probably be Chewbacca, Tony's little dog. Way to go Tony! See you at the races!

### THIS NEW YEAR SETS UP NEW CHALLENGES:

Let's keep in mind that in order to volunteer for our races we need you to show up at least an hour before the start time. If you show up a half hour to go, people who usually give you instructions to set up are very busy doing registration and out on the course already.

Thank you very much for a great effort in the past year with all the commitment! Also as runners in large groups we mustn't forget what we are! If you're walking down a public path and you see a fleet of 200 people running your direction, it's only natural to move out of the way. Most people DON'T DO THIS — remember as runners we must give way to courtesy even while going for our personal records. Last year we've had several complaints about someone's dog accidentally getting spooked and kicked and that's not who we are. With that in mind, I wish you all an exciting 2012 and a year of fresh new resolutions.

### UPCOMING RACES

**Jan 1 — New Year's Day Marina Green 5K:** Start 2012 with a new tradition, a race on the Marina Green and Crissy

## CLASSIC STU-PEDS

by Stu Ruth



"I DON'T LIKE THE IMPLICATIONS OF THIS NUMBER."

Field instead of the old Hangover Fun Run, which hasn't been an official race since the last century.

**Jan 8 — Golden Gate Park 10K:** If you ever wanted a tour of the park on foot, this is the best one! We'll start you off at Transverse Drive under the bridge to run uphill and around the tennis courts and bowling green. You'll then run downhill

to Stow Lake and curve around back to the bridge you started at for a halfway mark. More downhill on Kennedy Dr. until you reach the Martin Luther King Turnoff and then you'll come back uphill and follow the markings into Overlook Dr. for an uphill finish!

**Jan 15 — Ballpark 5K:** All flat, and very fast. Run down Terry Francois and over the Lefty O'Doul bridge and race around the whole ballpark TWICE counterclockwise to come back over the bridge and turn down on Terry Francois and return to finish.

**Jan 22 — Waterfront 10M/5K:** Start at Aquatic Park and run the Embarcadero. The 5K turns around before the Ferry Building, and the 10M goes across the Lefty O'Doul Bridge and along the waterfront before turning around. Unlike many DSE races, the 10M will have an aid station both going and returning. And don't forget that, like all Embarcadero DSE runs, this one has an **EARLY START**.

**Jan 29 — Arts & Sciences 5K:** Start on Kennedy Dr. across from the Conservatory of Flowers and pace yourself for a small hill coming in by Stow lake. You'll run along Stow Lake until the first Lincoln Dr. exit and you'll pull a U-turn to the horseshoe road passing both Museums. Continue back onto Lincoln until you reach the Bowling Green turnoff and zip around the Tennis courts for a finish that is well hidden behind the tall bushes!

### 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). 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](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)

# THE CHECKLIST: 49 MUST-DO DSE EVENTS

Joseph Connelly

I'm now well into the seventh year of my DSE life, and that's lucky. I've gained some insight, yet still have much to learn about the world's greatest running club. The old-timers probably see me as a newbie, while our "recent acquisitions" might think I'm a seasoned veteran. As these things go, the truth most often lies somewhere in between.

Since the DSE has given me so much, I figured it was high time I returned the favor. Out on a run recently (isn't it when we always do our best thinking?), my mind began wandering, imagining all of the wonderful experiences one could have as a DSE member. Here I present the DSE must-do list: 49 club activities to engage in at least once. Your mileage may vary. Send me your favorite at [joeconnelly@earthlink.net](mailto:joeconnelly@earthlink.net). If I receive enough, I'll compile them and we'll do a second list.

1. Start things off right with the Hangover Run across the GG Bridge
2. Set a goal for yearly miles, then do it
3. Attend the annual Awards Banquet in January
4. Read *The Running Saga of Walt Stack*, the biography of DSE's founder
5. Complete the Dipsea Practice Run
6. Be a Sunday Race Director
7. Volunteer at the Kaiser Permanente Half-Marathon Water Station in February
8. Participate in The Relay as either a runner or volunteer
9. Escort the great blind athlete Harry Cordellos in a race
10. Run the Bay-to-Breakers seriously
11. Eat breakfast at that terrible Thai restaurant on the Great Highway
12. Wear green at the annual St. Patrick's Day 5k
13. Purchase an article of club clothing
14. Get hugged by marathon king Gregory Brown
15. Introduce someone new to the DSE
16. Blow out your quads at the Easter Roller Coaster Run
17. Earn a small Mongo trophy
18. Help out on any given Sunday by timing, stringing or handing out ribbons
19. Get your picture taken by ©Paul Mosel or Don Watson
20. Run Bay-to-Breakers as part of a Centipede in May
21. Host a newsletter folding session/mailling party
22. Volunteer to type up the race results for a few months
23. There and Back: June is Double Dipsea month. Yes you can
24. Listen to a Bobby Marty joke. Laugh
25. Bake some goodies on Saturday night and bring them to Sunday's run
26. Become a DSE officer for at least one term
27. Post something to the DSE Facebook Group. What, you're not a member?
28. Attempt either the 6- or 12-hour Distance Classic in July; don't forget sun block
29. Participate in Janet Nissenson's Thursday Night Lake Merced Summer Series
30. Run Bay-to-Breakers in costume
31. Qualify for, then attend, the Volunteer Picnic in August
32. Earn a large Mongo trophy
33. Join the Race Planning Committee. Chart new courses

34. Find out what Theo Jones is doing, then copy it
35. Thank our volunteers, some of whom help every Sunday
36. September is Lake Merced Half-Marathon month
37. Write an article for the *DSE News*
38. Assist Kevin Lee in marking the race course one Sunday morning
39. Run the Bay-to-Breakers nekkid!
40. Attend a General Membership Meeting
41. Dress up for the Great "Halloween" Highway (not quite) four miler
42. Stay injury-free for a full year
43. LISTEN TO WALLY RAPOZO TALK ABOUT HAWAII
44. In November, do a non-DSE race: So. San Francisco Thanksgiving Fun Run, Turkey Trail Trot or Run Wild!
45. Or if you're really crazy, the Quad Dipsea
46. Finish the year in the top five of your age group. Tell Mom
47. Ho Ho Ho. On December 25, present yourself at the Blind Date Relay
48. Attend the Bay-to-Breakers after party at Fred & Yong's house (but not nekkid)
49. Join the DSE!

