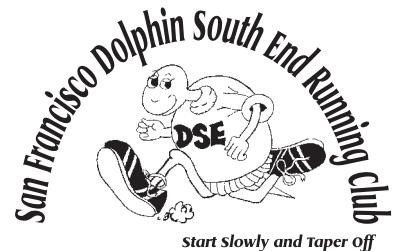


DSE NEWS

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46th Year

MARCH 2012

2012 DOUBLE DIPSEA VOLUNTEER DRIVE HAS OFFICIALLY BEGUN!

Janet Nissenson

With pre-registration numbers at all-time highs, we are expecting another large crowd of runners at this year's Double Dipsea Race, which will be held on Saturday, June 23. We need well over 100 volunteers to provide a safe and enjoyable race for all of these runners.

We appeal to all DSE members to please help out your club and volunteer for this year's race. DD is our largest race, and therefore our major source of income for the club. The money we earn from DD helps pay for things like weekly post-race refreshments, race ribbons and supplies, our annual Gala dinner and the many awards presented there. Please help to support our efforts by signing up to be a 2012 Double Dipsea volunteer.

Please take this one day out of the entire year to give back to DSE. Volunteers are needed at many different jobs and locations — aid stations, course monitors, registration, clothing sales, refreshments, finish line, results, picnic, equipment transport, clean-up and packing.

If you would like to volunteer, please contact me — Janet Nissenson — at jLnissenson@aol.com. Assignments are made on a first come, first served basis, and volunteers returning from previous years are given priority as to their assignments. Remember that working a four-hour shift at the Double Dipsea satisfies ALL of your volunteer requirements for the entire year, so that you can run all of the remaining Sunday races without needing to worry about volunteering. If you are planning to RUN the Double Dipsea this year, please keep in mind that the only volunteer jobs you would be able to assist with would be race day equipment drop-off, pre-race equipment loading, goody bag stuffing, etc., or post-race clean-up and equipment re-loading. All other race day volunteer posts require someone who can work a minimum four-hour continuous shift.

From the President's Desk

KY FAUBION

WHO'S THE BEST IN THE BAY?

The Bay Area A-list is underway for voting on the best running club in the bay! Vote, vote, vote for the DSE at www.sf.cityvoter.com. Search for your club Dolphin South End Runners and give us your click! We're counting on you and hope this succeeds so we can get in some well deserved spotlight for our wonderful community!

THE DOUBLE DIPSEA GEARS UP FOR 2012

I just saw Bill Woolf out on the street wearing all of his Double Dipsea gear to get the word out that registration starts NOW! Don't miss running one of the favorite Pacific coast trail runs that the Bay has to offer — it's phenomenal and puts you to a serious test, which is exactly why we love it. Mark your calendars for Saturday, June 23 at 8:00 AM sharp! And if you're a bit too late to the punch, please come as a volunteer because the word is that we'll greatly appreciate the help of many volunteers for this event. Please contact Janet Nissenson (see article on this page) to offer your service.

CONGRATULATIONS TO

Janeth Siva for completing her first 100 miler! If you all didn't get to see a picture of her holding her hard earned belt buckle, it shows her collapsed and completely drained!! Fantastic stuff! It always puts a smile on my face to see people not know how to quit. There's only one way to go and do a 100 miles; Janeth knows this well and has proved to us all that a mom can kick not only kids' butts but a

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whole lot of earth in the process! Well done — three cheers!

UPCOMING RACES

Sunday, March 4 — Embarcadero 10K:

Don't forget that Embarcadero runs start at 8:00 AM. If you're new to this course, all you really need to know is that it's flat the whole way and all we ask is that you mind the public foot traffic on the sidewalks. You'll start at Aquatic Park and head out along the waterfront all the way to the mini-park next to Townsend Street, then turn around and begin to return to the start line for your finish! Watch your step on the brick road running through Fisherman's Wharf — you can get a little tripped up on that uneven surface.

Sunday, March 11 — St. Patrick's Day 5K:

Gravel never felt better than with the spectacular view of the big red bridge! Race from Old Mason St. at the promenade and set your pace down the gravel path until you reach Fort Point where we'll have a nice turnaround for you to take and return. The gravel will slow us all down a little but there is something rather satisfying about crunching through this turf to finish next to the picnic area at the East beach parking lot.

CLASSIC STU-PEDS by Stu Ruth



Sunday, March 18th — NO DSE run: Instead, come out early, get bused to East Fort Baker and run up and across the Golden Gate Bridge and then down down through the Presidio and Crissy Field in the Across the Bay 12K.

Sunday, March 25 — Windmill 10K:

RUN THIS! One of DSE's largest and most attractive races. We make the long haul through Golden Gate Park from Ocean Beach all the way up to the Panhandle and back on Kennedy Drive. It's up up up so take it easy to start at 70% effort, and when you finally reach the long straightaway cruising past the museums, pick it up a little because you'll soon see everyone on the way back and that's where all the cheering for one another happens. Run all the way back downhill to where you started to finish strong and make up for that long uphill. Good luck and have a blast!

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB 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. He will notify you when each newsletter is available for download from www.dserrunners.com. Or just check the website on folding session day.

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

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 jane.col@earthlink.net

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.

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.

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.dserrunners.com
WEBMASTER: Natalie Nissenson
webmaster@dserrunners.com

NEWS OF THE NEWSLETTER

The Cost of the Newsletter

George Sacco

Like everything else in our economy, the cost of producing the DSE Newsletter continues to rise. The Board recognizes that the *DSE News* is an important communications link in keeping our members informed, and also that Jane is doing an excellent job maintaining its quality. However, we also realize that the costs of printing and postage continue to climb. In the near future we will be looking for and trying ways to reduce the impact of these rising costs and maintain the newsletter's quality.

Editor's note: The cost of printing and postage for one copy of the newsletter ranges from about \$1.15 to \$1.60, depending on the number of pages. The current difference in dues between memberships with the electronic newsletter and with the print newsletter is \$5.00 per year.

Race Results in the Newsletter

Jane Colman, editor

My *DSE News* archive goes back to 1971 (thanks to a donation from a former member), and results of DSE races have always been a feature. But our races have been increasing in size. You may have noticed in the February *DSE News* that DSE race results took up more than half the space of the newsletter, leaving very little room for member articles, which are what make the newsletter interesting.

Since the race results are all available at dserunners.com, the only people who need to see them in the newsletter are those few who have no Internet access. Every page added to the newsletter adds to the printing and postage costs and also to the bulk.

At the recent Board of Directors meeting, I brought up the problem, presented several possible solutions and asked for feedback. Kevin Lee made a proposal which I am planning to try next month as an experiment: instead of being listed in the newsletter, DSE race results will be printed on a regular basis and made available at DSE races, monthly or more often, to those members who receive the printed newsletter. Race photos will still be included in the newsletter itself, and the electronic and printed versions of the newsletter will still contain the same content. (And note that this has no effect on the DSE at the Races column, which will continue to appear in the newsletter.)

I would appreciate feedback over the next month from DSE members who have signed up for the printed and mailed newsletter and who make use of this new service.

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 have volunteered multiple times. But now the *DSE News* needs folding session hosts for the rest of 2012, starting with the April issue. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday of the new month, or after the race on the last Sunday of the month, at the convenience of the host.

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 janeocol@earthlink.net (or 510-652-3116 if you don't use email).

The *DSE News* Needs Your Stories

Jane Colman

We have a large and diverse membership. What we have in common is our love of running. We have members who are new to running, ones who have been running for many years, runners who race everything from short track races to ultramarathons, runners who run in exotic places, members with expertise in preventing injuries or experience in coping with them.

The *DSE News* is the one place where your story will reach all of the members, and if the results of DSE runs are provided elsewhere as suggested in the article in the left column, there will be much more room available to publish members' articles.

So please submit them to me! Almost anything you have to say about your running experience will be of interest to your fellow runners. My contact information is available at the bottom of page 2 of every newsletter, and I will accept articles by email, postal mail, hand delivery or link to articles already on a website. Photos are also welcome, with or without accompanying articles.

Thank you! I look forward to your assistance in making the *DSE News* an exciting place to read what fellow runners have been doing.



