

February 2012

Kevin Lee and Sandra Sigurdson

MCs Leo and Virginia then opened the floor to the audience for us to share our
continued on page 3

◆ ◆ ◆ KY FAUBION

to the Gala festivities! We had a nice time with Leo and Virginia Rosales leading our ceremony throughout the evening with lots of smiles and hugs. It's such a wonderful atmosphere to give children awards and see the motivational tactics of club parents to get their kids into the races. We appreciate every one of you who set outstanding goals for the past year and hope to see them keep developing. If you missed our program, we had a heartfelt speech from Calvin Chan who mentioned that he loves our club and can't run but continues to support us every race and serve on our board committee. He then suggested that we take a step for him in the races as he works our registration table — and even though there are times his health has setbacks, he continuously shows us how much he cares about our community and

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continues to be a pillar of the DSE. This type of respect is hard to find, and I'm sure that I speak for us all when we salute this great guy for sticking to it. Thank you Calvin!

UPCOMING RACES

February 5 — NO DSE RUN: Run or volunteer at the Kaiser Permanente half marathon. Volunteer details on page 14.

February 12 — Golden Gate Vista

10K: Starting this race will fool the newcomers; it's a 10K with a series of mean steep hills that will make runners expand their lung capacity by a small percentile. Start out at 60-70% of your normal race pace at the start line and you'll soon understand that it's crucial to have some reserves for the long hills that await you along the course. But don't slow down once you get past the Legion of Honor on the way back — it's all smooth downhill from there!

February 19 — Conservatory 5K:

Quite easily one of the best courses to find out exactly what time you run a really flat 5K in. You'll run down Kennedy Drive and turn up onto Stow Lake for one large beautiful loop to return up the road and see your finish line a good half mile ahead. This is a great course to test out your guts with another runner of equivalent pace!

CLASSIC STU-PEDS

by Stu Ruth



[Editor's note: Ky's legs much be so long that he doesn't notice that there isn't really anything completely flat on Kennedy Drive or around Stow Lake.]

Please note that this is a change from the previously scheduled Rainbow Falls 5K, because there will be a memorial for Warren Hellman taking place at Speedway Meadow.

February 26 —Fort Point 10K: This course is flat as you run by the Marina Green and then surprises you with the hill at Fort Mason. Be ready for that hill, because it takes a lot out of you when you're set on cruise control for a personal best. Don't forget the wind gets pretty powerful on the return if it happens to be a windy day!

GALA PHOTOS



MCs Virginia and Leo Rosales



DSE Distinguished Women:
Liese Rapozo, Jeanie Kayser-Jones,
Peggy Kang, Jane Colman,
Barbara Robben, Pat Geramoni

All photos © 2012 Paul Mosel

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.

BOARD OF DIRECTORS MEETING

There will be a meeting of the Board of Directors at the Presidio Sports Basement on Sunday, February 26 after the Fort Point 10K. Interested members are welcome to attend. Please RSVP to Ky at ky.faubion@gmail.com.

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

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

◆◆ How to contact the DSE ◆◆

2011 club memories. **Leo Rosales, Noe Castanon, Jeanie Kayser-Jones, Kevin Lee, Chikara Omine, Harry Cordellos, Erika Kikuchi, Tony Nguyen** and **Christine Clark** shared their anecdotes, both humorous and serious. The official Gala program concluded with recognition of our special volunteers. RRCA State Representative **George Rehmet** presented RRCA Volunteer Program Certificates to **George Baptista, Vince French** and **Jim Kauffold**. Last year's winner Bill Woolf presented the 2012 DSE Walt Stack Award to **George Baptista**. **Janet Nissenson**, last year's winner of the Lifetime Service Award, presented this year's 2012 award via video to **Calvin Chan**.

The formal program closed with the Grand Raffle Prize drawing. This year's prize was a stay for one night in a deluxe suite or two nights in a standard room at the San Remo Hotel on Fisherman's Wharf, graciously donated by hotel General Manager **Kenley Gafike**. The prize was won by **Vince Gulli**.

Virginia and Leo then closed the program by thanking everyone for making this evening so memorable and then set us loose to dance the rest of the evening away, under the stars.

2012 Gala Committee: **Sandra Sigurdson, Kevin Lee, Ky Faubion, Virginia Rosales, Leo Rosales, Jerry Flanagan, Paul Mosel, Suzana Seban, Rick Torreano**, and big thanks to **John Woods** and Enhanced Lighting.

We would like to thank all volunteers, sponsors and donors: **Buck's Restaurant, Jane Colman, Pat Geramoni, Theo Jones, Jeanie Kayser-Jones, Ladda's Thai Restaurant, Daryl Luppino, Shannon Luppino, Bobby Marty, Sharon Munoz, Wendy Newman, Janet Nissenson, Tony Nguyen, Pamakid Runners, Carol Pechler, Liese Rapozo, Wally Rapozo, George Rehmet, RhodyCo, George Sacco, San Remo Hotel, Suzana Seban** and **Bill Woolf**.

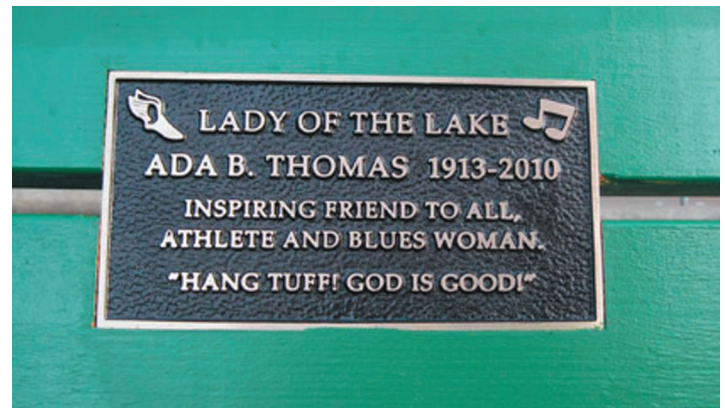
*Editor's note: And extra-special thanks to **Sandra Sigurdson**, who put such an incredible amount of time and effort into making the Gala the great success it was.*

FOLDING SESSION HOSTS NEEDED

Jane Colman

Thank you so much to all the DSE members who have stepped up to host folding sessions, especially those who volunteered multiple times. But now the *DSE News* needs folding session hosts for 2012, starting with the last week in March 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 (or 510-652-3116 if you don't use email).



Dear Friends,

We are pleased to invite you to the

**dedication ceremony for the
Ada B. Thomas bench memorial!**

**Saturday, February 25, 2012, 1 PM, rain or shine
Boat house at Stow Lake in Golden Gate Park**

Cake and punch

Thank you very much for your contribution.

Sincerely, Robert, Marian, Cosima, Marina, Sally and Chris

Happy Birthday! ♦♦ February

1	Erika Brickley	18	Monica Jaquez
	Kim Chee Kim		Kathleen Lail
2	Thomas Okazaki		Sam Roake
3	Julie Bernstein	19	Julie Locke
	Greg Hilbrich		Scott Thomas
	Katherine Hill		McManus
	Grace Nadolny	20	Mark Kelley
4	Pat Geramoni		Kirsta Martino
	Heather Leutwyler		Gary Waterfield
	Matthew Liebman	22	Bill Hamilton
	Michael Sands		Haruko Young
5	Cathy Dietzen	23	Carolyn M. Clark
	Tim McMenomey		Patrick Dillane
8	Elaine Koga Kennelly		Maninder Sohal
	Kevin Lee	24	Rick Johnson
	Eric Shackelford		Michael Miyagishima
9	Margo Banowicz	25	Nakia Baird
10	Brian Dierking	26	Susie Leclair
11	Roger Bazeley		Shannon Luppino
12	Maureen Dolan		Caroline Sheng
	Alice Shikina		Sonny Young
13	Cora Hardin	27	Justin Heckford
	Nico Napolio	28	Megan Armstrong
14	Janell Robertson		Richard Armstrong
15	Michelle Alvarez		Michael Kiser
	Jeff Shopoff		Grace Orders
16	Kyle Louis		Stephanie Polverari
	Alex Jr. Munoz	29	Jane Czech
17	Tyler Abbott		
	Rene Encarnacion		
	David Stratta		
	Frederick Yu		