## ECO-AWARD

Barbara Robben

Running is such an ecologically sound activity that it's curious that we so often jump in cars to get to running events.

The Eco-Awards, given at the DSE banquet in January, are intended to encourage alternate methods to get to the races.

If you have arrived on race morning without the use of a private automobile, why not write a brief account of your adventure. It may be published in the *DSE News* and may encourage others to do likewise!

## HANGOVER PROTEST RUN 12/18



**Fred and Yong Haber, Susan Herder, Wendy Newman, Bill Woolf, Jim Kauffold and Tom Pang ran the Golden Gate Bridge.**

Yong reports: We heard that the Hangover Run has been replaced by another run NOT at the bridge. Since we're not running a DSE run this week this seemed like the right thing to do. Not sure if we'll run the bridge in protest and avoid the scheduled DSE race on the first.





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

December 4, 2011

Ferry Building 4M

Race Director: J. R. Mintz

Volunteers: George Sacco, Noriko Bazeley, Bobby Marty, Brian Hartley, Geores Buttner, Amy Sonstein, Peter Flessel, George Baptista, Phyllis Nabhan



Race Director J.R. Mintz

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PL	NAME	AGE	TIME
1	Sloane Cook	22	22:25
2	Ian Macnider	26	23:40
3	Andrew Macnider	23	23:43
4	Reese Laughlin	49	23:49
5	Nakia Baird	36	24:14
6	Ky Faubion	26	24:49
7	Joe Ridout	41	24:51
8	Wayne Cottrell	49	25:42
9	Dan Osipow	46	26:24
10	Matt Coin	28	26:42
11	Rick Torreano	62	26:46
12	Rog Fischer		27:10
13	Riya Suising	44	27:29
14	Eileen White ①	48	27:32
15	Conal Gallagher	48	27:36
16	Michael Gulli	52	27:56
17	Stephen Seymour	50	28:02
18	Kenneth Fong	50	29:24
19	Patrick Lee	64	29:37
20	King Wayman	62	29:38
21	Larry Wuerstle	56	30:12
22	Bill Hamilton	58	30:13
23	Rob White	53	30:15
24	Rory Snyder	54	30:16
25	Alisyn Gulate ②	32	30:46
26	Jim Buck	69	30:47

27	Maria Pantoja ③	30:55
28	Denise Leo ④	30:59
29	Ernie Rivas	61 31:06
30	Tanya Beers ⑤	30 31:45
31	Amy Sonstein	41 32:13
32	Gary Brickley	58 32:24
33	Stephanie Soler	37 32:34
34	Jacki Seymour	15 32:43
35	Jim Ruppert	49 33:02
36	Kevin Lazorik	33 33:12
37	David Klinetobe	50 33:38
38	Floe	70 33:41
38	Brian Dierking	46 33:44
40	Joe Connelly	50 33:56
41	Wendy Newman	61 34:19
42	Paul Mosel	70 34:24
43	Renee Taylor	30 34:39
44	Pat Geramoni	63 34:58
45	Yong Haber	53 35:16
46	Marian Lyons	64 35:24
47	Dana Farkas	52 35:33
48	Lina Khatib	35:53
49	Rachel Day	40 36:06
50	Marisa Pileggi	39 36:07
51	Kathryn Cullen	37 36:08
52	Kathlen Lail	43 36:10
53	Jennifer McClurg	32 36:11
54	Rocco Mullinax	37 36:25
55	Geores Buttner	75 36:26
56	Tom Huster	68 36:33
57	Rebecca Miller	48 36:34
58	Sharon Crost	50 36:35
59	Jim Golden	60 36:37
60	Katherine Hill	32 36:50
61	Sharon Cooper	40 36:54
62	Riley Burnett	17 37:38
63	Mort Weisberg	74 37:44
64	Lynn Taslitz	43 37:45
65	William McCarty	64 38:00
66	Joana Mendoza	24 38:05
67	Jose	27 38:10
68	May Higginson	34 38:23
69	Henry Nebeling	79 38:26
70	Seth Ducey	40 38:41
71	Jack Bascom	70 38:54
72	Ephraim Heller	49 38:55
73	Allison Schnidman	25 38:57
74	Caron Anderson	70 38:59
75	Svea Jeske	33 39:00
76	Mike Guelfi	48 39:08
77	Anne Donnard	31 39:18
78	Jeff Shopoff	67 39:34
79	Mark Ramirez	28 39:55
80	Russell Breslauer	66 40:01
81	Ilene Polhemus	40 40:40
82	Roger Mason	56 40:41
83	Rebecca R. Land	29 40:58
84	Diane Lucas	53 41:04
85	Emelinda Santiago	41:32
86	Jackie Omotalode	32 41:34

87	Mari Almeida	28 42:31
88	Anita Palafox	40 42:33
89	Jim Day	42 42:48
90	Boe	62 43:03
91	Natasha Cupp	35 43:28
92	Mary Gray	49 43:29
93	Katie Lovcraft	24 43:30
94	Christy Colcord	43 43:33
95	Lam Phan	32 43:48
96	Shannon Luppino	15 43:52
97	Daryl Luppino	52 43:56
98	Bill Woolf	76 44:43
99	Milo Evans	5 44:56
100	Laran Evans	35 44:58
101	Jim Kauffold	74 46:24
102	Allen Lucas	54 46:30
103	Sarah Kelling	33 46:35
104	George Sacco	73 47:20
105	Kathy Khol	47:23
106	Brian White	13 47:55
107	Cindy Jen	31 48:51
108	Nannette Perez	50 49:10
109	Gideon Chung	40 49:12
110	Carol Pechler	71 49:28
111	Jane Colman	68 50:25
112	Barbara Robben	77 50:26
113	Julie Kantor	29 51:02
114	Kathryn Hedjasi	38 52:41
115	Quan Nguyen	39 52:42
116	Henry Nanstad	15 53:36
117	Inge Sorenson	16 53:47
118	Janet Isleib	59 55:05
119	Tenzin Bhutia	28 57:22



Sprinting through the finish chute

Photo by Don Watson

#### SELF-TIMERS

Fred Haber	52
Michele Sims	54
Dee Farkas	84
Elaine Gecht	67
Ellen Breslauer	64
Danni Baird	28
Darcy Baird	7
Riley Barid	5
Alva Fong	40
Jane Lee	61
Robert Brizuela	
Jesse Agbayani	59
R. Pezzy	
Richard Hannon	76
Liese Rapozo	84
Wally Rapozo	83