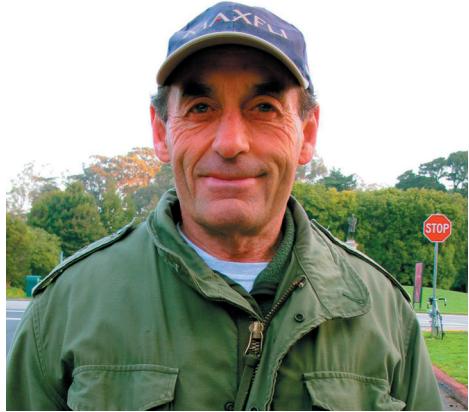
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

January 29, 2012

Arts & Sciences 5K

Race Director: George Baptista

Volunteers: Pat Geramoni, Calvin Chan, Peggy Kang, George Sacco, Vince French, Bobby Marty, Lakshmi Srimvasan, Kevin Lee, Fred Haber



Race Director George Baptista
© 2012 Paul Mosel

PL	NAME	AGE	TIME	24	Jeff Mezzocchi	40	19:20	82	Theo Jones	73	24:12
1	Chikara Omine	29	16:37	25	Isabel Moon ②	15	19:20	83	Javier Orduna	73	24:14
2	Sloane Cook	22	16:57	26	Cristian Alvarez	33	19:32	84	Ernie Rivas	61	24:20
3	Joe Wehrheim	40	17:11	27	Nicholas Crocker	28	19:39	85	Nigel Black	24	24:21
4	Jonathan Reid	42	17:23	28	John Woods	47	19:45	86	Sandra Sigurdson	55	24:32
5	Shal Fullove ①	34	17:27	29	Joe Vasiliou		19:47	87	Melissa Cheung	26	24:33
6	Tim Comay	27	17:28	30	David Lorsch	41	20:07	88	Giovanna Ramirez	17	24:37
7	Ian Macnider	26	17:39	31	Edward Haack	43	20:18	89	Allison Groves	48	24:41
8	Randall Conner	43	17:48	32	George Rehmet	45	20:24	90	Miguel Guerrero	42	24:50
9	Joshua Seenerman	32	17:54	33	Anthony Lo	25	20:33	91	Joel Moore	38	24:51
10	David Matthews	46	17:56	34	Juan Melendez	54	20:35	92	Eleanor Fraser	28	24:52
11	Jerry Flanagan	46	17:58	35	Julie Munsayac ③	34	20:49	93	Michael Slowvik	46	24:53
12	Markham Miller	47	18:07	36	Brian Schultz	44	20:51	94	Matt Bouchard	38	24:57
13	Peter Hsia	51	18:25	37	Conal Gallagher	48	20:58	95	Sharon Munoz	16	25:15
14	Pedro Alvarez	38	18:33	38	Edward Caldwell	53	20:59	96	Gary Brickley	59	25:22
15	Steven Pitsenbarger	43	18:34	39	Michael Gulli	52	21:05	97	Maria Pullela	30	25:24
16	Andrew Macnider	24	18:51	40	Kelsey Nieman ④	16	21:06	98	Brian Dierking	46	25:26
17	Hermann Maiba		18:58	41	Catherine Melton ⑤	27	21:07	99	Floe	71	25:31
18	Vincent Gulli	22	18:59	42	Daryl Luppino	52	21:08	100	Mark Kelley	55	25:35
19	Kenley Gaffke	33	19:10	43	Gene French	65	21:11	101	Stephanie Soler	37	25:36
20	Nakia Baird		19:11	44	Sean Young	12	21:12	102	Lani Murphy	25	25:40
21	Mike Lopez	54	19:12	45	Riya Suising	44	21:13	103	Katherine Hill	32	25:41
22	Alex Karweit	34	19:13	46	Panya Somnhot	30	21:21	104	John Stenson	46	25:42
23	Myles Swanton	22	19:18	47	Diann Leo	24	21:27	105	Geoff Pittman	30	25:43
				48	Alex Munoz	42	21:27	106	Lisa Masai	28	25:44
				49	Stephen Seymour	50	21:28	107	Yong Cholee Haber	53	25:46
				50	Marky Enriquez	35	21:37	108	Gregory Brown	62	25:47
				51	Kenneth Fong	50	21:43	109	Ken Weller	63	25:50
				52	Jeff Stone	56	22:01	110	Fred Haber	52	25:52
				53	Bill Hamilton	58	22:22	111	Joseph Connolly	50	25:58
				54	Gerard Sheehan	31	22:25	112	Michael Dunn	50	25:59
				55	Erika Kikuchi	33	22:28	113	Paul Mosel	70	25:59
				56	Maria Pantoja		22:30	114	Debra Cheng	24	26:05
				57	Matt Stringer	36	22:35	115	No Name		26:07
				58	Patrick Lee	64	22:37	116	Wendy Newman	61	26:10
				59	Wallace Young	28	22:49	117	Marian Lyons	64	26:27
				60	Lauren Carara	27	22:51	118	Rob Snavely	42	26:44
				61	Alice Shikina	40	22:52	119	Jerry McGowan	73	26:48
				62	Jasper Kirsch	30	23:02	120	Kirsten Murtagh	43	26:55
				63	Larry Wuerstle	56	23:07	121	Melissa Edgar	36	26:59
				64	Christine Lopez	49	23:09	122	Greggory Cates	45	27:00
				65	Ana Rodriguez Hernandez			123	Dana Farkas	52	27:09
						31	23:10	124	Neal Ashton	55	27:17
				66	Ximena Ares	46	23:15	125	Daniel Harrington	38	27:18
				67	Jim Buck	69	23:16	126	William McCarty	64	27:21
				68	Masataka Negishi	61	23:19	127	Alfred Palma	50	27:26
				69	Henon Ho	37	23:21	128	Monica M.	29	27:29
				70	Paul Gray	15	23:21	129	Zit Phillips		27:33
				71	Steve Gray	54	23:23	130	Andrea Seeba	27	27:34
				72	Amy Sonstein & Rebecca			131	Lina Khatib		27:41
						42	23:26	132	Jonathan Fales	38	27:42
				73	Mark Prichard	56	23:28	133	Kopano Badino	23	27:46
				74	Niall Kavanagh	30	23:29	134	Sam Roake	75	27:48
				75	Clarence Sin	28	23:31	135	Mary Fales	28	27:49
				76	Kristine Ciardello	27	23:32	136	Geores Buttner	75	27:51
				77	David Hallock	24	23:37	137	Xu Xiaohong	32	27:52
				78	Marie Carlotti	55	23:48	138	Julia Kenderov	9	27:53
				79	No Name			139	Deanna Seeba	27	27:56
				80	Catherine Covington	29	24:04	140	Sandra McSweeney	41	27:57
				81	Judith Waitz	52	24:06	141	Tamara Lutz	42	27:59