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

December 25, 2011

Christmas Blind Date Relays Fun Run,
2Mx2M

PL	NAMES	TIME
1	Tower Yu & Alyssa Yell	28:17
2	Thang Ta & Denise Leo	29:37
3	Malinda Walker & Amy Sonstein	29:57
4	Randy & Wendy Newman	30:23
5	Keith & Louann	33:14
6	Tomas & Suzana Seban	33:17
7	Marty Maricle & John	34:41
8	Paul Mosel & Marian Lyons	36:06
9	Patrick Lee & Erica	37:56
10	Mort Weisberg & Renee	38:05
11	Bill Woolf & Diann Leo	39:14
12	Andy Chan & Peggy Kang	44:47

January 1, 2012

Marina Green 5K

Race Director: Rick Torreano

Volunteers: George Sacco, George Baptista,
Michael Gulli, Peggy Kang, Phyllis Nabhan,
Vince French, Pat Geramoni, Derrick
Brown, Brie Reybine, Peter Flessel, Kevin
Lee, Bobby Marty



Race Director Rick Torreano

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PL	NAME	AGE	TIME
1	Sloane Cook	22	17:01
2	Ky Faubion	26	17:41
3	Kenley Gaffke	33	18:18
4	Randall Conner	43	18:22
5	Eric Knackmuhs	31	18:33
6	David Moulton	44	19:03
7	Steven Pitsenbarger	43	19:30

8	Matt Marshall	19:34
9	Alex Munoz	42 19:35
10	Elizabeth Scott ①	20 19:43
11	Gustavo Cerda Avenal	16 19:47
12	Edward Haack	43 19:59
13	Alex Karweit	34 20:04
14	Felix Tong	32 20:23
15	Andy Roth	43 20:27
16	Joann Paklovac ②	40 20:30
17	Raul Sandoval Avenal	14 20:35
18	Benny Vega Avenal	14 20:49
19	Jeanine Holmlund ③	47 20:56
20	Bud Napolio	50 21:00
21	Daniel Brown	42 21:15
22	Conal Gallagher	48 21:19
23	Anita Devineni ④	28 21:20
24	Yanning Zhang	53 21:22
25	Ronald Lau	25 21:40
26	Kate Verdon ⑤	39 21:41
27	Edward Caldwell	54 21:43
28	Daryl Luppino	52 21:44
29	Panya Somnhot	30 21:49
30	Seth Sternglanz	35 21:59
31	Edward Hung	34 22:09
32	Jason Woo	31 22:13
33	Tor J Grenne	39 22:14
34	Jonah Weaver	34 22:14
35	Eva Stuart	20 22:16
36	LouAnn Conner	44 22:18
37	Bob Anderson	64 22:20
38	Stephen Seymour	50 22:33
39	Kenneth Fong	50 22:34
40	Patrick Lee	64 22:37
41	No Name	22:37
42	Zhiping You	52 22:41
43	Masataka Negishi	61 22:50
44	David Brownstein	49 23:01
45	Matthew Welch	M 23:20
46	Lisa Royere	38 23:22
47	Markus Guittap	11 23:30
48	Daz Lamparas	59 23:34
49	Mark Prichard	50 23:37
50	Maddy Nakada	13 23:39
51	Michelle Deasy	39 23:48
52	Larry Wuerstle	56 23:51
53	Beth Binegan	44 23:52
54	Maria Pantoja	23:54
55	Brad Spielman	44 23:56
56	No Name	24:12
57	Nick Pegley	50 24:18
58	Gard Grady	37 24:20
59	Denise Leo	36 24:22
60	Jean Niemann	50 24:39
61	Marie Carlotti	55 24:42
62	Anna Chm	46 24:45
63	Romelle Guittap	43 24:53
64	Kevin Lazorik	33 24:56

65	Theo Jones	73 25:06
66	Peter Timmons	31 25:10
67	Barbara Kirkwood	50 25:24
68	Amy Sonstein (and Rebecca)	42 25:26
69	Xiaodong Yang	56 25:30
70	Dawn Archambault	34 25:37
71	Sandra Sigurdson	55 26:03
72	Sharon Munoz	16 26:05
73	Ferhat Hatay	46 26:21
74	Rocco Mullinax	38 26:22
75	Maggie Fillmore	61 26:24
76	Dennis Hills	49 26:25
77	Anna Novatney	40 26:30
78	Jack Novatney	49 26:31
79	No Name	26:32
80	Kendra Thayer	39 26:36
81	Lori Lefkowitz	37 26:38
82	Bill Reamer	66 26:47
83	Natalie Magana	26 26:53
84	William Bernick	22 26:56
85	Alisa Shen	40 26:59
86	Willem Vroegh	41 27:00
87	Megan O'Conner	41 27:02
88	Paul Mosel	70 27:06
89	Alli Hillberg	40 27:12
90	Nick Wong	17 27:14
91	Niki Oftutt	33 27:16
92	Steve Nissenson	63 27:18
93	Or Taylor	57 27:19
94	Eugene Espejo	29 27:20
95	Melissa Edgar	36 27:22
96	Lisa Masai	28 27:33
97	Alfred Palma	50 27:34
98	Philnemor Petrzsantz	44 27:35
99	Kathleen Lail	43 27:40
100	Patricia Lyons	26 27:42
101	Jamie Slaughter	42 27:46
102	Neal Ashton	55 27:47
103	Katherine Hill	32 27:49
104	Christine Hoang	43 27:52
105	Wendy Newman	61 27:54
106	Yoshi Nakada	11 27:55
107	Niels Erizu	58 27:56
108	Joana Mendoza	24 28:14



The registration line

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The front runners take off

Photo by Don Watson

32	Jamie Yang ⑤	28	42:01
33	Eric Davies	38	42:08
34	Aran Healy	27	42:47
35	Jurriaan Souer	31	42:49
36	Bud Napolio	50	42:56
37	Rick Torreano	62	42:59
38	Conal Gallagher	49	43:26
39	Dave Flinn	45	43:31
40	Alex Karweit	34	43:39
41	Cristian Alvarez	33	43:56
42	Marcial Saavedra	19	43:56
43	David Acker	28	44:01
44	Don Ollila	36	44:02
45	Nick Goldsworthy	41	44:11
46	Michael Gulli	52	44:12
47	Reuven Yehoshua	50	44:18
48	Celeste Northcott ④	20	44:19
49	George Rehmet	45	44:23
50	Derek Geno	40	44:25
51	Gary Waterfield	50	44:27
52	Chris Golis	30	44:28
53	Catherine Melton ⑤	27	44:30
54	Brian Schultz	44	44:37
55	Steve Stephens	68	44:40
56	Riya Susing	44	45:02
57	Julie Munsayac	34	45:08
58	Lloyd Sampson	68	45:11
59	Daryl Luppino	52	45:12
60	Edward Hung	34	45:13
61	Nakia Baird	36	45:18
62	James Jensen	32	45:36
63	Eric Steen	40	45:52
64	Panya Somnhot	40	46:06
65	Morten Qvenild	33	46:24
66	Mike Melton	30	46:30
67	Steve Yun	39	46:51
68	LouAnn Connor	44	46:53
69	Alana Kent	29	47:20
70	Kevin Pope	54	47:48
71	Chris Johnson	40	47:56
72	Joe Glauberman	33	48:06
73	Bill Hamilton	58	48:07
74	Nick Pegley	50	48:16
75	Patrick Lee	64	48:26