December 11, 2011

Arts & Sciences 5k

**Race Director:** Richard Finley

**Volunteers:** George Sacco, Bobby Marty,  
Calvin Chan, George Baptista, Mike Hung,  
Phyllis Nabhan, Peggy Kang, Kevin Lee,  
Mort Weisberg, Geores Buttner, Rick  
Torreano, Dee Farkas, Richard Hannon



Race Director Richard Finley

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PL	NAME	AGE	TIME
1	Sloane Cook	22	16:59
2	Kenley Gaffke	28	17:29
3	Pedro Alvarez	28	17:53
4	Andrew Macnider	29	18:04
5	Markham Miller	39	18:05
6	Randall Conner	43	18:07
7	Mark Livingstone	39	18:13
8	David Davis	43	18:15
9	Michellie Jones ❶	41	18:19
10	Alliso Barrett-Ryan ❷	32	18:26
11	Edward Haack	43	18:49
12	Kevin Brillante	22	18:51
13	Lance Doherty		18:57
14	Jeff M	39	18:59
15	Mike Lopez	54	19:01
16	Vincent Gulli	22	19:11
17	Wayne Cottrell	49	19:16
18	Michelle Lasala ❸	31	19:22
19	Marlin Gilbert	51	19:29
20	Samuel Harvell	49	19:45
21	Matt Coin	28	19:47
22	Alex Vanotti		19:50
23	Michela Santini ❹	31	19:54
24	Juan Melendez	56	19:59
25	Ken Allen	44	20:08
26	Felix Tong	32	20:09
27	Peter Hsia	51	20:12
28	Alex Karweit	34	20:15
29	John Axerio	28	20:16
30	Rick Torreano	62	20:37
31	Riya Suising	44	20:50
32	Edward Hung	34	20:54
33	Michael Gulli	52	21:15
34	Sean Young	12	21:26
35	Stephen Seymour	50	21:27
36	Jesus Bermudez		21:34

37	Christopher Light	24	21:39	97	Ben Marther	25	25:58
38	Lou Ann Conner ❺	44	21:49	98	Toshi Hosaka	34	26:08
39	Catherine Melton	27	21:57	99	Gregory Brown	62	26:14
40	Gina Edwards	48	22:09	100	Mark Kelley	55	26:17
41	Alexander Davis		22:10	101	Sandra Sigurdson	55	26:18
42	Diann Leo	24	22:10	102	Paul Mosel	70	26:22
43	Patrick Lee	64	22:16	103	Barbara Kirkwood	50	26:26
44	Maddy Nakada	13	22:20	104	Amy Magruder	31	27:27
45	Steve Chamberlin	40	22:23	105	Don Elsener	56	26:40
46	Jorge Larre	56	22:33	106	Anthony Paglino	25	26:49
47	Alice Shikina	40	22:34	107	Steve Nissenson	63	26:50
48	Cherie Turner	42	22:36	108	Mallory Vogel	23	26:53
49	George Musante	56	22:36	109	Wendy Newman	61	26:54
50	Markus Guittap	11	22:37	110	Amy Silva	39	26:56
51	Masataka Negishi	61	22:43	111	Tope Pedro	23	26:58
52	Mike Melton	30	22:45	112	Natalie Magana	26	27:03
53	Mark Andrews		22:48	113	Sharon Crost	50	27:04
54	Kara Downey	27	22:52	114	Mark Zaller		27:07
55	Yoshio Daikoku	63	22:55	115	Gary Loewenthal	62	27:09
56	Bill Hamilton	58	22:57	116	Bianca	11	27:19
57	Liz Heidhues	61	22:58	117	Phaidra Garcia	41	27:21
58	David McMillan	33	23:00	118	Dana Farkas	52	27:22
59	Marie Appel	47	23:10	119	Danny Shapiro	33	27:26
60	David Cutler		23:15	120	Lina Khatib		27:28
61	Larry Wuerstle	56	23:16	121	Keith O Johnson	73	27:29
62	Jared Kazonovicz	24	23:16	122	Sarah Shapiro	32	27:30
63	Rick Wise	58	23:17	123	Tori McMillan	32	27:30
64	Randy Edwards	42	23:24	124	Marian Lyons	64	27:31
65	Daz Lamparas	59	23:25	125	Geores Buttner	75	27:33
66	Brenden Royere	12	23:26	126	Mandy Sun	30	27:53
67	Lisa Royere	38	23:33	127	Pat Geramoni	63	27:56
68	Jim Buck	69	23:34	128	Theo Jones	73	27:58
69	Steve Simon	31	23:39	129	Dave Picariello	57	28:19
70	Ernie Rivas	61	23:48	130	Kate Gilbert	15	28:25
71	Sara Holm	39	23:53	131	Jill Stanley	27	28:27
72	Christine Lopez	49	23:54	132	Sam Spiewak	31	28:28
73	Kevin Lazorik	33	24:00	133	Sara Saldana	39	28:29
74	Ruth Rainero	57	24:08	134	Sam Roake	75	28:40
75	Natalia Madronal	36	24:11	135	James Falconer	31	28:40
76	Romelle Guittap	43	24:14	136	Neal Ashton	55	28:46
77	Lindsay Bland	29	24:15	137	Rebecca Miller	48	28:49
78	Ben Schnare	27	24:27	138	Alyse Sutara	24	28:52
79	Christine Hoang	42	24:34	139	Mort Weisberg	75	28:57
80	Gary Brickley	59	24:40	140	Joana Mendoza	24	29:03
81	Stephanie Soler	37	24:50	141	Henry Nebeling	79	29:16
82	Jim McBride	68	24:52	142	Eugene Canotal	30	29:19
83	Pamela Porteous	38	25:00	143	Suzana Seban	58	29:23
84	Matt Marsolais	25	25:00	144	Carmel Nicolas	26	29:26
85	Floe	70	25:18	145	Janet West	24	29:27
86	Colleen Woo	39	25:19	146	Drew Wells	25	29:29
87	Roy Hechter	13	25:28	147	Mike Rouan	47	29:29
88	German Orozco	12	25:32	148	Amanda Chevalier	15	29:20
89	Megan O'Conner	41	25:36	149	Jason Reed	32	29:30
90	Robin Barsantee	46	25:39	150	Jeff Shopoff	67	29:46
91	David Olson	66	25:42	151	Peter Flessel	71	29:48
92	Una Melinn	47	25:46	152	Jeremy Solito	27	29:53
93	Joseph Connelly	50	25:46	153	Sebastian Bermudez		29:58
94	Caden Royere	9	25:47	154	Andrew Pierce	35	30:00
95	Paul Royere	45	25:48	155	Rachel Frisch	24	30:09
96	Ky Faubion	26	25:55	156	Jack Bascom	70	30:14