142 Alison Flint	23	28:00	202 Kevin Dunn	11	34:28
143 Jim Golden	60	28:04	203 Mike Hung	61	34:39
144 Sharon Crost	50	28:05	204 James Kwok	28	35:00
145 Mark Zaller	50	28:07	205 Brent Curdy	31	35:05
146 Rebecca Miller	48	28:19	206 Elizabeth Butrick	42	35:07
147 Roger Davis		28:26	207 Barbara Robben	77	35:12
148 Allison Pypac	26	28:27	208 Elizabeth Zumbrano	40	35:30
149 Sarah Benner	31	28:41	209 George Sacco	74	35:46
150 Joana Mendoza	24	28:54	210 John Weidinger	70	36:10
151 Pat Geramoni	63	28:55	211 Michele Aldrete	21	36:12
152 Pauline Tang	29	28:58	212 Betsy Aldrete	52	36:13
153 Dave Picariello	57	28:59	213 Shannon Luppino	15	36:24
154 Anna Welsh	41	29:00	214 Bill Woolf	76	36:26
155 James Stroud	50	29:01	215 Daniela Go	23	36:43
156 Emi Sugiyama	14	29:04	216 Jann Montenegro	26	36:44
157 Peter Flessel	71	29:12	217 Tricia Tracey	45	37:15
158 Luis Lopez	33	29:13	218 Morgan Moore	42	38:04
159 K. Lail	43	29:20	219 Diana Canant	59	38:45
160 Suzana Seban	58	29:22	220 Kelly Daikoku	52	38:51
161 Kam Zambel	38	29:23	221 Margo Banowicz	52	38:51
162 Sara Eisenberg	34	29:24	222 Alexander Kueczek	7	39:43
163 Paul Griffith	50	29:30	223 Geneviere Kleczek	2	39:44
164 Keila Lopez	36	29:31	224 Amy Hite-Reddy	33	41:17
165 West Coghlan	57	29:33	225 Eddie Valencia		41:32
166 Dan Altin	26	29:34	226 Angelo		41:34
167 Justin Surber	36	29:35	227 Cowboy	58	42:37
168 Jeff Hawkins		29:36	228 Judith Jarosz	72	42:41
169 Meg Kawahata		29:42	229 Hetti Hsia	8	42:47
170 Sara Fermanian	31	29:43	230 Lena Hsia	8	42:48
171 Mort Weisberg	75	29:53	231 Alex Tse	7	42:49
172 Henry Nebeling	79	29:57	232 Patricia Johnston	41	42:50
173 Richard Best	66	29:58	233 Kathie Ramos	53	43:53
174 Mike Rouan	48	30:00	234 Melissa Santamaria	37	45:32
175 Jane McFarland		30:21	235		
176 Jane Colman	68	30:24	236 Dana Zottola	32	46:37
177 Rebecca Lewis	28	30:28	237 Karla Fernandez	35	49:54
178 Virginia Rosales	48	30:38	238 Nefre Northam		50:08
179 Austin Stiver	14	30:44	239 Bob Theis	83	51:24
180 Krista DeRose	30	30:47	240 Michelle Bryan	43	1:05:00
181 Leo Rosales	57	31:02	241 Kari Rayford	40	1:10:00
182 Melinda Hilsenbeck	37	31:03			
183 Jenny Qi	20	31:16			
184 April Rizzi	54	31:17	Wayne Cotrell	49	24:18
185 Kelly Groth	21	31:26	Tyler Cottrell	3	
186 Josh Fisher	44	31:27	Dee Farkas	84	
187 Bob Butchart	51	31:47	Jane Lee	61	
188 Jeff Shopoff	67	31:54	Lakshmi Srimvasan	41	
189 Stacy Sewell	42	31:55	Liese Rapozo	84	
190 Jeanie Jones	76	31:57	Wally Rapozo	83	
191 Neha Shah	36	32:00	Karen Freeman	65	
192 Carli Fullerton	38	32:09	Sherrill Golden	69	
193 Debra Chan-Strout	51	32:19	Brie Reybine		
194 Kim Trang Ngo	28	32:20	Richard Hannon	76	
195 Sheri Dunn	44	32:28	Ed Olkowski	69	59:49
196 Susan Herder	55	33:02			
197 Jim Kauffold	74	33:29			
198 Jack Bascom	70	33:31			
199 David Seeba	29	34:21			
200 Zack Lalende	23	34:22			
201 Maia Tse	10	34:26			

February 12, 2012

Golden Gate Bridge Vista 10K

Race Director: George Sacco

Volunteers: George Baptista, Calvin Chan, Geores Buttner, Bobby Marty, Vince French, Henry Nebeling, Phyllis Nabhan, Amber Wipfler, Pat Geramoni, Pedro Alvarez, Jakob, Jimmy Yu, Diane Okubo-Fong, Kevin Lee



Race Director George Sacco

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PL	NAME	AGE	TIME
1	Mario Escobar	30	37:50
2	Joe Wehrheim	40	38:22
3	Ian Macnider	26	39:06
4	Maninder Sohal	20	39:44
5	Andrew Macnider	24	40:33
6	Ky Faubion	26	40:46
7	Jerry Flanagan	46	40:56
8	Markham Miller	47	41:08
9	Jeff Hawkins	29	42:37
10	Alex Munoz	42	43:27
11	Matt Holman	31	43:43
12	John Woods	47	44:58
13	Cristian Alvarez	33	45:30
14	Charles Laupz	30	45:34
15	Steven Pitsenbarger	43	45:50
16	Gary Waterfield	50	46:13
17	Malcolm Ulbrick	31	46:29
18	Bud Napolio	50	46:32
19	Stephen Tracy	48	46:38
20	Riya Suising	44	46:39
21	Conal Gallagher	48	46:47
22	Marcial Saavedra	19	46:53
23	Rick Torreano	62	46:54
24	Daryl Luppino	52	47:02
25	Michael Gulli	52	47:27
26	Xavier Shay	25	47:34
27	Steven Duarte	52	47:50
28	Nick Goldsworthy	41	48:55
29	Roger Garcia	55	49:09
30	Erika Kikuchi ①	33	49:26
31	Juan Brian	24	49:27
32	Amy Sonstein ②	42	49:44
33	Steve Stephens	68	50:08
34	Mike Nare	49	51:13
35	Alice Shikina ③	41	51:33
36	Brian Kavanagh	35	51:41

37	Marcos Sorenson	46	51:43	83	Jessica Linderman	32	59:27	143	Jim Ruppert	49	68:14
38	Jorge Larre	55	52:10	84	Jim McBride	69	59:29	144	Joe Young	34	68:19
39	Chris Johnson	40	52:19	85	Jared Stormaz	31	59:35	145	Anja Rumplecker	33	68:20
40	Maria Pantoja ④		52:21	86	Geoff Pittman	30	59:40	146	Melissa Smart	32	68:25
41	Susan Kreusch ⑤	48	52:28	87	Luigi Aditiarama	26	59:48	147	Geri Logan	29	68:36
42	Kenneth Fong	50	52:34	88	Lindsey Huddleston	29	59:53	148	Shauna Mars	26	68:37
43	Larry Wuerstle	56	53:13	89	Matt Bouchard	39	59:59	149	Rebecca Lewis	29	68:47
44	Scott Wright	29	53:32	90	Bertrand Newson	42	60:13	150	Jim Golden	60	69:06
45	Mike Appezato	30	53:37	91	Sandra Sigurdson	55	60:20	151	Pauline Tang	27	69:12
46	Lindsey Appezato	25	53:38	92	Sam Roake	75	60:25	152	Megan Shannon	25	69:13
47	Laurie Torelli	35	54:14	93	Wendy Newman	61	60:29	153	Jen Harrison	38	69:19
48	Danielle Hauptman	37	54:21	94	Michelle Bennett	24	60:30	154	Paul Weh	50	69:27
49	Alfred Hu	51	54:36	95	Ximena Ares	46	60:54	155	Monique Scales	31	69:29
50	Ana Rodriguez Hernandez		31	96	Brian Dierking	47	60:55	156	Casey Gold	27	70:25
			54:37	97	Steve Nissenson	63	61:17	157	Carol Pechler	71	70:33
51	Theo Jones	73	54:39	98	Mitchell Sollod	72	61:29	158	Neal Ashton	55	70:53
52	Drasvin Cheowtirakul		29	99	Catherine Naughton	29	61:52	159	Lina Khatib		70:57
			54:44	100	Michael Dunn	50	61:57	160	Bella S Wong	35	71:16
53	No Name	34	54:48	101	Melissa Edgar	36	62:03	161	Jim Kauffold	74	71:21
54	Kevin Jacks	30	55:09	102	Mara Soss	24	62:13				
55	Lauren Sommerhauser		25	103	Alex Saethang	31	62:14				
			55:20	104	Marian Lyons	64	62:19				
56	King Wayman	62	55:24	105	Michael Sands	52	62:25				
57	Rafael Sands	15	55:26	106	Paul Mosel	70	63:14				
58	Daniel Barry	24	55:27	107	William McCarty	64	63:20				
59	Gerard Sheehan	31	55:32	108	Jerry McGowan	73	63:22				
60	Niall Kavanagh	30	55:34	109	Monica Vasquez	40	63:26				
61	Tyler Kovacs	38	55:35	110	Alfred Palma	50	63:48				
62	Adam Tait	28	55:38	111	Xu Xiaohong	32	63:53				
63	Regina F Garcia	22	55:42	112	Deperalm		63:54				
64	John Hathaway	42	56:23	113	Kim Gallagher	22	63:55				
65	Floe	71	56:27	114	Kathleen Lail	43	64:01				
66	Jing Cai	29	56:33	115	Sharon Munoz	16	64:03				
67	Chelsea Kahler	28	56:40	116	Bryan Yeuns	31	64:55				
68	Patrick Lee	64	57:14	117	Brett Eisenberg		64:56				
69	Eleanor Fraser	28	57:18	118	Julie Arroyo	32	64:57				
70	Alex Ruppert	14	57:31	119	Meg Kawahata		65:01				
71	Josslyn Mikow	34	57:34	120	Mike Rouan	48	65:03	162	Anieika Montalvan	33	71:22
72	Jud Hodges		57:49	121	Christine Klein	37	65:04	163	Daphne Ybanez	23	71:24
73	Vanessa Slavich	26	57:52	122	Katie Rummel	26	65:05	164	Carrie Arth	24	71:28
74	Bob DiFazio	27	57:54	123	Jennifer Cohen	26	65:08	165	Marissa Drewrey	24	71:29
75	Cindy Nguyen	27	57:59	124	Analise Lofaro	25	65:09	166	Lisa Garcia	25	71:40
76	Robin Bot-Miller	30	58:15	125	Sarah Goins	28	65:11	167	Carmel Nicolas	26	71:41
77	David Klinetobe	51	58:29	126	Geores Buttner	75	65:20	168	Jack Bascom	70	71:52
78	Gary Brickley	59	58:31	127	Angie Mistretta	36	65:21	169	Gail Messick	25	72:08
79	Yong Cholee Haber	54	58:54	128	Sharon Crost	50	65:28	170	Kyle Irving	29	72:09
80	Fred Haber	52	59:13	129	Tamara Lutz	42	65:29	171	Abuzar Amini	30	72:30
81	Kip Darcy	52	59:22	130	Chuck Crain	45	65:44	172	Enza Ferreira	37	72:32
82	Kristin Granlund	29	59:26	131	Vinesh	28	65:47	173	Emmy Starr		72:44
				132	Dave Picariello	57	65:56	174	Brian Hartley	58	73:45
				133	Jose Pinal	22	65:57	175	Juri Sanchez	23	73:46
				134	Julianne Kirchner	20	66:38	176	Kam Zambel	38	74:22
				135	Michael Taylor	22	66:39	177	Josh Fisher	48	74:23
				136	Le Botterff	50	66:45	178	Ragen Cox	22	74:24
				137	Brittany Valenzuela	24	66:47	179	Moon Ahsan	24	74:25
				138	Deirdre Moran	28	66:49	180	Cedric Parilla		74:26
				139	Mort Weisberg	75	67:23	181	Becky Feeley	36	74:30
				140	Aaron Hayes	33	67:46	182	Frank Wiacek	41	74:32
				141	Maggie Godfrey	25	67:49	183	Amanda Goll	25	74:58
				142	Marta Kosinski	47	68:13	184	Stephen Rosales	28	74:59
								185	Bill Boehner	58	75:23