76	Jared Darby	30	48:32
77	James Shimamoto	26	48:34
78	Ian Crawford	30	48:35
79	Kelsey Nieman	16	48:37
80	Michelle Bollinger	15	48:44
81	Larry Wuerstle	56	48:52
82	Maria Pantoja		48:55
83	Phil Ly	29	49:10
84	Kate Clemens		49:14
85	Xiaodong Yang	56	49:18
86	Renee Elson	27	49:19
87	Marky Enriquez	35	49:25
88	Danielle Hauptman	37	49:27
89	Kendyl Klein	19	49:32
90	Rick Hunter	58	49:33
91	Tyler Johnstone	25	49:34
92	Cassandra Trevino	29	49:53
93	Kevin Jacks	30	49:55
94	Claire Chavez	26	49:57
95	King Wayman	62	50:11
96	Ana Rodriguez Hernandez		
		31	50:12
97	Keith Larkin	39	50:13
98	Mary Pang	38	50:23
99	Holger Ruehle	39	50:25
100	Ethan Frigon	11	50:26
101	Vinnie Cheowtirahut	28	50:32
102	Doug Frigon	49	50:45
103	Marci Rosenfeld	38	50:51
104	Amy Svendberg	41	50:56
105	Allyson Weede	24	50:58
106	Henon Ho	37	51:05
107	Mark Prichard	52	51:13
108	David McMillan	33	51:16
109	Kristin Belshaw		51:33
110	Marie Carlotti	55	51:35
111	Rebecca Byrne	40	51:39
112	Alice Shikina	40	51:42
113	David Levine	42	51:47
114	John Riordan	34	51:48
115	Dawn Archambault	34	51:51
116	Tamara Sciamanna	39	51:51
117	Ian Maynard	40	51:56
118	No Name		51:58
119	Angee Baldini	26	52:07
120	Trang Nguyen	35	52:10
121	Milinda Lommer	42	52:19
122	Bob DeFazio	27	52:21
123	Yoshio Daikoku	63	52:24
124	Rafael Sands	15	52:30
125	Jim McBride	69	52:32
126	Danny Shapiro	33	52:37
127	Amy Sonstein (and Rebecca)		
		42	52:40
128	Belinda Wood	42	52:44
129	Katherine Cope	43	52:47
130	Dan Baldini	60	52:50
131	Catherine Covington	29	52:51
132	Lisa Baldini	23	52:52
133	Wil Vezec		52:58

134	Stephanie Berg	41	52:58
135	Daz Lamparas	59	53:02
136	Gary Brickley	59	53:04
137	Julie Christy	23	53:11
138	Leigh Lucas	23	53:12
139	Allie Binkowski	30	53:13
140	Nathaniel Sands		53:15
141	Leah Jorgensen	33	53:16
142	Spencer MacColl	23	53:19
143	Sandra Sigurdson	55	53:21
144	Farrell Hall	29	53:22
145	Sarah Shapiro	32	53:26
146	Jessica Bright	35	53:28
147	Stephen Wallace	36	53:29
148	Mika Kasaka	24	53:30
149	Floe	70	53:42
150	Helen Malloy	43	53:47
151	Stephanie Soler	37	53:49
152	John Stenson	46	54:02
153	Karen Pinckard	52	54:09
154	Jim Ruppert	49	54:16
155	Prescott Foland	18	54:41
156	Sam Vilain	32	54:42
157	Melia Meggs	28	54:43
158	Eleanor Fraser	28	54:48
159	Cheryl Yannotti	41	54:50
160	Gregory Brown	62	54:50
161	Steven Foland	52	54:51
162	Brian Laguttera	34	54:56
163	Wendy Newman	61	54:58
164	Michael Slowvik	46	54:59
165	Rob Snavelly	42	55:00
166	Mitchell Sollod	72	55:16
167	Paul Mosel	70	55:28
168	Angelina Garcia Lopez		
		24	55:44
169	Martha Arnaud	41	55:57
170	Megan Gee	27	56:01
171	Zack Willis	33	56:01



Course monitor Margo Banowicz

Photo by Don Watson

172	Chris Jones	44	56:09	231	Ross Thayer	31	61:33	291	Cathleen Kenary	22	72:33
173	Brian Dierking	46	56:12	232	Theo Jones	73	61:35	292	Jim Kauffold	74	72:55
174	Tori McMillan	32	56:15	233	Charlene Nicolas	24	61:46	293	Jeanna Marie Villanueva		
175	Judith Waitz	52	56:19	234	Beth Hoch	34	61:51			26	73:12
176	Marian Lyons	64	56:22	235	Suzana Seban	58	61:52	294	Tracey Landrito	25	73:13
177	Stu	26	56:29	236	Deborah Bevilacqua	43	61:56	295	Dianne Chan	35	73:32
178	Sam Roake	75	56:35	237	Neal Ashton	55	62:17	296	Bill Woolf	26	74:01
179	Yong Cholee Haber	53	56:39	238	Sarah Aschenwald	27	62:19	297	Elisa	42	74:24
180	Fred Haber	52	56:40	239	Elizabeth Jessup		62:20	298	George Sacco	74	75:55
181	Keith O. Johnson	73	56:52	240	Mort Weisberg	75	62:25	299	Heidi Heller		76:09
182	Matt Bouchard	39	57:00	241	Ashley Taylor	26	62:30	300	Ragen Cox	22	76:12
183	Monica Vasquez	40	57:22	242	Steve Brickley	55	62:42	301	Amy Mutere	51	76:25
184	Sharon Munoz	16	57:34	243	Caron Anderson	70	62:45	302	Marisa Costa Procter	29	76:41
185	Eve-Marie Quintin	29	57:35	244	Vinesh Vis	28	62:54	303	Yer Moua	21	78:19
186	Mike Rouan	47	57:37	245	Pauline Tang	29	63:02	304	Moon Ahsan	24	80:13
187	Aileen de Peralta	50	57:41	246	Lisa Masai	28	63:18	305	Jennifer Paphanthong	36	81:01
188	Martina Konietzny	52	57:43	247	Carmel Nicolas	26	63:37	306	Christina Nguyen	33	81:07
189	Richard Donaldson	41	57:48	248	Kirsta Martino	43	63:39	307	Stephanie Scott	49	81:31
190	Joseph Connelly	50	58:00	249	Dave Picariello	57	63:42	308	Kelly Daikoku	52	83:12
191	Adrian Santos	32	58:04	250	Brian Hartley	58	63:44	309	Deanna Mattoch		85:09
192	George Ridout	69	58:19	251	Mallory Vachon	24	64:04	310	Roger Davis	36	85:10
193	Alice Yang	33	58:20	252	Jack Bascom	70	64:15	311			90:46
194	Chia Moua	28	58:27	253	Tanya Cota	43	64:51	312			91:48
195	Geores Buttner	75	58:38	254	Naomi Hunter	51	65:21	SELF-TIMERS			
196	Donald Moore	24	58:40	255	Tina Alexander	25	65:22		Barbara Robben	79	
197	Debra Cheng	24	58:45	256	Karla Fernandez	35	65:33		Richard Hannon	76	
198	Ryan Green	27	58:46	257	Nefre Northam	34	65:35		Brie Keybine		
199	Linda Northcott	59	58:48	258	Jennifer Frankel	30	65:40		Raliegth Freeman		
200	Eugene Espejo	30	58:49	259	David Sifry	43	65:47		Karen Freeman		
201	Starr Lozano	32	58:56	260	Paris Mijatovich	17	65:51		Sherill Golden		
202	Allie Nichols	27	58:57	261	Chung Nguyen	24	66:14		Ellen Breslauer	64	
203	Kurith Catrun	24	59:06	262	Virginia Rosales	48	66:21		Elaine Gecht	68	
204	Amber Wipner		59:09	263	Steve Hambalek	56	66:25		Dee Farkas	84	
205	Chris Kraeutle	41	59:19	264	Russell Breslauer	66	66:28		Liese Rapozo	84	
206	Stacey Tinianov	38	59:36	265	Amy Tenderich	45	66:34		Wally Rapozo	83	
207	Meg Kawahata		59:41	266	Tatiana Howard	43	66:35		Christine Clark	40	
208	Kate Cotruvo	25	59:47	267	Erin McGarry	26	66:38		Bobbicito O'Connor	62	
209	Charlotte Wu	29	59:50	268	Patty Fishburn	65	67:02		Murilo Jones	35	
210	Sharon Crost	50	59:53	269	Jane Colman	68	67:03		Jolene Woo	47	
211	Mark Zaller	55	59:54	270	Margaret Pometta	49	67:04		Dan Murphy	51	
212	Henry Nebeling	79	59:57	271	No Name		67:14		Kari Rayford	40	
213	Jim Golden	60	59:58	272	Jeff Shopoff	67	67:23		Jeanette Bollinger	54	
214	Alfred Palma	50	59:59	273	Katherine Orr	34	67:42				
215	Wendy Larkin	43	60:14	274	Mary Gray	50	68:42				
216	Yoon Choi		60:15	275	Jean A, Symons	57	68:51				
217	Adrienne Prado	30	60:22	276	Rhea Matsuura	28	68:57				
218	Monica Medina	29	60:23	277	Cathy Frgmire	36	69:46				
219	Peter Flessel	71	60:29	278	Louise Swainson	34	70:14				
220	Robert Aboyme	41	60:32	279	Rachel Malan	61	70:29				
221	Robert Byrne	23	60:40	280	Laura Gardner	29	70:30				
222	John Vokovojac	41	60:47	281	Paul Griffith		70:32				
223	Simone Busuttil	29	60:52	282	No Name		71:19				
224	Xiaohung Xu	32	61:53	283	Lan Phan	32	71:27				
225	Andrea Lambert	39	61:16	284	Lin Pak	46	71:28				
226	Rebecca Miller	48	61:17	285	Stefanie Bell	26	71:59				
227	Kevyn Klein	25	61:18	286	Christopher Bell	24	72:00				
228	Juliana French-Arnold			287	Maria Pena	28	72:07				
		26	61:22	288	Eliza Bennett	23	72:13				
229	Glenda Beneavides	25	61:23	289	Whitney Douthett		72:14				
230	Angie Mistretta	36	61:29	290	Alex Huestis	23	72:15				