157 Chikara Omine	24	30:15	199 Jose Mendieta	11	33:25	241 Karen	20	37:41
158 Mateo Guittap	9	30:37	200 Jorge Mendieta		33:29	242 Wendy Barron		37:49
159 Katherine J Hill	32	30:40	201 Makenna Brown	11	33:30	243 Lesley Rivera	11	38:19
160 Russell Breslauer	66	30:41	202 Barbara Robben	77	33:31	244 Aallyah Ortega	11	38:21
161 Carol Pechler	71	30:42	203 Bayley Marquez	26	33:52	245 Cara Solinsky	22	38:32
162 Monica Burgos	11	30:44	204 Lara Pati	33	33:55	246 Maureen O'Hagan	38	38:34
163 Javier Marquez	29	30:49	205 Riky Rockmael	29	33:57	247 Eric Gentry	38	38:35
164 Mike Hung	61	30:54	206 Megan Taylor	26	33:58	248 Ian Macnider	26	38:39
165 Cesar Bernudez	11	30:57	207 Mark Edwards		33:59	249 Deepak Balakpulna	38	38:52
166 Edwin Bermudez	7	31:01	208 Jennifer Crozaley	11	34:01	250 Prasanti Boda	37	38:57
167 Dana Leiba	35	31:14	209 Donika Conolly	24	34:01	251 Prafulla Patel		39:28
168 Revital Kogot	42	31:16	210 Nate Kerr	24	34:02	252 Erica Alvendia	24	39:34
169 Osnat Hechter	40	31:17	211 Katon K.		34:03	253 Elizabeth Martinez	40	39:40
170 Chad Pajari	42	31:18	212 Chasa Toliver	26	34:04	254 Karla Flores	11	40:03
171 Nina Kaiser	32	31:19	213 Vanesa Lotoux-Macias			255 Allison Palestino	11	40:04
172 Yinon Dekel	45	31:20		33	34:15	256 Lizbet Jacobo	11	41:46
173 Estephanie Ortiz	11	31:25	214 Bill Woolf	76	34:16	257 Christine Velez	23	41:47
174 Hana Ortiz	11	31:26	215 Lauren Dwulet	27	34:37	258 Daisy Garcia	12	42:41
175 Jane McFarland	62	31:38	216 Tracy Peck	31	34:40	259 Daijuan Lopez	11	42:42
176 Maricela Rodriguez	25	31:39	217 Megan Myers	28	34:41	260 No Name		43:43
177 Mike Olson	35	31:40	218 George Sacco	72	34:06	261 Melissa Ramoner	25	43:47
178 Anne Donnard	31	31:41	219 Nakia Baird	36	35:16	262 Michael Villamejor	26	43:48
179 Montserrat Marales	11	31:41	220 Steve Woo	40	35:19	263 Lisa Laughlin	41	46:24
180 Kin Hartung	23	31:42	221 Kelly Daikoku	52	35:24	264 Everardo Barron	40	46:58
181 Caron Anderson	70	31:57	222 Monica Vasquez	36	35:28	265 Bob Theis	83	48:20
182 Jane Colman	68	32:02	223 Shachaf Dotan	37	35:32	266 Mary Jo Magruder	62	49:03
183 Christy Colcord	43	32:07	224 Efrat Barak	41	35:45	267 Steve Gerety	37	54:00
184 No Name		32:13	225 No Name		35:46	268 Riley Baird	5	54:00
185 Carli Fullerton	38	32:37	226 Mary Gray	49	35:53	269 Joshua Siva	5	54:00
186 Steven Pitsenbarger	43	32:45	227 Kenneth Fong	50	35:55	270 Danni Baird	28	55:00
187 Jeff Houston	53	32:51	228 Marcia Martin	59	35:58	271 H Jordan	37	55:00
188 Jamie K Evans		32:55	229 Michal Rockmael	41	36:10	272 Darci Baird	7	55:00
189 Diane Lucas	53	32:59	230 Adii Karter	31	36:11	273 Janeth Siva	41	55:00
190 Daphne Meiri-Friedman			231 Alison Nickum	32	36:12	274 Ethan Siva	3	55:00
	31	33:04	232 Erika Kikuchi	33	36:17	275 Allen Lucas	54	55:00
191 Genie Gratto	38	33:11	233 Nakeila McCoy	28	36:20			
192 Tali Brauman	32	33:17	234 Amber Jenkins	28	36:21	<u>SELF-TIMERS</u>		
193 Pedro Suchite	11	33:20	235 Selina R	11	36:40	Ed Oikowski	68	56:36
194 Mari Almeida	38	33:21	236 Abby Poats	24	36:41	Jill Sell	45	
195 Alison Chow	31	33:22	237 Daniel Chang	26	36:42	Dee Farkas	84	
196 Swati Batra	26	33:22	238 No Name		37:10	Alva Fong	40	
197 Melanie Major	22	33:23	239 Ravit Dekel	42	37:12	Elaine Gecht	67	
198 Larry Liu	47	33:24	240 Maria Ramirez	19	37:40	Jane Lee	61	
						Richard Hannon	76	



First they ran the race backwards, then they posed backwards

#### KIDS' RUN

1 Richard Tauber	9	2:10
2 German Orozco	12	2:35
3 Estapahnie G	11	2:38
4 Alex Edwards	11	2:38
5 Mateo Guittap	9	2:40
6 Zach Garcia	7	2:53
7 Freya Wehrheim	6	2:54
8 Lauren Edwards	7	3:01
9 Ava Moore	5	3:05
10 Jonathan	11	3:06
11 Joseph	9	3:08
12 Kyle Edwards	10	3:08
13 Phineas Wehrheim	3	4:27
14 Margaret Haack		4:45
15 Bianca Guiterrez	11	4:47