The view from the start/finish
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Jim Kauffold heading toward the finish
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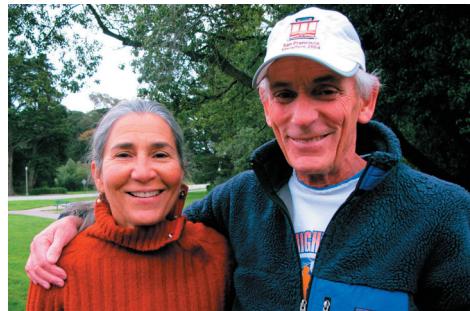
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187	Karla Chaparro	24	76:55	205	Yefim	58	95:42	59	Christina DeGregorio	26	23:01
188	Edna Burgos	27	77:18	206	Georgia Dwyer	28	95:43	60	Amy Sonstein	42	23:02
189	Kirsta Martino	43	77:32	<u>SELF-TIMERS</u>				61	Jue Sunde	16	23:03
190	Jane Colman	68	78:46	Jim Kambur	79			62	Denis Daly	30	23:07
191	Jessie Lloyd	29	79:04	Joanne Kambur	77			63	Markus Guittap	11	23:08
192	Theresa LoPiccolo	30	79:05	Diana Canant	59			64	Marky Enriquez	35	23:09
193	Heather Hund	28	80:44	Brie Reybine				65	Judith Waitz	52	23:12
194	Bill Woolf	76	81:10	Sherrill Golden	69			66	B Fry	31	23:17
195	Carolina Raciti	34	87:06	Susan Herder	55			67	Ariana Alex	26	23:21
196	Fariba Yousefi	45	87:15	Michele Smith	54			68	Sean Voegele	34	23:25
197	Sanaz Amini	25	89:23	Dee Farkas	84			69	Theo Jones	73	23:27
198	Elena Naderzad	22	91:56	Richard Finley				70	Francois Lariviere	50	23:39
199	Ann Maras	52	92:06	Bob Theis	83			71	Paula Craig	49	23:41
200	Tony Nguyen	38	93:04	Liese Rapozo	84			72	Lisa Craig	46	24:59
201	Barbara Ellison	40	93:05	Wally Rapozo	83			73	Travis Enfield	28	24:02
202	Sara Samadi	26	94:09	Robert Brizuela	72			74	Allison Groves	48	24:20
203	Nathan Levine	33	94:32	Jesse Agbayani	60			75	Mike Weiss	27	24:24

February 19, 2012

Conservatory 5K

Race Directors: Wendy Newman and Bill Woolf

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Bob Brizuela, Vince French, Sam Roake, Pat Geramoni, Kevin Lee, Dave Floersch, Young Haber, Liese Rapozo, Geores Buttner, Jennifer Walker, John Gregson, Jimmy Yu

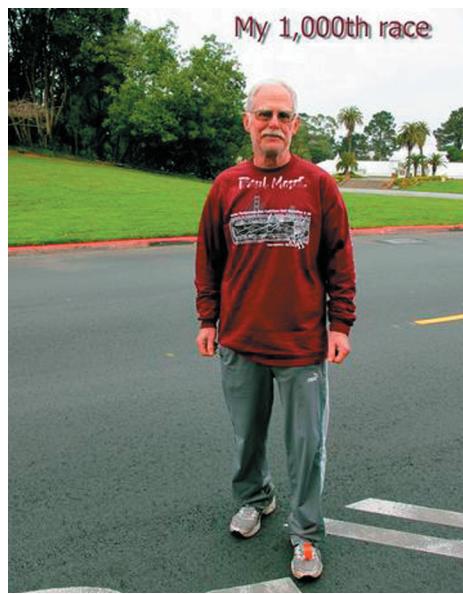


Race Directors

Wendy Newman and Bill Woolf

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18	Alex Karweit	34	18:54	76	Rocco Mullinax	38	24:29
19	Joe Vasilou	42	18:55	77	Michael Slowvik	46	24:34
20	John Woods	47	19:17	78	Melissa Cheung	26	24:42
21	Tom Soloway		19:25	79	Matt Stringer	36	24:44
22	Cristian Alvarez	33	19:32	80	Jim McBride	69	24:45
23	Tim Suchsland	27	19:43	81	Joe Young	34	24:52
24	Alex Lipinski	23	19:51	82	Daz Lamparas	68	25:05
25	Marcial Saavedra	19	19:58	83	Stephen Seymour	50	25:08
26	Mike Lopez	54	19:59	84	Eleanor Fraser	28	25:10
27	Mark McNassar	39	20:03	85	Jim Kauble	69	25:11
28	Riya Suising	44	20:09	86	Marie Hogan	12	25:11
29	Michael Gulli	52	20:10	87	Mike Rouan	48	25:13
30	Matthew Cox	38	20:14	88	Jonathan Ball	43	25:17
31	Bud Napolio	50	20:15	89	Brian Dierking	47	25:26
32	Jasin Woo	31	20:19	90	Brent Curdy		25:26
33	Julie Munsayac ②	34	20:29	91	Jeff Hawkins	29	25:29
34	Darryl Lupino	52	20:31	92	Akemi Iiaiki	47	25:30
35	Phil White	35	20:31	93	Sara Eisenberg	34	25:38
36	Seth Sternglanz	35	20:32	94	Brett Eisenberg	36	25:39
37	Brian Hutto	47	20:41	95	Brian Soland	31	25:41
38	Edward Caldwell	53	20:43	96	Giovanna Ramirez	17	25:46
39	Gabriel Hernandez	28	20:54	97	John Stenson	46	25:47
40	Wiley Lane	13	20:57	98	Paul Mosel	70	25:52
41	George Rehmet	45	20:58				
42	Sean Young	12	21:00				
43	Benjamin Trott	34	21:12				
44	Steve Chamberline	41	21:20				
45	Jared Mednick	25	21:29				
46	Diann Leo ③	24	21:30				
47	Gerard Sheehan	31	21:36				
48	Bruce Leary	60	21:46				
49	Aoife Breslin ④	27	21:49				
50	Wayne Cottrell & Tyler						
		49	21:59				
51	Erika Kikuchi ⑤	33	22:01				
52	Bill Hamilton	58	22:14				
53	Maria Pantoja						
54	Vivienne See	30	22:23				
55	Liz Heidhues	61	22:36				
56	Andrew Samuelson	25	22:41				
57	Christine Lopez	49	22:52				