Virginia Rosales with Calvin Chan, 2012 winner of the DSE Lifetime Service Award

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February 15, 2012

Ball Park 5K

Race Director: George Rehmet

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Angie Simpson, Patrick Lee, Vince French, Geores Buttner, Ann Agbayani, Jesse Agbayani, Roxanna Pezzy, Robert Brizuela



Race Director George Rehmet

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PL	NAME	AGE	TIME
1	Grant Johnson	28	15:55
2	Ryan Tellock	26	16:51
3	Chikara Omine	29	17:24
4	Ky Faubion	26	17:50
5	David Huerta Avenal	17	17:59
6	Pedro Alvarez	35	18:08
7	Jerry Flanagan	46	18:32
8	Peter Hsia	51	18:39
9	Steven Pitsenbarger	43	18:44
10	Roberto Espejo	17	18:54
11	Wayne Cottrell	49	19:00
12	Hudson Kelly	20	19:06
13	Sylvain Bauge	34	19:09
14	Enrique Julia	33	19:15
15	Edward Haack	43	19:18
16	Gustavo Cerda Avenal	16	19:23
17	Joann Pavlovcak ❶	40	19:26
18	Kyle Louis	24	19:34
19	Alex Karweit	34	19:36
20	John Axerio	28	19:42
21	John Woods	47	19:45
22	Cristian Alvsrez	33	20:05
23	Marcial Saavedra	19	20:06
24	Ophelia Wilkins ❷	32	20:19
25	Anita Devineni ❸	28	20:28
26	Bud Napolio	50	20:31
27	Chris White	28	20:47
28	Michelle Gaines ❹	15	20:49
29	Conal Gallagher	48	20:49
30	Sarah Kelly ❺	29	20:55
31	Hugo Pegley	15	20:57
32	Riya Suising	44	20:59
33	Kate Verdon	39	21:04
34	Diann Leo	24	21:07
35	Ed Hung	34	21:08
36	Warren Frost		21:09

37	Bob Anderson	24	21:10	96	Gary Brickley	59	25:31
38	Jason Woo	31	21:13	97	Lani Murphy	25	25:33
39	Jessica Kelly	18	21:15	98	John Stenson	46	25:36
40	Edward Caldwell	53	21:16	99	Giovanna Ramirez	17	25:46
41	Raul Sandoval Avenal	14	21:20	100	Greg Brown	62	25:52
42	Michael Gulli	52	21:21	101	Michelle Smit		26:56
43	Daryl Luppino	52	21:24	102	Eugene Espejo	30	26:02
44	Deanna Micros	48	21:30	103	Rocco Mullinax	38	26:03
45	Steve Chamberlin	41	21:36	104	Eve-Marie Quintin	29	27:04
46	Erin Fort	30	21:49	105	Ken Weller	63	26:07
47	Steven Wong	36	21:52	106	Joseph Connolly	50	26:11
48	Kelly Hansen	27	22:05	107	Chris Calderon	36	26:15
49	Andrew Hansen	29	22:06	108	Jason Priestley	25	26:18
50	Chris Boreta	56	22:09	109	Jerry McGowan		26:20
51	Kenneth Fong	50	22:16	110	Michael Dunn	50	26:23
52	JD Sackrison		22:23	111	Richard Nippes	63	26:26
53	Nick Pegley	50	22:25	112	Kelly Bagley	38	26:30
54	Luis Vargas	54	22:27	113	Matt Russell	31	26:32
55	Jim Flanigan	62	22:32	114	Marion Lyons	64	26:33
56	Maria Pantoja		22:44	115	Cani Calderon		26:34
57	Alex Munoz	42	22:45	116	Mike Rouan	47	26:47
58	George Musante	57	22:46	117	Pooja Upudhyaya	23	26:49
59	David Lee	38	22:55	118	Anna Novatney	10	26:54
60	Daz Lamparas	59	23:04	119	Kari Novatney	42	26:56
61	Mark Prichard	57	23:11	120	Matt Ochsner		26:58
62	Hans Facer	59	23:13	121	Wendy Newman	61	27:01
63	Anne Thilges	45	23:16	122	Mark Newman	65	27:04
64	Amy Sonstein	42	23:19	123	Caroline Polinski	32	27:04
65	Larry Wuerstle	56	23:26	124	Eric Chu	32	27:05
66	Maryann Kongovi	35	23:27	125	Kathryn Storelli	22	27:07
67	Bill Hamilton	58	23:34	126	Mark Zaller	56	27:10
68	Denise Leo	36	23:43	127	Sharon Crosrt	50	27:10
69	Daniel Keefe	26	23:45	128	Jon Sieker	40	27:12
70	Robert Ixta	19	23:48	129	Yong Cholee Haber	53	27:12
71	Lindsay Bland	29	23:49	130	Armon Hosseini	28	27:20
72	Jim Buck	69	24:01	131	Ger Blanchfield	42	27:22
73	Andres Fierro	34	24:05	132	Katherine Hill	31	27:23
74	Jeff Hawkins	29	24:07	133	Paul Mosel	70	27:24
75	Cavaco Matthew	24	24:16	134	Joana Mendoza	24	27:30
76	Gerard Sheehan	31	24:17	135	Anana Bernard	24	27:31
77	Ben Zbikowski	24	24:30	136	Justin Sadowski	24	27:41
78	Kate Bannon	35	24:37	137	Janet Kiberenge	34	27:42
79	Theo Jones	73	24:38	138	Neal Ashton	55	27:43
80	Miguel Guerrero	42	24:39	139	Cary Eagon	31	27:46
81	Sean Voegele	34	25:43	140	Vanesa Nunez	26	27:48
82	Jim McBride	69	25:01	141	Gina Pasauk	31	27:50
83	Jorge Gonzalez	47	25:07	142	Geores Buttner	74	27:52
84	Eleanor Fraser	28	25:09	143	Xiaohong Xu	32	27:56
85	Maggie Fillmore	61	25:11	144	Matthew Pemberton	29	27:57
86	Jose Tepeda	37	25:17	145	Emily J Houghton	30	27:59
87	No Name		25:18	146	Dana Farkas	52	28:02
88	Brian Dierking	46	25:19	147	Hayley Scheidemantle	18	28:04
89	Julia Stead	29	25:20	148	Brian Hartley	58	28:06
90	Sandra Sigurdson	55	25:20	149	Alfred Palma	50	28:07
91	Sachin Maharjan	30	25:27	150	No Name		28:18
92	Kendall	23	25:29	151	Rich Donaldson	41	28:19
93	Sadie Simpson	32	25:29	152	Sean Young	12	28:34
94	No Name		25:30	153	Diego Hernandez	8	28:37
95	John Gomber	13	25:30	154	Mary Barlow	34	28:48