# 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
<b>LBL Runaround 3K, Berkeley, October 21</b>					
284	Jane Colman	68	1	F 60-69	21:08
<b>Big Sur Half Marathon, November 20</b>					
237	Edward Hung	34	45	M30-34	1:38:57
4939	Mike Hung	61	73	M60-64	2:46:18
<b>Rock the Park Marathon, Long Beach, November 20</b>					
	William McCarty				6:20:17
<b>Turkey Trot 5K, Walnut Creek, November 24</b>					
	Brian Hartley				28:58
<b>Oceanside Turkey Trot 5K, November 24</b>					
312	Amy Sonstein	41	9	F 40-44	22:26
<b>Run Wild for a Child 5K, November 27</b>					
65	Patrick Lee	64	1	M60-69	22:47
<b>Bah Humbug 5K, San Ramon, December 3</b>					
	Brian Hartley				29:26
<b>California International Marathon, Sacramento, December 4</b>					
57	Chikara Omine	29	21	M25-29	2:33:16
180	Joe Wehrheim	40	19	M40-44	2:49:23
299	Markham Miller	47	15	M45-49	2:56:47
348	Roy Clark	56	6	M55-59	2:59:19
370	Alex Munoz	41	51	M40-44	3:00:02
484	Peter Hsia	51	18	M50-54	3:06:41
597	Jason Reed	32	18	M30-34	3:11:12
1046	Steven Pitsenbarger	43	179	M40-44	3:26:48
1095	Mike Sullivan	52	65	M50-54	2:28:39
1201	Rafael Sands	15	12	M01-19	3:29:28
1406	Alyssa Yell	29	60	F 25-29	3:35:45
1512	Edward Hung	34	195	M30-34	3:37:44
1633	Edward Caldwell	53	124	M50-54	3:41:23
1908	Stephanie Polverari	45	57	F 45-49	3:48:34
2406	Greg Hilbrich	55	94	M55-59	3:58:51
2926	Princesa Pabalan	30	178	F 30-34	4:09:50
2955	Theodore Jones	73	7	M70-74	4:12:25
3134	Martha Arnaud	41	204	F 40-44	4:16:28
3244	Milinda Lommer	42	220	F 40-44	4:18:17
3330	Sandra Sigurdson	55	27	F 55-59	4:23:18
3406	Pam Santiago	32	208	F 30-34	4:22:06
3460	Lucille Wing	54	75	F 50-54	4:23:26
4162	Sam Roake	75	3	M75-79	4:41:41
4466	Bob Cowdrey	67	36	M65-69	4:54:15
5228	Gary Aguiar	56	230	M55-59	5:24:26
5638	Amelia Mutere	51	185	F 50-54	6:05:37
<b>Las Vegas Half Marathon, December 4</b>					
2506	Jared Chan	11	11	M 0-14	1:50:44
<b>Las Vegas Marathon, December 4</b>					
	Gregory Brown		50		6:09:18



Somehow in my rush to get the Run Wild for a Child results into last month's newsletter, I missed seeing Patrick Lee's name. He won his age group in the 5K.

Patrick also has several YouTubes video of his harmonica playing, at [www.youtube.com/patricklee9](http://www.youtube.com/patricklee9).

## 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 2012, starting with the last week in February and going through the end of next December.

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](mailto:janecol@earthlink.net) (or 510-652-3116 if you don't use email).



**Walnut Creek Runs, December 10****Half Marathon**

327	Jared Chan	11	2	M 0-18	1:53:51
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**10K**

Brian Hartley	1:03:53
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**Bartram Forest 100K, Milledgeville, GA, December 10-11**

William McCarty	3	20:13:00
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**Honolulu Marathon, December 11**

Yong Haber	6:21:39
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Fred Haber	6:21:39
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**Dam Jingle Bell Dash, Orinda, December 17****5K**

Brian Hartley	2	M55-59	28:44
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Barbara Robben	1	F 70-79	37:12
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Dee Farkas	1	F 80-89	53:50
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**10K**

Jason Reed	1	M35-39	41:31
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Rocco Mullinax	3	M35-39	44:11
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**The Last 10K, Santa Rosa, December 25**

William McCarty	1:00:10
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**LMJS 4th Sunday Run, Oakland, December 25****5K**

1	Chikara Omine	29	1	M20-29	17:29
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2	Tim McMenomy	50	1	M50-59	18:49
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11	Jared Chan	11	1	M <20	22:56
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19	Grace Nadolny	54	2	F 50-59	25:40
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22	Joe Connelly	50	4	M50-59	26:26
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25	Michael Sands	51	5	M50-59	26:37
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34	Geores Buttner	75	1	M 70+	28:59
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**10K**

5	Kelsey Hilbrich	19	1	F <20	43:52
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9	Rafael Sands	15	1	M <20	47:59
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11	Greg Hilbrich	55	3	M50-59	47:59
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18	Nate Sands	17	2	M <20	53:01
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31	Mary Gray	49	5	F 40-49	71:55
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**Santa's Gold Rush 5.3M, Richmond, December 25**

Gregory Brown	47:10
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William McCarty	50:20
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12	Joseph Connelly	50:38
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# ◆◆◆ 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:

January 1	Marina Green 5K
January 8	Golden Gate Park 10K
January 15	Ballpark 5K
January 22	Waterfront 10M/5K
January 29	Arts & Sciences 5K
February 12	Golden Gate Bridge Vista 10K

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.

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!

# 40 ISN'T JUST ANY NUMBER: Some thoughts on a new division

*Joe Wehrheim*

40 is different when you're a runner. It's the age that I turned last month. It's 40, and it's something special.

Let's look back at our birthday milestones together. You remember turning 10, don't you? Finally, it seemed like you'd arrived. I mean 10 is double digits, a decade. That's big!

Or how about 13, pronounced thir-TEEN?! The "-TEEN" part is what's most important. You'd certainly 'get it' if you'd just spent an entire year being 12, and a whole lifetime so far being a mere PRE-teen.

Here now. How about the big one, 16? It means that for 15 years the open road has beckoned to you, and one day it finally happens, the dream of driving comes true. You wake up, brush your teeth just like the day before, but now you can drive away and it almost feels like you're an adult, but not quite.

Becoming a real legal adult magically happens on the day you turn 18. It takes a whole year of being 17 first, but eventually it happens, another birthday, just as regular as Christmas, and all of a sudden, boom! You can vote. You can get tattoos. You can go to jail. You can do a lot of things without your parents' permission. In fact, compared to 16, it can be befuddling and a little disconcerting. On the very day that you turn 18, you can drive away just as before, but now you have the option of not coming back at all.