99	Amber Wipfler	31	25:53	158	V Campbell	31:00	218	Alex Tse	7	44:33
100	Steve Nissenson	63	25:54	159	Steve Fortino	31:18	219	Patricia Johnston	41	44:43
101	Gregory Brown	62	26:00	160	Virginia Rosales	31:20	220	Linda Surde	49	44:49
102	Liz Kauble	59	26:02	161	Leo Rosales	31:21	221	Twila Flores	32	46:45
103	Kimra McPearson	30	26:06	162	Jeanie Jones	31:49	222	Michelle Bryan	43	46:53
104	Jacki Seymour	15	26:11	163	Heather Moonjian	31:58	223	Stacy Look	30	46:56
105	Mark Kelley	55	26:14	164	Mark Macayan	32:00	224	Bob Theis	83	46:59
106	Isabel Martin	38	26:43	165	Jackie Macayan	32:11	225	Lisbeth Sosa	26	47:06
107	David Flowers	44	26:45	166	Nikhil Shah	32:21	226	Michele Haley	27	50:31
108	Xiaohong Xu	32	26:49	167	Neha Agarwal	32:22	227	Vicky Waddington	46	54:00
109	Jerry McGowan	74	26:50	168	Henry Nebeling	32:30	228	Laurene Beto	58	54:00
110	Jim Mohr	46	26:53	169	Neha Shah	32:32	229	Michelle Haddox	57	54:00
111	Sharon Munoz	16	26:57	170	Bob Butchart	32:34		<u>SELF-TIMERS</u>		
112	Sandra Sigurdson	55	26:59	171	Sheri Dunn	32:46		Mary Gray	50	
113	Kim Marrujo	32	27:01	172	Omar Flores	32:50		Ellen Breslauer	64	
114	Laura Yuenger	28	27:02	173	Sam Fung	32:51		Brie Reybine		
115	Neal Ashton	55	27:13	174	David Guerrero	32:51		Cammie Dingwall	48	
116	Lina Khatib		27:15	175	Miguel Guerrero	32:52		Liese Rapozo	84	
117	William McCarty	64	27:17	176	Shannon Luppino	33:07		Wally Rapozo	83	
118	Matt Ochsner	30	27:18	177	Lara Pati	33:13		Ann Agbayani	51	
119	Don Elsener	56	27:21	178	Mateo Guittap	33:23		Jesse Agbayani	60	
120	Monica Vasquez	40	27:23	179	Tim Hogan	33:28		R Pezzy	95	
121	Joana Mendoza	24	27:24	180	Jeff Shopoff	33:44		Robert Brizuela	72	
122	Rebecca Miller	46	27:41	181	Paige Fiermen	33:56		Jennifer Walker	29	
123	Stephanie Soler	37	27:49	182	George Cuevas	33:57				
124	Doug Sunde	50	27:50	183	Steve Hambalek	34:14		<u>KIDS' RUN</u>		
125	Mary Barlow	35	27:54	184	Maia Tse	34:16	1	Sean Young	12	2:23
126	Jen Harrison	38	28:00	185	Jim Kauffold	34:39	2	Rishi Raghavan	9	3:09
127	Molly Krantz	30	28:16	186	No Name	34:41	3	Janna Parrot	8	3:15
128	David Cady	37	27:17	187	Kevin Dunn	34:47	4	Freya Wehrheim	7	3:19
129	Vivian Mohr	53	28:20	188	Dominic Alvaro	34:57	5	Riley Baird	5	3:45
130	Manuel Juarez	31	28:24	189	Kaitlin Carmody	35:54	6	Miriam Reece	8	3:58
131	No Name		28:28	190	Justin Sanzer	36:13	7	Darci Baird	7	4:13
132	Geores Buttner	75	28:29	191	Kristen Haivians	36:14	8	Ashley Saray	10	4:56
133	Sabine Van Der Sluis	38	28:35	192	George Sacco	36:17	9	Hannah Saray	6	5:01
134	Sven Van Der Sluis	42	28:36	193	Dave Picariello	36:19	10	Toby Reece	5	5:20
135	Peter Flessel	71	28:47	194	Marisa Mezze	36:25	11	Phineas Wehrheim	3	5:45
136	Carmel Nicolas	26	28:52	195	Heather Bass	36:45	12	Anabella Flores	4	6:20
137	Jennifer Stein	37	28:54	196	Eve Schaefer	38:12	13	Tyler Cottrell	3	6:30
138	John Bresnahan	46	28:55	197	Dan Matsuda	38:36	14	Sheridavi Raghavan	4	6:32
139	Meg Kawahata		29:00	198	Zoe Carrell	38:47	15	Joseph Louie	9	6:34
140	Fred Haber	52	29:01	199	Tony Nguyen	38:50				
141	No Name		29:03	200	Shelley Decker	38:59				
142	Catherine Dunwoodie		29:14	201	Christine McCord	39:03				
143	Leslie Kramer	30	29:15	202	Rhona Griffen	39:27				
144	Rebecca Lewis	29	29:19	203	Diane Mellett	39:29				
145	Alfred Palma	50	29:25	204	George Baptista	39:36				
146	Suzana Seban	58	29:30	205	Sharon Dziesietnik	39:44				
147	Pat Geramoni	63	29:31	206	Heidi Weber	39:46				
148	Reinhard Sturm	34	29:32	207	Alice Wong	40:27				
149	Ivan Gonzalez-Gallo	35	29:34	208	Diana Canant	41:01				
150	Carina Ljungwald	36	29:35	209	Margo Banowicz	41:26				
151	Elizabeth Wong	4	29:45	210	Lisa Hamilton	42:20				
152	Jack Soler	10	29:50	211	Irene Ishihara-Rivas	42:21				
153	Russell Breslauer	66	29:55	212	Hatti Hsia	42:37				
154	Josh Fisler	45	29:56	213	Peter Hsia	42:41				
155	Jack Bascom	70	30:00	214	Teresa Lee	43:13				
156	Tracy Hathaway	49	30:16	215	Nedda Misherghi	43:14				
157	Caron Anderson	70	30:30	216	Daniel Taylor	44:26				
				217	Lena Hsia	44:32				



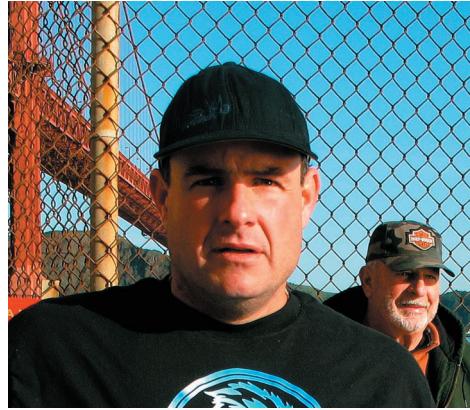
Lining up for the start of the kids' race
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February 26, 2012