155 Sonny Young	9	28:51	215 Kevin Dunn	11	32:28	275 Tiffany Cisneros		38:52
156 Kim Marrujo	32	28:53	216 Edna Burgos	27	32:30	276 Laura Cooper	25	38:53
157 Jillian Weinstein	25	28:54	217 Karla Chaparro	24	32:40	277 Kristi Reed	45	38:59
158 Jen Harrison	38	28:57	218 Jennifer Hernandez	42	32:41	278 Olivia Soares	23	39:00
159 Joe Young	39	28:58	219 Dana Zottola	32	32:43	279 Margo Banowicz	52	39:01
160 Sheldon Gersh	66	29:02	220 Kristy Putch	36	32:44	280 Elenna Lovato	30	39:03
161 Stephanie Soler	37	29:10	221 Ragen Cox	22	33:00	281 Kyle Horn	29	39:04
162 Suzana Seban	58	29:21	222 Lisa Schlittner	49	33:13	282 Veronica Lodrigueza		39:28
163 Jack Soler	10	29:23	223 Cathy Bowling	50	33:21	283 Cindy Jen		39:29
164 Carla Punch	50	29:25	224 Jillian Myers	26	33:25	284 Raechel Rodden	21	39:42
165 Eddio Valencia	34	29:26	225 No Name		33:26	285 Grace Lemmon	12	39:43
166 Henry Nebeling	79	29:29	226 Magan Biggs	22	33:27	286 S Kelly	57	39:53
167 Rishi Gupta	34	29:33	227 Natalie Sanfilippo	28	33:34	287 Christina Pimentel	29	39:54
168 Ana Fierro	32	29:35	228 Scott Phillips	55	33:35	288 Karla Fernandez	35	40:04
169 Kim Martinez	24	29:36	229 Jeff Shopoff	67	33:41	289 Maria Pena	28	41:30
170 Jim Golden	80	29:36	230 Lindsay Petrone	33	33:42	290 No Name		42:08
171 Ashley Gunther	25	29:37	231 Ria Di Costanzo	38	33:44	291 No Name		42:09
172 Samantha Murillo	25	29:38	232 Maggie Glover	28	33:45	292 Lizzie Kennon	26	43:55
173 Eva Haakenson	33	29:49	233 Marc Granberg	31	33:46	293 Alicia Kennon	31	44:00
174 Lindsey Shaw	25	29:53	234 Alicia Barnes	26	33:50	294 Shannon Goralka	31	44:13
175 Joe Goralka	57	29:54	235 Jenna Miller	25	33:51	295 Elena Wang	7	44:26
176 Maxwell Hernandez	8	29:55	236 Ashley Tateo	24	33:53	296 Caroline	8	44:27
177 Jennifer Grimes	29	30:00	237 Samantha Georges	27	34:07	297 Michele Borgesha	51	44:38
178 Adriene Formentos	23	30:02	238 Jeanie Jones	76	34:08	298 Jack Naalg		44:40
179 West Coghlan	57	30:08	239 Alex Yankovskiy	30	34:09	299 Fred Haber	52	45:01
180 Patricia Diaz	36	30:09	240 Julien Containne	24	34:10	300 Genovieve Gomez	31	45:11
181 Marco Diaz		30:14	241 Angela Bayout	28	34:15	301 No Name		45:23
182 Katelyn Davis	24	30:18	242 Jim Kauffold	74	34:21	302 Maryam Headd	30	45:24
183 Virginia Rosales	48	30:19	243 Roy McAfee	33	34:24	303 Bob Theis	83	46:14
184 Leo Rosales	57	30:20	244 Alysia McAfee	32	34:37	304 Nefre Northam	34	47:35
185 Russel Breslauer	66	30:23	245 Bill Woolf	76	34:38	305 Eddie Fierro	31	50:01
186 Jane McFarland	62	30:30	246 Jennifer Clark	37	34:39	306 Joe Zueger	39	51:49
187 Erika Weber	34	30:31	247 Meg Ferrara	40	34:40	307 Kaya	6	51:50
188 Mort Weisberg	75	30:38	248 Candice Ohl	28	34:46	308 John Perez	51	53:07
189 Rebecca Miller	48	30:40	249 Shannon Luppino	15	34:47	309 Harry Cordellos	74	53:15
190 Jack Bascom	70	30:40	250 Margaret Thomson	37	34:51	310 Gene French	65	53:15
191 Deborah Bevilacqua	43	30:41	251 Sheri Dunn	44	34:52	311 Cindy Kennon	56	55:41
192 Steve Hambalek	56	30:41	252 Mike Hung	61	34:55	312 Serena Fierro	30	55:42
193 Caron Anderson	70	30:42	253 Cheryl Porro	40	34:58			
194 Evodia Vivani	49	30:48	254 G.N.	23	34:59			
195 Lisa Hansen	55	30:52	255 George Sacco	74	35:08			
196 Allie Foster	25	30:54	256 Moon Ahsan	24	35:14	Harry Cordellos and Gene French		
197 Ely Aguayo	24	30:55	257 Sarah Keiling	33	35:19	Photo by Don Watson		
198 Sara Glassford	26	30:56	258 Jeannie Chan	36	35:42	SELF-TIMERS		
199 Rhea Matsuura	28	30:57	259 Christy Colcord	43	35:51	Lina Khatib		
200 Renelaine Pfister	31	31:00	260 Stephanie Friery	22	35:57	Bill Dake		
201 Jane Colman	68	31:26	261 No Name		36:04	Sherrill Golden		
202 Becky Grohowski	28	31:35	262 Kay Teiber	72	36:16	Dee Farkas		
203 Glenn	37	31:36	263 Ann Maras	52	36:17	Jane Lee		
204 April Rizzi	54	31:54	264 John Weidinger	70	36:23	Richard Finley		
205 Jackie Macayan	37	31:59	265 Kendra Brazile	22	36:25	Ann Agbayani		
206 Mark Macayan	37	32:00	266 William Ryan	32	36:29	Jesse Agbayani		
207 Jeremy Lucy		32:00	267 Lisa Gearhart	27	36:43	Roxanna Pezzy		
208 Sambath Touch	30	32:01	268 Neha Yadau	32	37:15	Wally Rapozo		
209 Pauline Tang	29	32:04	269 Gina Banton	27	37:36	Liese Rapozo		
210 Iris Ng		32:09	270 Tamara Souza	43	37:54	Robert Brizuela		
211 Vilja Breiling	46	32:14	271 Chantal Wang	12	37:58			
212 Melissa J Edgar	36	32:17	272 Ed Wang	52	37:59			
213 Nena Agarwal	22	32:18	273 Rosalind Hernandez	15	38:17			
214 Neha Shah	36	32:25	274 Annaliese Mora	17	38:19			



Harry Cordellos and Gene French
Photo by Don Watson

SELF-TIMERS

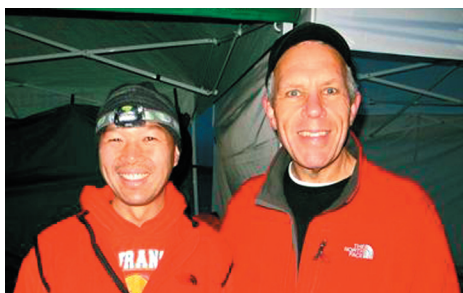
Lina Khatib	
Bill Dake	
Sherrill Golden	69
Dee Farkas	84
Jane Lee	61
Richard Finley	63
Ann Agbayani	
Jesse Agbayani	60
Roxanna Pezzy	
Wally Rapozo	83
Liese Rapozo	84
Robert Brizuela	72 1:01:56