OK. I might as well mention 21, or is it the unmentionable? Perhaps for some, it's a night that's best forgotten. Just like every other birthday though, the anticipation of the event itself was rather intoxicating.

But what happens after 21? At 35 you can run for president, but let's face it, after 21 there's a veritable desert of chronological milestones in one's life. At 21, you're now firmly in the Open Division and it lasts a while. You've entered the slow grind of adulthood, which is filled with a steady diet of eating, sleeping, working and hopefully running.

Now, it was just about that particular time in my life, when I was finally eligible to consider a run for the White House, when I decided to start running again. Yep, 35, and so what does any sensible runner do? I joined DSE. Shortly afterward, I ran my first race. I remember it well, just another iteration of our Rainbow Falls 5K. The date was 2/17/2008, and Jason finished number 1. Total Participants = 151: Racers: 133 (77 Male; 56 Female); Self-Timers = 18. My age then was 36. I finished 24th overall and 22nd male. I ran as hard as I could for 3.1 miles and I was ecstatic. It could have been the endorphins, but I think it could have also been the fact that I had just run my first race in about 10 years. My time? 21 minutes and 35 seconds, a 6:56 pace per mile. From there, I began to realize how I could begin my Sundays off right, roughly around 9 o'clock. Not counting the summer series races at Lake Merced, I've counted 4 races for 2008, 14 in 2009, 20 for 2010, and 29 so far for 2011. It's becoming a healthy habit for me and my family. If DSE has a race, we're running. My DSE count is 67. What's YOUR DSE count? Janet? What about an all-time DSE race list? I'm actually starting to wonder how many Sundays the venerable Walt

Stack got up, laced his shoes, and ran a DSE race. I wonder too though, would he have really cared about such numbers? At any rate, thanks to you Walt, from us all.

Back to numbers, or rather MY number, 40. Yeah, it's been a long time coming, 39 years coming, and it hasn't been since 21 that I've been drunk with anticipation as I was now. I actually counted down the days. Actually, my daughter Freya and I celebrate birthdays fairly close together. Her birthday is in November and we both kept the countdown on our refrigerator door. She's turning 7. Anticlimactic? Agreed. It is. Turning 7 is like 'no-where's-ville'. However, turning 40 is an entirely different thing. Even Wally has told me that life can seem to begin at 40. Forty is a great age, but does Wally really know? It could be that life begins at 100. We should ask Fauja Singh. I wonder how filled with anticipation Fauja was the entire year that he had to spend being 99. I mean 100 is TRIPLE digits, a century. That's VERY big!

I apologize if numbers aren't your thing. I know that for some, math can be a little off-putting. Even so, if you're a runner, you're probably a numbers person. I'm not suggesting multivariable differential equations, or even something simple, like Number Theory. I'm thinking runner-math. Runner-math is that thing that can happen in the first 15 minutes of any run. Not only do we solve the world's problems a lot, but we can also do average pace algorithms. Can't we? Quick. What's 13 miles at 7:21 pace? How about an 8-minute-per-mile marathon? Or how fast would I have to run to do 100 miles in 24 hours? Do you want something a little easier, like how many miles did you run last week? How fast? I'm sure you've got it written down somewhere.

So there it is. I just turned 40, and I imagined that it's supposed to be all black balloons, and about some hill that I've finally got over. Right. Balloons? Hills? Nah... You're right Jerry, I don't FEEL 40. Strange enough, I feel rather young and filled with anticipation right now. Since my first DSE race, I've only had one Achilles injury, but my training hasn't skipped a beat. It's going to be a blast competing in this new division. It never gets easier though. As you masters guys know, there's some speedy 40+ fellas out there. Really speedy. But oh well, I'll give it a shot.

I ran my last race as an Open runner in November. We had rainy weather for the annual Double Lake Merced Run. The skies poured forth with a vengeance. Forty-five runners did the double loop, and Marian did a wonderful job directing us. It's almost as if the deluge from the skies were declaring MY open division days complete. My next stop was CIM., and boom, all of a sudden masters athlete.

To many of you, 40 might seem old, and to others still, it's 'old hat', but to me, it's simply something new, and it's fun. I mean non-runners might not get it at all, but to runners, to DSEers, getting older and entering a new division is fully appreciated. And for all you younger guys who may not be so sure about the idea of getting older, don't worry, I recommend it for everyone in fact.

## NEW MEMBER OUTREACH VOLUNTEERS NEEDED

*Janet Nissenson*

At our annual Operations meeting this past November, we discussed the concept of starting a group rotation of volunteers whose purpose would be to do new member outreach at the weekly races. Their responsibilities would consist of arriving at their assigned races at approximately 8:15 AM and bringing their own supply of race schedules, membership applications and any other flyers or pertinent club information. They would then set up at a table set aside for this purpose and try to attract interested new members to the club, as well as answer any questions they might have. These volunteers would then be free to run the race that morning, and return to the outreach table after they finish the race for about another 15-30 minutes. Having volunteers take over this job would make things much easier for the registration volunteers and also make it clearer to potential new members where they can get information about DSE.

Ideally, we would like to see about six people volunteer for this rotation. The more people, the fewer races they would need to volunteer at during the year. Volunteering in this manner would satisfy the annual volunteer requirements, and also allow for same day participation in the races. These volunteers would sign up for specific races during the year, with the ability to switch races with another member of the rotation if plans change along the way.

We would like to get this rotation up and running as soon as possible, no later than mid-February. If you are interested in being part of this volunteer rotation, please contact Ky at [ky.faubion@gmail.com](mailto:ky.faubion@gmail.com) or Janet at [jLnissenson@aol.com](mailto:jLnissenson@aol.com).

## MARINES CROSS THE POTOMAC — INVADE WASHINGTON

*Jim Buck*

Yes, it's true. It happened on a cold fall morning at the end of October 2011 when thousands poured across the Key Bridge into Georgetown. It was the fifth mile in the 36th running of the Marine Corps Marathon. The bright morning sun rose over the hilltops ahead as the invaders turned left and worked their way alongside the Chesapeake and Ohio Canal. It was still early in the event but 21,000 runners had signed up for this 26.2 mile incursion into Washington, D.C. and nearly all, over 98%, would survive to cross the finish line hours later at the Iwo Jima Memorial in Arlington.