Fort Point 10K

Race Director: Rocco Mullinax

Volunteers: Calvin Chan, George Sacco, Vince French, Bobby Marty, Liese Rapozo, Wally Rapozo, Richard Mullinax, George Baptista, D. Floe, Jimmy Yu, Phyllis Nabhan, Christine Clark, Tony Nguyen, Kenneth Fong, Jim Kauffold, Bill Hamilton, Denise Leo, Kevin Lee



Race Director Rocco Mullinax
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PL	NAME	AGE	TIME
1	Sloane Cook	22	35:55
2	Joe Wehrheim	40	36:37
3	Michelle Meyer ①	24	37:09
4	Ky Faubion	26	37:48
5	Maninder Sohal	21	38:13
6	Jonathan Reid	42	38:35
7	Jeff Hawkins	29	39:06
8	Markham Miller	47	39:16
9	Thomas Fox	49	39:28
10	Kenley Gaffke	33	39:39
11	Gonzalo Luchetti	38	39:53
12	Alex Munoz	42	40:07
13	Vincent Gulli	22	40:52
14	Nakia Baird	37	40:55
15	Philip Clark	29	41:12
16	Michael Shonnard	18	41:25
17	Daniel Jauregui	14	41:26
18	William Korthop		41:39
19	John Woods	47	41:43
20	Dan Ransenbergs	34	41:48
21	Willow Harrington ②		42:04
22	Marcial Saavadra	19	42:13
23	Tony Cacioppo	16	42:30
24	Cristian Alvarez	33	42:38
25	Gary Waterfield	51	42:51
26	Joe Cacioppo	45	43:04
27	Brian Schultz	44	43:18
28	Bud Napolio	50	43:21
29	Dan Osipow	46	43:24
30	Jerry Flanagan	46	43:45
31	Conal Gallagher	48	43:55
32	Michael Zensias	40	44:02
33	JR Mintz	45	44:06

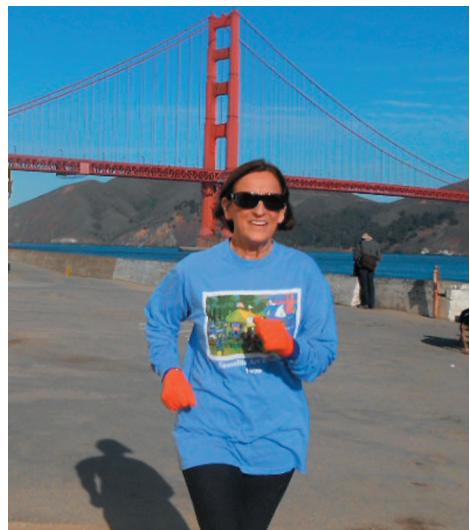
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35	William Misener	16	44:09
36	Daryl Luppino	52	44:11
37	Amanda Gordon ③	19	44:27
38	Chris Golis	30	45:01
39	Jim Kramer	46	45:22
40	Michael Fogel	29	45:27
41	Steve Chamberlin	41	45:49
42	Stephen Seymour	50	45:58
43	Joe Ward	18	46:07
44	John Harnett	37	46:09
45	Panya Somnhot	30	46:13
46	Jeffrey Robicheau	26	46:19
47	Milton Lorig	59	46:31
48	Jamie Mangiardi ④	27	46:32
49	Warren Frost	34	46:42
50	Jason Woo	31	46:51
51	Tony Tuttle	60	47:00
52	Kelly Hansen ⑤	27	47:09
53	Lauren Carara	27	47:10
54	Bill Hamilton	59	47:30
55	Maria Pantoja		48:00
56	Eric Smith	27	48:03
57	Jose Moncerrez	52	48:06
58	Aoife Breslin	27	48:18
59	Jorge Larre	55	48:34
60	Gerard Sheehan	31	48:35
61	Niall Kavanagh	30	48:39
62	Alice Shikina	41	49:02
63	Javier Orduna	30	49:08
64	Larry Wuerstle	56	49:21
65	Eran Hozias	36	49:24
66	Rafael Sands	15	49:25
67	Patrick Lee	64	49:28
68	Ana Rodriguez	31	49:41
69	Fellner		49:44
70	Stanford Gertler	60	49:53
71	Theo Jones	73	50:00
72	Tony Xie	15?	50:29
73	Taylor Samuelsen	28	50:30
74	Paul Fink	63	50:34
75	Cady Kintner	28	50:38
76	Anders Fox	16	50:58
77	Josslyn Mikow	34	50:59
78	Sergio Torres	30	51:05
79	Marciano Pimentel		51:07
80	Scott Meselson	32	51:09
81	Alex Feune de Colombi		51:12
82	Andrew Samuelsen	25	51:19
83	Jim Graneghan	62	51:32
84	Katherine Hill	33	52:08
85	Maggie Fillmore	61	52:23
86	Allison DenBleyker		52:44
87	Jamee Sue Cochary	54	52:51
88	Amy Sonstein (and Rebecca)		53:03
89	Chris Horton		53:15
90	Michael Kippert	30	53:29
91	No Name		53:30



Heading out from Fort Point
Photo by Don Watson

92	Jonathan Bass	43	53:31
93	Bob Cowdry	67	53:34
94	Greig McKale		53:48
95	Richard Nippes	63	54:13
96	Stephanie Soler	37	54:15
97	Sandra Sigurdson	55	54:17
98	Jim McBride	69	54:22
99	Marie Carlotti	55	54:23
100	Michelle Deasy	40	54:48
101	Travis Enfield	28	55:00
102	Miguel Guerrero	42	55:02
103	Teela Crosthwaite	27	55:15
104	Michelle Mangiardi	29	55:16
105	John Stenson	46	55:17
106	Brian Dierking	47	55:30
107	Desiree Valenzuela	23	55:34
108	Ferhat Hatay	46	55:40
109	Matt Stevens	22	55:44
110	Amber Wipfler	31	55:50
111	Andrea Lira	35	55:52
112	Tristan Hidalgo	35	55:54
113	Fellnerova	38	55:59
114	Kerstin Seidel	32	56:03
115	Kathleen Crawford	24	56:05
116	Eugene Espejo	30	56:08
117	Gregory Brown	62	56:13
118	Mike Rouan	48	56:25
119	Jerry McGowan	73	56:33
120	Corinne Ricci	36	56:40
121	Mark Kelley	56	56:55
122	Martha Arnaud	41	56:58
123	William McCarty	64	57:21
124	Matt Bouchard	39	57:25
125	No Name		57:31
126	Trisha De Mesa	38	57:35
127	Marian Lyons	64	57:39
128	Jim Allen	46	57:48
129	Lina Khatib		57:50
130	Alexandra Krasov	25	58:10
131	Mark Yerkes	52	58:14
132	Paul Mosel	70	58:19
133	Leslye Lugo	23	58:27
134	Aireen De Peralta	50	58:51

135 John Courtney	27	59:00	172 Kathleen Lail	44	65:50
136 Yong Cholee Haber	54	59:07	173 Ginger Bracey		65:51
137 Fred Haber	52	59:08	174 Monica Estenson	36	66:35
138 Steve Nissenson	63	59:28	175 Olga Monarrez	52	66:38
139 Neal Ashton	55	59:32	176 Pauline Tang	29	66:53
140 Wendy Newman	61	59:37	177 DD Charrette		68:17
141 Katie Fox	49	60:01	178 Stephanie Hulka	29	69:01
142 Kim Gallagher	22	60:02	179 Alexis Linberg	29	69:02
143 Colleen Serafin	48	60:09	180 Stephen Wilson	23	69:51
144 Jim Misener	51	60:10	181 Shannon Luppino	16	70:13
145 Alfred Palma	50	60:15	182 Elizabeth Wheaton	26	70:35
146 Kari Filerman	31	60:24	183 Carleigh Burdine		70:36
147 Sarah Golis	28	60:24	184 Jessie Lloyd	29	70:53
148 Rebecca Miller	48	60:50	185 Theresa LoPiccolo	30	70:53
149 Andrea Lambert	39	60:51	186 William R. Palma	58	71:10
150 Beth Hoch	34	60:52	187 Mellisa Andrade	31	71:22
151 Eva Haakenson	33	60:54	188 Mike Hung	61	71:36
152 Dave Picariello	57	61:11	189 Jim Kauffold	74	71:41
153 Alex Gagnon	22	61:28	190 Michelle Fimbres	21	72:33
154 Veronica Campbell	44	62:23	191 Yoshio Daikoku	63	75:09
155 Caron Anderson	70	62:31	192 John Weidinger	70	75:17
156 John Quincy	45	62:49	193 Kelly Daikoku	52	75:24
157 Angelina Collins	26	62:53	194 Jenna Brewer	15	75:30
158 Jim Golden	60	63:29	195 Traci Brewer	44	75:37
159 Mary Barlow	35	63:30	196 Jane Colman	68	75:38
160 Mort Weisberg	75	63:40	197 Barbara Robben	77	75:39
161 Suzana Seban	58	63:41	198 Sarkis Babekian	25	75:53
162 S. LeClaire		64:14	199 George Sacco	74	76:27
163 West Coghlan	57	64:15	200 Bill Woolf	76	76:49
164 David Zensius	39	64:18	201 Jacqueline Shultz	29	77:12
165 Richard Donaldson	41	64:32	202 Heather Bass		77:21
166 Henry Nebeling	79	64:37	203 Tony Nguyen	38	77:41
167 Noel Relyea	66	64:48	204 Peter Mineozz	42	77:42
168 Emmy Starr		65:23	205 Eris London	34	78:37
169 Justin Cox	51	65:25	206 April Shonnard	18	80:20
170 Joanne Padilla	48	65:28	207 Peter Sinnott	62	80:28
171 Rebecca Lewis	89	65:33			