February 22, 2012

Waterfront 10M/5K

Race Directors: Gary Brickley and Kenneth Fong

Volunteers: Wally Rapozo, Liese Rapozo, Calvin Chan, Jerry Flanagan, Jimmy Yu, Geores Buttner, Phyllis Nabhan, George Baptista, Peggy Kang, George Sacco, Tony Nguyen, Bobby Marty, Janet Nissenson, Kevin Lee, Diane Okubo-Fong, Jim Kauffold, Vince French, Ken Reed, Noe Castanon, Amber Wipfler, Joana Mendoza, Daz Lampras, Jairo Tellez, Sara Arceneaux, Thania Lopez, Yesenia Gonzalez, Isabel Banos, Barbara Robben, Bill McCarty, Steve Hambalek, John Woods, Ky Faubion, Paul Mosel, Mari Almeida, Joe Connelly, Steven Pitsenbarger, SFSU Fraternity



**Race Director Kenneth Fong
and Gary Brickley**

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PL	NAME	AGE	TIME
10M			
1	Luis Luna	17	56:52
2	Chikara Omine	29	57:17
3	George Dombroski	43	58:13
4	Klaus Loeffler	47	59:09
5	Jason Mikecz	32	59:19
6	Bernard Jones	28	59:28
7	Andy Chan	41	59:36
8	Ian Macnider	26	60:26
9	Michelle Meyer	24	60:35
10	Sloane Cook	22	60:36
11	Mebrahtu		60:41
12	Jeremy Weinman	33	61:22
13	Shawn Gallagher	51	62:11
14	Markham Miller	47	62:19
15	Matt Berlin	25	62:53
16	Epi Nunez	18	63:01
17	Nakia Baird	36	63:06
18	Jerry Flanagan	46	63:33
19	Roy Clarke	56	63:38
20	Jonathan Bretan	29	63:54
21	Kenley Gaffke	33	63:54
22	Peter Hsia	51	64:14
23	John Hirschberger	60	64:49
24	Joe Ridout	42	64:50
25	Denis Glenn	42	65:18
26	Jeffrey Hawkins	29	65:48
27	Michel Honoré	36	65:55
28	Jeff Mezzocchi	40	66:18

29	Marcial Saavedra	19	66:36
30	Danielle Bisho	28	66:40
31	Alyson Barrett-Ryan	32	66:57
32	Matt Holman	31	67:16
33	Louise Stephens	46	67:50
34	Brayan Alvarado	15	67:56
35	John Woods	47	68:05
36	Steven Pitsenbarger	43	68:14
37	Monica Zhuang	38	68:28
38	Cristian Alvarez	33	68:35
39	Ky Faubion	26	68:36
40	Andy Roth	43	68:45
41	Jaime Silva		69:22
42	Juan Melendez	54	70:02
43	Charles Lantz	30	70:09
44	Samuel Harvell	48	70:24
45	Bud Napolio	50	71:24
46	Jamie Yang	28	71:41
47	Julie Munsayac	34	71:49
48	George Rehmet	45	72:09
49	Michael Gulli	52	72:17
50	Mimi Winsberg	46	72:52
51	Steve Chamberlin	41	72:56
52	Matthew Cox	38	72:58
53	John Fenwood	34	73:22
54	Daryl Luppino	52	73:35
55	Rick Torreano	62	73:54
56	Nancy Benedetti	28	74:04
57	Jackie Flynn	21	74:46
58	Fiona McCusker	47	74:51
59	Diann Leo	24	74:56
60	Marico Enriquez	35	75:47
61	Ryan Hughes	28	76:04
62	Chmouel Peudjnah	32	76:05
63	Mike Puckett	47	76:06
64	Aaron Benavidez	31	76:21
65	Turkey		76:27
66	Warren Frost	34	76:34
67	Milton Lorig	59	76:36
68	Bruce Leary	60	77:04
69	Stephen Seymour	50	77:15
70	Gina Edwards	48	77:25
71	Mark Hermano	35	77:34
72	Brian Czarny	39	77:39
73	Jimmy Lau	30	77:56
74	Danny Dawson	29	78:29
75	L. Cortez	28	78:39
76	Danielle Hauptman	37	78:42
77	Daniel Gross	41	78:45
78	Nicole LaCroix	40	78:46
79	John Spriggs	50	79:13
80	John Davin	33	79:17
81	Marie Appel	47	79:24
82	Panya Somnhot	30	79:50
83	Maria Pantoja		80:16
84	Hamouda Boussen	57	80:26
85	Sean Young	12	81:17
86	Riya Suising	44	81:18
87	Douglas Black	37	81:39
88	Michael Melton	30	81:45
89	Lauren Byler	28	82:14
90	Matt Mcogne	27	82:32
91	Ana Rodriguez Hernandez		
		31	83:05
92	Theo Jones	73	83:16
93	Nick Pegley	50	83:24
94	Carolyn Miller	49	83:25
95	Derick Fogt	39	83:36
96	Miguel Guerrero	42	83:40
97	Chris DeVyllder	41	83:41
98	Maggie Fillmore	61	83:43
99	Malinda Walker	42	83:46
100	Kristine Ciardello	27	84:12
101	Rick Hunter	59	84:47
102	Jenna Wong	25	85:00
103	Paul Fink	63	85:38
104	Dawn Archambault	34	85:47
105	David McMillan	33	86:13
106	Toshitaka Uemura	49	86:24
107	Jamee Sue Cochary	54	86:52
108	Laura Swenson	15	86:53
109	Midori Egi	49	87:01
110	Jim Granahan	62	87:34
111	Jes Brogna	61	87:35
112	Aaron Goldberg	51	87:50
113	Gregory Brown	62	88:10
114	Marion Lyons	64	88:17
115	Michael Slowvik	46	88:45
116	Barbara Kirkwood	50	89:12
117	Martha Arnaud	41	89:13
118	Bob DeFazio	27	89:28
119	Mark Zaller	55	89:33
120	Nathaniel Sands	17	89:41
121	Rafael Sands	15	89:42
122	Floe	71	89:43
123	Claudine Co	38	90:14
124	Helen Molloy	43	90:41
125	James McCann	61	91:10
126	Brian Dierking	46	91:13
127	Joseph Czech	58	91:40
128	Alex Ruppert	14	91:42
129	Jim Ruppert	49	91:43
130	Alfred Tolentino	40	92:27
131	Uri Abrams	42	92:59
132	Tori McMillan	32	93:04
133	Bob Cowdrey	67	93:43
134	Eugene Canotal	30	93:46
135	Rocco Mullinax	37	94:04
136	Joseph Connelly	50	94:13
137	Alicia Ranney	24	95:09
138	Theresa Sutton	47	95:34
139	Gretchen McCann	51	95:35
140	Anna Donnelly	31	95:38
141	Jason Rothman	34	95:39
142	Emmanuelle Merrill	36	96:15
143	Yong Haber	53	96:33
144	Fred Haber	52	96:34
145	Genevieve Peterson	41	97:39
146	Jared Brockway	40	97:39
147	Paul Mosel	70	97:47