It all started at 8 AM on October 30th in Arlington, Virginia just south of the Iwo Jima Memorial and across the river from Washington, D.C. The wind chill factor was definitely in evidence as I walked the mile and a quarter from the Metro stop with hundreds of others, crossing the Pentagon parking lot, heading for the starting area of the marathon. The official report says it was 39 degrees at the start. I believe it. Still, the streets were dry and there was no trace of the snow which came down heavily at times the day before—threatening a truly enhanced marathon experience. Once in the general starting area there was no time for dallying. Thousands had arrived late because of delays at the subway and had to immediately begin peeling off the excess layers of clothing. These we turned in for pickup after the race. It was very sad to hand over the warm jacket and pants. Clapping my hands for warmth, teeth chattering and knees knocking, I nevertheless made my way to the starting line.

I was hoping to finish this race in or around 3 hours and 45 minutes but was surprised by the multitude of runners and how solidly they were packed in the starting area. With some easy elbowing this way and that, I made my way through the sardines, avoiding stepping on toes, and eventually reaching the demarcation line for those hoping to finish in 3:45. A couple of Marine Corps V-22 Osprey aircraft flew in formation overhead and shortly afterward the starting gun went off. Although it was all too far ahead for me to witness, the comedian Drew Carey had pulled the trigger as the official starter. He then took his place among the runners streaming across the starting line. Carey is a member of the Marine Corps reserves. This was his first marathon.



V-22 Osprey



Drew Carey (Courtesy of Marine Corps Marathon Photo Stream)

It took a few minutes to make my way to the start line as the crush of runners made it difficult to do little more than waddle along. Things opened up a bit going through Rosslyn, VA; however, getting into a long stride was difficult without running up someone else's legs. In that first mile I heard some commotion directly behind and turned briefly to see a middle-aged guy go down full length onto the concrete. A little misstep in the big crowd is all it takes. That might have been the end of that runner's marathon day.





**Marathon starting area**  
(Courtesy of Marine Corps Marathon Photo Stream)

The morning cold was particularly evident as the runners approached the Virginia side of the Potomac. After a climb onto an overpass near the river we encountered ice on the surface. It was like black ice, you knew it was there because your feet were slipping but it couldn't be seen—I immediately slowed and tip-toed across to solid ground. No sense in going down for the count this early.

With the exception of a couple of good-sized hills in the first 9 miles, the marathon course was fairly level. One of those hills occurred in the first four miles on the Virginia side of the Potomac and the other was in Georgetown as we turned from the C&O Canal and headed SE toward D.C. central. The major hill in Georgetown was a bit bothersome since we gazed directly into a blinding sun during the climb. Coming over the top onto the downhill slope, we crossed a street into heavy shade. Before my eyes could fully adjust to the change, I saw what appeared to be a small log in the dark shadow exactly where my left foot was landing. Not knowing what this was, I instantly lengthened my stride to land beyond it. But because we were on a downhill slope, I came down heavily on the knee and it buckled under the impact. For an instant as the pain registered I thought my race was over; however, I limped through the next 100 yards and gradually regained my stride. Luckily, the knee was not an issue after that. It's probable the log in the road was nothing more than a couple of leaves clumped together. But when you can't see clearly, instinct takes over.

By mile 10, runners were hugging the Potomac and had just passed the Kennedy Center followed shortly afterwards by the Lincoln Memorial. I didn't get close enough to see Mr. Lincoln but I'm sure he was still sitting there taking in the action. It was around this time that a young 20-something guy went past me wearing a Marine Corps olive-drab T-shirt. I only remember him because on the back was stenciled "Gay Marine." I guess the military's "don't ask; don't tell" policy truly was history. This Marine was literally running out of the closet.

The race continued along the water for a flat, uneventful 4-mile jaunt around Haines Point which is a spit of land sticking out into the Potomac. But the turnaround near the bottom of the Point had its significance — the 13.1 mile halfway mark had been reached. We were on the road back and would be treated to a little tour of the monuments. For

a good 5 miles runners cruised along Independence Avenue and the National Mall, passing the Jefferson, Martin Luther King and WWII memorials. Next up was the Washington Monument and the Smithsonian buildings, capped off by a jog in front of the Capitol Building.



Most of the serious sightseeing was done by this point. At mile 20 the route had turned SE for a re-crossing of the Potomac into Crystal City, VA. As in most marathons, these last 6 miles were the most difficult. Energy levels are depleted, feet are sore, knees are aching and the streets are closed so



you can't even call a cab.

Sometimes it doesn't pay to have a good memory. In 2001 as we crossed the 14th Street Bridge back into Virginia it was already mile 23 and we simply had to do a few turns around the Pentagon area before heading north to the Iwo Jima Memorial and the finish line. In 2011, however, the course changes gave us an three extra miles to get through before heading for the finish. Nevertheless, the enthusiastic crowds in Crystal City helped us along — making me reluctant to slow to a walk to ease my aching feet. But pain won out over embarrassment and I geared down to a walking hobble a couple of times. Walking, even if only for 30 yards or so, provides the opportunity, while others are running by and the crowds are screaming, to contemplate the bigger issues in life, like — What am I doing here? Whose idea was this? Even while contemplating these issues, I'm implementing a running philosophy that I've followed for several years now. It's borrowed from the Marine Corps motto "Semper Fidelis" (always faithful). That philosophy is "Semper Avanti" (always forward). Essentially, in any endeavor, including running, walking or limping, keep the goal in mind and keep going forward, whatever the speed.

The final two miles took us around the Pentagon, near its own 9/11 memorial, then onto the final climb to the finish at the Iwo Jima Memorial. That last quarter mile, even with hundreds of supporters cheering, is a challenging and winding trudge to the top. I can't believe I once again had to stop for a 10-yard walk. Now tell me, Who can't run a quarter mile? I guess that would be me. When I finished this marathon in 3:11 back in 1993, I still slowed for a brief walk there at the end. I guess that's why I did three years in the Army instead of the Marines.



**Iwo Jima Memorial, Arlington, VA**

I crossed the line this time in 3 hours, 51 minutes, managing once again to stay under the 4 hour threshold. It was very nice to see that great Iwo Jima memorial. As usual, the Marines did a fine job with this marathon. There was lots of support from Marines and civilian volunteers along the route. Gatorade and water were provided often and, on at least two occasions, packets of energy gel were distributed.