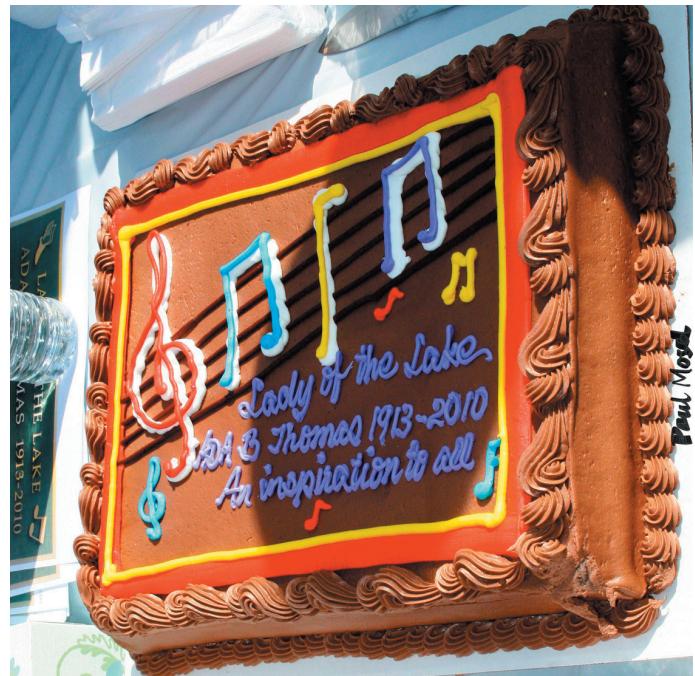
Brie Reybine
Photo by Don Watson

SELF-TIMERS

Richard Finley	63
Liese Rapozo	84
Wally Rapozo	83
Ann Agbayani	51
Jesse Agbayani	60
Roxanna Pezzy	?
Jennifer Walker	29
Bob Theis	83
Sherrill Golden	69
Brie Reybine	
Mary Gray	50
Sunanda Minarikova	37
Robert Brizuela	72
Jane Lee	61
Nancy Siu	64
Ed Olkowski	
	127:30

Dedication of the Ada B. Thomas memorial bench at Stow Lake, February 25, 2012

Below: Marian Lyons
Right: The celebratory cake
© 2012 Paul Mosel



More photos from the bench dedication



The memorial bench plaque



Serving the cake



A toast to Ada's memory

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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 janecl@earthlink.net.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
The Dam Run, Orinda, January 28					
5K Women					
67	Barbara Robben	77	1	F 70+	38:30
84	Dee Farkas	84	2	F 70+	54:26
5K Men					
37	Brian Hartley	58	1	M55-59	29:41
Rotary Mission Ten, 5K Run, San Juan Bautista, January 28					
64	Neal Ashton	55	9	M50-59	27:17
Tinkerbell Half Marathon, Anaheim, January 29					
Women					
8065	Jennifer Walker	29	1251	F 25-29	3:17:08
Men					
767	Tony Nguyen	38			3:35:17
Jed Smith Ultra Classic, Sacramento, February 4					
30K					
5	J.R. Mintz	45	2	M40-49	2:16:24
50K					
20	Jerry Flanagan	46	8	M40-49	4:17:19
63	William McCarty	64	8	M60-69	6:08:37
85	Noe Castanon	41	15	M40-49	6:41:33
Trinidad-Clam Beach Run, 8.75M, February 4					
Jim Kauffold					
		4		M70-79	1:46:29
San Francisco Half Marathon, February 5					
11	Chikara Omine	29	9	M25-29	1:13:58
42	Justin Mikecz	32	9	M30-34	1:18:42
53	Timothy Comay	27	17	M25-29	1:19:49
79	Nakia Baird	36	72	M35-39	1:22:26
83	Kenley Gaffke	33	22	M30-34	1:22:38
87	Markham Miller	47	3	M45-49	1:22:46
91	Ian Macnider	26	23	M25-29	1:23:07
112	Peter Hsia	51	4	M50-54	1:24:23
113	Andrew Macnider	24	3	M20-24	1:24:30
175	Tim McMenomey	51	22	M50-54	1:26:42
273	Louise Stephens	46	4	F 45-49	1:30:16
334	David Lorsch	41	49	M40-44	1:31:40
338	Julie Munsayac	34	13	F 30-34	1:31:47
346	David Goldman	27	35	M35-39	1:31:54
362	George Rehmet	45	25	M45-49	1:32:12
416	Nicholas Crocker	28	68	M25-29	1:33:26
468	Bud Napolio	50	25	M50-54	1:34:33
481	Jamie Yang	28	20	F 25-29	1:34:49
483	Mark Orders	53	27	M50-54	1:34:52
520	Edward Caldwell	53	30	M50-54	1:35:42
599	Diann Leo	24	8	F 20-24	1:37:02
671	Gregory Hilbrich	56	12	M55-59	1:38:25
672	Steven Pitsenbarger	43	89	M40-44	1:38:26
714	J.R. Mintz	45	62	M45-49	1:39:02
746	Conal Gallagher	48	65	M45-49	1:40:43

DSE AID STATION AT THE KAISER PERMANENTE SAN FRANCISCO HALF MARATHON

Volunteers:

George Baptista
 Russell Breslauer
 Robert Brizuela
 Michael Gulli
 Fred Haber
 Yong Haber
 Meri Hambalek
 Steve Hambalek, Captain
 Judith Jarosz
 Meg Kawabata
 Jane Lee
 Patrick Lee
 Julius Ng
 Shirley Ng
 Maria Pulella
 Liese Rapozo
 Wally Rapozo
 Sylvia Rico
 Sam Roake
 Nancy Sin
 Mitchell Sollod
 Jeanette Vilches