148 Sharon Crost	50	97:59	13 Catherine Melton	27	20:53	56 Alexandra Krasov	25	26:06
149 Leah Skahen	24	98:20	14 Andrew Meidlinger	27	20:56	57 Ken Weller	63	26:10
150 Christine Klein	37	98:27	15 Joe Wehrheim	40	21:07	58 Darlene Hall	46	26:13
151 Chuck Crain	45	98:29	16 Kate Verdon	39	21:14	59 Patrick Clos	30	26:14
152 Pat Geramoni	63	98:45	17 Jack Keane	55	21:20	60 Steve Nissenson	63	26:17
153 Phaidra Garcia	41	98:47	18 Anne Marie Sebastiani			61 Katherine Hill	32	26:23
154 Joana Mendoza	24	99:08		40	21:21	62 Eric Sartori	34	26:29
155 Andrea Lambert	39	99:25	19 Luis Vargas	54	21:32	63 Michael Dunn	50	26:32
156 Rebecca Miller	48	99:33	20 Caroline Looney	35	21:58	64 John Hurford	56	26:34
157 Beth Hoch	34	99:35	21 Carl Eschler	28	22:09	65 Lisa Masai	28	26:37
158 Ernest Guzman	45	99:46	22 Manuel Salcedo	33	22:16	66 Neal Ashton	55	26:47
159 Harold Rhee	40	99:51	23 Michelle Bollinger	15	22:17	67 Mike Rouan	48	26:53
160 Wendy Newman	61	100:09	24 Jasper Kirsch	30	22:26	68 Sheila Ochowicz	61	26:55
161 Suzana Seban	57	100:13	25 Patrick Lee	64	22:30	69 Jim Stone	42	26:59
162 Stephanie Humphrey			26 Hans Facer	59	22:38	70 Dana Zottola	32	27:00
	42	101:19	27 Gerard Sheehan	31	22:40	71 Lea DeVlyder	9	27:32
163 Monica Vasquez	40	101:36	28 Jessica Vargas	23	22:46	72 Dana Farkas	52	27:40
164 James Golden	60	102:02	29 Mark Prichard	56	22:49	73 Katherine Menzies	25	27:42
165 Alfred Palma	50	102:18	30 Scott Feldstein	34	22:53	74 Erik Pasternak	25	27:43
166 Lina Khatib		102:25	31 Alice Shikina	40	22:55	75 John Gorenfeld		27:47
167 Henry Nebeling	79	102:34	32 Amy/Rebecca Sonstein			76 Geores Buttner	75	27:55
168 Dzoara Mayela Velazquez				42	23:00	77 Paolo Villoresi	49	27:57
	28	102:36	33 Larry Wuerstle	56	23:04	78 Kathleen Lail	43	28:15
169 Svea Jeslee	33	103:03	34 Miles Orkin	44	23:06	79 Monica Medina	29	28:20
170 Caron Anderson	70	103:13	35 Owen Gray	46	23:13	80 Richard Ramsay	54	28:31
171 Yoon Choi	42	103:53	36 John Sims	45	23:18	81 Sonny Young	9	28:36
172 Simone Busuttil	29	104:42	37 Jason Ortego	29	23:20	82 Norman Gennaro	54	28:46
173 Meg Kawahata		105:34	38 Megan Richards	28	23:22	83 Pauline Tang	29	29:27
174 Stephanie Longfellow			39 Matthew Axtman	29	23:54	84 Cody Witt	25	29:29
	26	105:50	40 Alison Donnelly	27	23:56	85 Saurabh Bhasin	31	29:31
175 April Bassett	33	105:53	41 May Win	34	24:12	86 Marcy Miller	22	29:32
176 Mort Weisberg	75	106:03	42 Noel Saturat	44	24:19	87 Greg Arch	22	29:52
177 Priscilla Swenson	48	106:33	43 Anamaria Nino-Murcia			88 Marianne Gray	45	29:58
178 Laura Froelich	44	106:58		29	24:22	89 Jasmin Soto	24	29:59
179 Christina Tibbas	33	108:14	44 Javier Orpuna		24:43	90 Jane Czech	59	30:01
180 Joanne Long	34	108:58	45 Jon Clary	31	24:54	91 Russell Breslauer	66	30:08
181 Serina Placencia	36	110:17	46 Stephanie Soler	37	25:02	92 Patricia Lyons	26	30:12
182 Jamie Tuckey	27	111:21	47 Sandra Sigurdson	58	25:08	93 Mark Newman	65	30:20
183 Stephanie Penera	27	111:23	48 Raquel Crites	13	25:22	94 Emily Hurford	24	30:23
184 Jane Colman	68	113:36	49 Anita Devineni	28	25:26	95 Sambath Touch	31	30:29
185 Mary Gray	50	113:38	50 Chris Rogers	27	25:27	96 Alan Ginsberg	56	30:33
186 Patty Fishburn	65	115:00	51 Princesa Pabalan	30	25:35	97 Alice Yang	33	30:41
187 Amelia Mutere	51	120:51	52 Daniel Bajusz	24	25:37	98 Peter Flessel	71	31:10
188 Mike Hung	61	121:24	53 Richard Donaldson	41	25:38	99 Elizabeth Stevens	31	31:27
189 William Woolf	76	129:17	54 Bib # 361		25:49	100 Michael Barry	42	31:32
190 Marcia Martinez		162:00	55 Nadia Stanis	30	25:58	101 Scott McManus	9	31:35
191 Yvonne Duran		162:00				102 April Rizzi	54	31:37
5K						103 Carli Fullerton	38	31:40
1 Gregory Ahlback	30	16:59				104 Silvia McManus-Munoz		31:43
2 Maninder Sohal	20	17:03				105 Linda Huang McCullough		
3 Adam Van Etten	27	17:15					35	31:51
4 Phil Lu	28	17:45				106 Kim Ngo	28	31:53
5 Pedro Alvarez	38	17:54				107 William McCarty	64	32:26
6 Catherine Lowdon	16	19:26				108 Wendy Hurford	55	32:53
7 Claire Woodard	21	19:34				109 Chelsie Bishop	25	32:58
8 Joann Pavlovcak	40	19:40				110 Austin Bishop	25	32:59
9 Dan Osipow	46	19:58				111 Shannon Luppino	15	33:34
10 Michael Sebastiani	39	20:17				112 Laurel Kellam	34	33:43
11 Cath Kemp	31	20:29				113 Andrew Kellam	35	33:44
12 Bob Anderson	64	20:49				114 Kate Trimlett	31	33:45



Amy and Rebecca Sonstein
Photo by Don Watson

115	James Rennie	41	33:46
116	Divina Galban	33	34:27
117	Bertrand Newsom	42	34:28
118	Sheri Dunn	44	34:30
119	Vanessa Whiteside	33	34:58
120	Tracy White	41	34:59
121	Kevin Dunn	11	35:01
122	Julie Bernstein	41	35:04
123	George Sacco	74	35:24
124	Courtney O'Donnell	30	36:56
125	Eileen Treanor	35	36:57
126	Jann Montenegro	26	37:05
127	Daniela Go	23	37:07
128	Meg Wusstig	27	37:08
129	Monica Rosales	24	37:09
130	Margo Banowicz	52	37:44
131	Lizzy Lynch	26	38:17
132	Maren Anderson	26	38:19
133	Diego McManus	7	38:19
134	Thomas McManus	42	38:25
135	Tom Royall	30	38:28
136	Hilary Blackburn	25	38:30
137	Karen Sinn	26	38:33
138	Maryam Prchal	62	38:34
139	Aaron Brickley		38:37
140	Annelle Brickley		40:11
141	Stephanie Gardella		40:12
142	Timothy Warner	24	40:13
143	Kira Walsh	23	40:58
144	Larry Buyers	65	41:18
145	Colleen Buyers	29	41:30
146	Dan Murphy	51	41:31
147	Jorge Guera	28	42:21
148	Sishil Bhasin	61	42:40
149	Reed Forney	54	42:49
150	Dollie Forney	52	43:47
151	Turkey		43:50
152	Danni Baird	28	45:13
153	Tony Nguyen	38	45:20
154	Harry Cordellos	74	45:49
155	Gene French	65	45:49
156	Lisa Eichen	39	46:54
157	Tiffany Cisneros	40	46:55
158	Billie Sareyka	60	46:55
159	Kathie Ramos	53	47:18
160	Meri Walsh	19	51:54
161	Corey Walsh	43	51:54
162	Laura Caballero	44	51:54
163	Barbara Robben	77	51:54

SELF-TIMERS

Ed Olkowski	69	59:18
Susan Herder		
Michele Sims	54	
Dee Farkas	84	
Sherrill Golden	69	
Liese Rapozo	84	
Wally Rapozo	83	