This is also one of those rare marathons that offers globs of Vaseline later in the race—a life saver at times. Once across the finish line there were the usual bottles of water and bananas but this time also including a box lunch containing some pre-packaged, high protein edibles. The red, long-sleeve, mock turtleneck cotton T-shirt was of high quality and the finisher's medal was unique—featuring the Marine Corps emblem with a rotating globe. The three-day runner's expo at the armory in D.C. included lots of merchants—plenty of bargains, free trinkets and food samples.

Fan support was great, particularly in Georgetown, around the Washington Mall, in Crystal City and on the final jaunt up to the Marine Memorial. Trading high-fives with grown-ups and kids along the route is always a kick. The race provides a great tour of some of the capital attractions. Although you don't get too close, it's inspiring to be in the area and see how the memorials and monuments are laid out. Since it was the day before Halloween, a few runners were decked out in costumes, including one wearing a foam-fabric shark suit with only the runner's face and feet showing. I still don't know how that guy finished ahead of me. I did, however, manage to stay in front of the race's oldest runner, 90-year-old Jonathan Mendes of New York who finished in just over 7 hours. Unlike me, however, he finished first in his age group. Drew Carey also ran a good first marathon, finishing in 4:37. He later appeared on the Jimmy Fallon show, talking about his experience and displaying the finisher's medal. That appearance can be viewed at the following:

<http://www.hulu.com/watch/297206/late-night-with-jimmy-fallon-drew-carey>



**Finisher's Medal (Courtesy of Runningwithhorses.com)**

If the Marine Corps Marathon had a down side, it would have to be the less-than-optimum performance by the Washington Metro System. Although the subway cars and scheduling were fine, the system was overtaxed when it came to handling the large crowds passing through the turnstiles. After arriving at the Pentagon station that

morning, hundreds of anxious runners waited 20 minutes or more to pass through an inadequate number of turnstiles. The problem was repeated after the race as large crowds of runners heading home in Arlington attempted to enter the nearby Metro station. Nevertheless, it was a great event, with Mother Nature providing a cool start, clear skies and sunshine to brighten the spirit.

## MORE CLASSIC STU-PEDS



Don't YOU miss the Gala!



Arts & Sciences 5K  
Greg Brown (above) and  
Paul Mosel (below)

Photo by Don Watson





# ◆◆◆ 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 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.

## Sun Jan 8 Golden Gate Park 10K

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto ML King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

## Sun Jan 15 Ballpark 5K

START/FINISH: Terry Francois & Illinois Streets (off Mariposa)

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

COURSE DESCRIPTION: Run northbound on Terry Francois, right onto Third Street and right turn across Lefty O'Doul Bridge. Upon crossing the bridge, run a double counterclockwise loop around AT&T Park. Then re-cross the bridge, make a left back onto Terry Francois and return to finish.

## Sun Jan 22 Waterfront 10M & 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIMES: **10M - 8:00AM. (course closes at 10:15AM); 5K - 8:10AM.** Walkers are encouraged to start early.

ENTRY FEES: **10M: \$8 members, \$10 non-members; 5K: \$5 members, \$7 non-members**

Age division awards for both races.

COURSE DESCRIPTION (10M): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (AT&T Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry Francois St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return same way to finish.

COURSE DESCRIPTION (5K): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at black/white vertical post and return same way to finish.

## Sun Jan 29 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 around Stow Lake exiting on 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.

## ◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at [webbsight@earthlink.net](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com).
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

## Membership ♦♦♦ ♦♦♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

**Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for members who opt to receive the monthly newsletter online.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](http://www.dserunners.com/members.html). From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at [www.active.com](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net) or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

## Folding ♦♦♦ ♦♦♦ Session

DATE: Wednesday, February 1, 2012  
TIME: **6:00 PM**  
HOST: Daz Lamparas  
350 Kansas Street, first floor  
(between 16th & 17th Streets)  
San Francisco  
415-848-3637, 415-269-2946

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 6:00 PM and usually wrap up before 8:00 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



Last month, my forecast was for the first two weeks of December dry, with some rain at the end of the month, which did not occur. December was third driest in San Francisco history, going all the way back to 1849!

The first two weeks of January should be dry except for some light rain around the 8th. Expect mild days and cold nights. The second half of the month may have some rain in it, especially in the middle of the third week and again at the end of the month. Overall, another dry January!

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



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ANGELICUS  
Walt Stack

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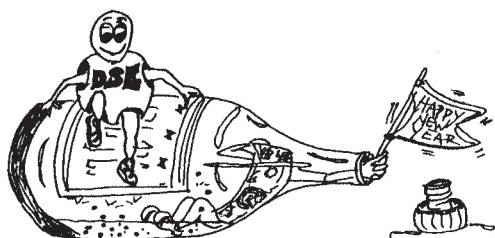
### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

## SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday! ◆◆◆◆◆◆◆◆◆◆ January

1	Sharon Crost
3	Jim McBride
4	Thomas McManus
5	Jean Haber
	Bernard Langner
6	Cate Armstrong
	Mary Gray
	Liz Heidhues
	Sten Mawson
7	Rose Chan
	Joanne Kambur
8	Cristian Alvarez
	David Hoatson
	Carter Kavanagh
	Russ Kiernan
	Joshua Lail
10	Chris Horton
11	Romelle Guittap
	Lina Khatib
13	Don Brown
	Judith Jarosz
	Jakob Lail
16	Julia Mutere
	Michael Onufer

17	Pamela Santiago
	Michael Welsh
18	Steve Kusmer
19	Michael Rouan
21	Andrea Lazorik
22	David Floersch
23	Katelyn Flanagan
	Yong Haber
	Phyllis Nabhan
	Lucy Wing
25	Jill Cottell
26	Jason Reed
27	Triston McLaughlin
	Maria Pantoja
28	Gogo Haas
	Stephen Maese
29	Mike Dearman
31	Cliff Lentz
29	James Kambur
	Kia-Jacquelyn Omotalade
30	Carolyn Hoppe
31	David Klinetobe
	David Leo

## New Members

### PACIFICA

Mark Guittap  
Markus Guittap  
Mateo Guittap  
Romelle Guittap

### SAN FRANCISCO

Katherine Hill  
Jeffrey Hawkins  
Joana Mendoza  
Sandra Miller  
Steven Miller  
Vanessa Miller  
Xavier Miller  
Lenny Rachitsky  
Mary Ann Scanlon

### SAN LEANDRO

Robert Butchart

### SAN MATEO

Gerald Crans