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
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Rodeo Beach Trail Runs, December 31

30K

4	Nakia Baird	36	1	M30-39	2:37:30
5	Joseph Wehrheim	40	2	M40-49	2:40:50
61	David Klinetobe	51	12	M50-59	4:00:26

20K

6	John Mintz	45	2	M40-49	1:37:18
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8K

66	Joseph Connelly	50	4	M50-59	54:53
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Bay Area Resolution Runs, San Rafael, December 31

1M

	Joseph Connelly	50	5		7:21
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5K

15	Sandor Mandoki	27			17:57
39	Joseph Connelly	50			22:11

New Year's One Day Run, December 31

PL	NAME	AGE		MILES
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24 Hours

9	Chikara Omine	29		96.551
17	William McCarty	63		79.575
30	Tony Nguyen	38		51.989
35	Alva Fong	39		46.684

12 Hours

6	Riya Suising	44		61.538
23	Jason Reed	32		45.623

6 Hours

6	Martha Arnaud	41		30.769
8	Erika Kikuchi	33		30.769
10	Stephanie Polverari	45		29.708
33	Danni Baird	28		21.220
49	Jesse Agbayani	60		15.915
57	Roxanna Pezzy	53		13.793
48	Ann Agbayani	51		13.793

Brazen New Year's Eve Runs, Lake Chabot, December 31

Half Marathon

315	Diane Lucas	53	10	F 50-54	2:52:10
334	Mary Gray	49	23	F 45-59	2:59:56

10K

2	Grace Nadolny	54	1	F 50-54	41:03
44	Greg Hilbrich	55	2	M55-59	58:25

5K

23	Erika Kikuchi	33	1	F 30-34	26:03
24	Kelly Emo	47	1	F 45-49	26:06
199	Barbara Robben	77	1	F 75-79	41:05

Brazen New Year's Day Runs, Lake Chabot, January 1

Half Marathon

28	Rafael Sands	15	1	M13-17	1:55:08
39	Greg Hilbrich	55	1	M55-59	2:00:11
101	Grace Nadolny	54	4	F 50-54	2:25:04
196	Mary Gray	49	13	F 45-49	2:59:19

238	Allen Lucas	54	9	M50-54	3:44:54
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5K

311	Jennifer Walker	29	22	F 25-29	52:34
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Splash and Dash 5M, Berkeley, January 1

Gregory Brown	45:00
Barbara Robben	

Crystal Springs Runs, Woodside, January 7

5M

4	Wayne Cottrell	49	2	M40-49	32:26
39	Sandra Sigurdson	55	1	F 50-59	46:31

11M

38	Kelly Emo	45	7	F 40-49	1:41:58
53	Greg Hilbrich	55	4	M50-59	1:45:27
62	Gary Brickley	59	5	M50-59	1:49:15
68	Aaron Brickley	26	11	M20-29	1:51:53
83	Grace Nadolny	54	2	F 50-59	1:55:57
131	Alyssa Yell	29	10	F 20-29	2:13:40
146	Diana Lucas	53	6	F 50-59	2:22:02
158	Danni Baird	28	12	F 20-29	2:59:03

Marathon

16	Kenneth Fong	50	2	M50-59	5:34:24
26	Allen Lucas	54	3	M50-59	6:46:36

Walt Disney World Goofy Challenge

Half Marathon, January 7

Jennifer Walker	29	3:38:18
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Marathon, January 8

Jennifer Walker	29	7:20:58
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Bay Area Cross Challenge, January 15

Resolution Road 5K

1	Sloane Cook	22			18:42
17	Jacob Quinlan	21			30:48
23	Laurie Quinlan	54			32:23
25	Barbara Robben	77			34:58

Community 4K

6	Kenley Gaffke	33			14:29
32	Barbara Robben	77			28:00

Rock 'n' Roll Arizona Half Marathon, January 15

Jennifer Walker	29	3:58:19
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Houston Marathon, January 15

6896	William McCarty	64	157	M60-64	5:30:48
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Steep Ravine Runs, January 28

7M

1	Wayne Cottrell	49	1	M40-49	1:04:51
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Half Marathon

120	Karen Pinckard	52	6	F 50-59	3:15:14
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30K

64	David Klinetobe				4:08:39
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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:

February 12	Golden Gate Bridge Vista 10K
February 19	Conservatory 5K
February 26	Fort Point 12K
March 4	Embarcadero 10K
March 11	St. Patrick's Day 5K
March 25	Windmill 10K

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

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

We also need Race Directors for over 20 of our races this year. Please email Jim Kauffold at jekauffold@gmail.com to sign up.



Daryl Luppino, Shannon Luppino
and Sharon Munoz
presenting the kids' awards
at the Gala

© 2012 Paul Mosel

◆◆◆ 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 Feb 5 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon water station

LOCATION: Kennedy Drive in front of the Buffalo Paddock, near the 6-mile mark

TIME: 6:30 AM

PARKING: Kennedy Drive near Chain of Lakes Drive. Be sure you get in before the barricades go up, or park outside the park and walk in from Fulton.

Sun Feb 12 Golden Gate Bridge Vista 10K

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

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

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

Sun Feb 19* Conservatory 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, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive and return eastbound to the Conservatory of Flowers finish.

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

Sun Feb 26 Fort Point 10K

START/FINISH: Ft. Point National Historic Site, Parking lot at end of Marina Drive.

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

COURSE DESCRIPTION: Run southeast on Golden Gate Promenade/Crissy Field, exit Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd and traverse uphill/downhill on Ft. Mason Path. Turn around at vertical wood posts at east end of Ft. Mason Hill and return same way to finish.

Sun Mar 4 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

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

Sun Mar 11* St. Patrick's Day 5K

START/FINISH: East Beach at Crissy Field; enter at Old Mason Street

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

(First day of Daylight Savings Time – Set clocks ahead one hour!)

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

◆◆◆ Group Runs ◆◆◆

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

Membership ♦♦♦ ♦♦♦ Information

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

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

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

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

Folding ♦♦♦ ♦♦♦ Session

DATE: Thursday, March 1, 2012
TIME: 7:00 PM
HOST: Martha Arnaud
783 Cayuga Avenue
(cross street is San Juan)
San Francisco
415-587-0304

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

Please bring food or drink to share. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦♦♦ ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner

February weather will be very similar to January. Dry, mild weather is expected for at least the first two weeks of February with little or no prospect of rain. The earliest significant rain might not occur until the beginning of the third week in February, just in time for the big President's Day ski weekend in the High Sierra. Several cold storms are possible in the last week of the month. Overall it will be warmer than normal the first half of the month and much wetter and colder than normal during the last week and a half of February.



♦♦♦ Club Officers & Coordinators ♦♦♦



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RETURN SERVICE REQUESTED



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DALY CITY

Megumi Kawahata

Alice Shikina

DELANO

Monica Medina

EMERYVILLE

Martina Konietzny

MILPITAS

Jamie Yang

MOUNTAIN VIEW

Kathie Ramos

OAKLAND

Mari De Almeida

Seth Ducey

Beth Hoch

PACIFICA

Tony Wuerstle

PALO ALTO

Cora Hardin

Haruko Young

Sean Young

Sonny Young

ROSS

Kevin Pope

SAN FRANCISCO

Eugene Canotal

Norbert Castellanos

Christy Colcord

Nicholas Crocker

Kelly Daikoku

Yoshio Daikoku

Brian DeLuca

Christopher DeNoia

Kevin Dunn

Michael Dunn

Sheri Dunn

Eleanor Fraser

Sue Fry

John Gorenfeld

Cynthia Guynn

Niall Kavanagh

Diane Lee

Kyle Louis

Bud Napolio

Kathryn Napolio

Nico Napolio

Sarah Napolio

Miles Orkin

Janell Robertson

Gerard Sheehan

Jon Sieker

Maninder Sohal

Rebecca Sonstein

Stember Tang

Laurie Torelli

Xu Xiaohong

SAN JOSE

Patty Fishburn

Dave Kapp

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