777	Catherine Melton	27	34	F 25-29	1:39:48
803	Kenneth Fong	50	47	M50-54	1:40:15
858	Matthew Cox	38	121	M35-39	1:40:56
878	Rafael Sands	15	22	M <20	1:41:41
1020	Alyssa Yell	29	46	F 25-29	1:43:19
1086	Gary Waterfield	50	72	M50-54	1:44:05
1220	Maria Pantoja	32	275	F 30-34	1:45:47
1328	Jim Buck	69	3	M65-69	1:47:37
1536	Leah Hellerstein	25	86	F 25-29	1:49:44
1606	Hennie Strydom	39	212	F 35-39	1:50:30
1666	Theodore Jones	73	2	M70-75	1:51:18
1828	Sherman Arnest	39	227	M35-39	1:52:55
2037	Darfur Floe	71	4	M70-74	1:55:04
2062	Melissa Cheung	26	149	F 25-29	1:55:19
2090	Grace Nadolny	55	10	F 55-59	1:55:36
2101	Gary Brickley	59	47	M55-59	1:55:43
2160	Leland Faust	65	7	M65-69	1:56:21
2191	Sandra Sigurdson	55	12	F 55-59	1:56:43
2540	Pam Santiago	33	197	F 30-34	2:00:26
2598	Martha Arnaud	41	127	F 40-44	2:01:02
2624	Matthew Bouchard	39	294	M35-39	2:01:14
2644	Marian Lyons	64	3	F 60-64	2:01:34
2711	Nate Sands	16	43	M <20	2:02:21
2774	Naomi Nakamura	37	170	F 35-39	2:03:18
2824	Andrea Lambert	39	173	F 35-39	2:04:04
2838	Melissa Edgar	36	175	F 35-39	2:04:15
3069	Brian Dierking	46	237	M45-49	2:07:04
3150	Rocco Mullinax	38	325	M35-39	2:08:11
3357	Aireen de Peralta	50	72	F 50-54	2:10:59
3383	Wayne Plymale	60	43	M60-64	2:11:20
3404	Wendy Newman	61	6	F 60-64	2:11:39
3486	Beth Hoch	34	298	F 30-34	2:13:06
3489	Rebecca Miller	48	144	F 45-49	2:13:08
3525	Patricia Geramoni	64	7	F 60-64	2:13:36
3561	Joseph Connolly	50	170	M50-54	2:14:07
3589	Gregory Brown	62	46	M60-64	2:14:27
3595	Riya Suising	44	230	F 40-44	2:14:43
3599	Joana Mendoza	27	113	F 25-29	2:14:45
3734	Carolyn Gibson	30	332	F 30-34	2:16:57
3749	Caron Anderson	70	1	F 70+	2:17:12
3784	Monica Vasquez	40	243	F 40-44	2:17:52
3838	Paul Mosel	70	11	M 70+	2:18:46
4039	Carol Pechler	71	5	F 70+	2:23:10
4075	Laura Froelich	44	267	F 40-44	2:23:54
4089	Henry Nebeling	79	15	M 70+	2:24:17
4102	Mort Weisberg	75	16	M 70+	2:24:36
4136	Michael Rouan	48	283	M45-49	2:25:29
4164	Alfred Palma	50	190	M50-54	2:26:33
4172	Dana Farkas	52	101	F 50-54	2:26:38
4293	Kirsta Martino	43	289	F 40-44	2:30:32
4382	Alice Miller	52	110	F 50-54	2:33:48
4670	Amelia Mutere	51	128	F 50-54	2:47:14
4681	Mike Hung	61	66	M60-64	2:48:04
4760	William Woolf	76	21	M 70+	2:55:42
4824	Kelly Daikoku	52	137	F 50-54	3:05:20
4897	Mary Jean Pramik	63	24	F 60-64	3:14:11
4904	Jesse Agbayani	60	68	M60-64	3:16:07

Kaiser Permanente San Francisco 5K, February 5

4	Mahinder Sohal	20	4	M 20-39	17:29
96	Amy Sonstein	42	7	F 40-59	23:51
68	Patrick Lee	64	1	M 60+	22:48
210	Jon Sieker	40	41	M40-59	26:28
240	Steven Nissenson	63	7	M 60+	26:59
473	Jacqueline Seymour	15	12	F 13-19	29:57
474	Stephen Seymour	50	79	M40-59	29:58
523	Vanessa Miller	8	6	F <13	30:33
620	William McCarty	64	13	M 60+	31:25
655	Jacob Quinlan	21	186	M20-39	31:39
842	Tracy Hathaway	49	95	F 40-59	33:11
892	Laurie Quinlan	54	105	F 40-59	33:31
1023	Diane Okubo-Fong	50	132	F 40-59	34:20
1198	Barbara Robben	77	7	F 60+	35:51
1711	Roxanna Pezzy	53	262	F 40-59	41:55
1712	Ann Agbayani	51	263	F 40-59	41:55
2102	Peggy Kang	76	35	F 60+	50:17
2459	Dee Farkas	84	61	F 60+	58:29

Superbowl Sunday 3K Run, Santa Cruz, February 5

33	Neal Ashton	55	4	M55-59	15:58
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Davis Stampede Half Marathon, February 5

220	Jared Chan	11	1	M 0-15	1:43:55
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Golden Gate Trail Runs, Sausalito, February 11**Half Marathon**

185	Margie Whitnah	63	1	F 60-69	4:02:00
38	Martha Arnaud	41	5	F 40-49	5:34:12
41	Gregg Whitnah	61	2	M60-69	5:46:17

Bay Breeze Half Marathon, San Leandro, February 18

71	Rafael Sands	15	2	M13-17	1:42:12
194	Sandra Sigurdson	55	2	F 55-59	1:58:14
241	Barbara Kirkwood	50	3	F 50-54	2:03:27
509	Tomy Nguyen	38	39	M35-39	3:15:28
519	Jennifer Walker	29	43	F 25-29	3:35:41
10K					
31	Kelly Emo	47	1	F 45-49	47:00
5K					
212	Barbara Robben	77	1	F 75-79	34:31

Los Gatos All-Comers 1-Mile, February 18

37	Jared Chan	11	3	M 0-13	6:07
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Chinese New Year Runs, February 19

5K Women					
285	Barbara Robben	77	1	F 70-99	37:18
528	Dee Farkas	84	9	F 70-99	55:21
10K Women					
19	Elaine Mah	49	3	F 40-49	51:52
43	Martha Arnaud	41	9	F 40-49	56:21
45	Marian Lyons	64	1	F 60-69	56:46
80	Dana Farkas	52	4	F 50-59	1:00:50

Austin Half Marathon, February 19

7123	Jane Colman	68	2	F 65-69	2:26:17
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Presidents' Day Runs, San Mateo, February 20

5K					
Geores Buttner, Jim Kauffold, Mort Weisberg					
10K					
Marie Appel, Gregory Brown, Erika Kikuchi, Barbara Robben					

◆◆◆ 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:

March 4	Embarcadero 10K
March 11	St. Patrick's Day 5K
March 25	Windmill 10K
April 1	Walt Stack 10K
April 8	Easter Roller Coaster 5K
April 15	Bay Trail 4M

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 will need additional volunteers for the Practice Dipsea race on April 29. In addition to our regular volunteers at registration and finish line, we will also need course monitors and aid station volunteers.

The annual volunteer drive for the Double Dipsea has begun! Please see the separate article on page 1 for more information.

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

◆◆◆ 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 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.**

Sun Mar 18 NO DSE RUN

Opportunity to run Across the Bay 12K – www.rhodyco.com

Sun Mar 25 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection just before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Apr 1 Walt Stack 10K

START/FINISH: Yacht Rd parking lot, one block north of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: "Figure 8" loop race course:

1st Loop, out and back: Crissy Field/GG Promenade to Fort Point. Turn around at end of Ft. Point parking lot and return to start.
2nd Loop, out and back: Marina Blvd to east side of Fort Mason hill. Turn around at bottom of Fort Mason hill (at vertical posts adjacent to entrance of Muni Pier) and return to finish.

Sun Apr 8* Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

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

Sun Apr 15 Bay Trail 4M

START/FINISH: Oyster Point Marina, South San Francisco

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2-mile mark, a short way past the second bridge, and return same way 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 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.dserrunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

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

Folding ◆◆◆ ◆◆◆ Session

DATE: Friday, March 30, 2012
TIME: 7:00 PM
HOST: Amy Sonstein
812 Quarry Road, Apt. A
San Francisco 94129
415-563-5316

PARKING: Please do not park in a parking space with a painted number and the word "Reserved." Park either in a blank space or along the curb.

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

Weather ◆◆◆ ◆◆◆ Report ◆◆◆

Meteorologist Mike Pechner



Overall, March will be warmer than normal with little or no fog in first half of month. It will be dry and mild the first weekend for the Napa Valley Marathon. Except for the North Bay, no rain of any significance is likely in San Francisco or farther south.

Rain is likely after mid-month for the entire Bay Area with several weather systems including significant rains, especially around the 20th and 26th of March. It is possible that we will have above-normal rainfall for the month, all of it coming after the middle of March.

◆◆◆ Club Officers & Coordinators ◆◆◆



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ANGELICUS
Walt Stack

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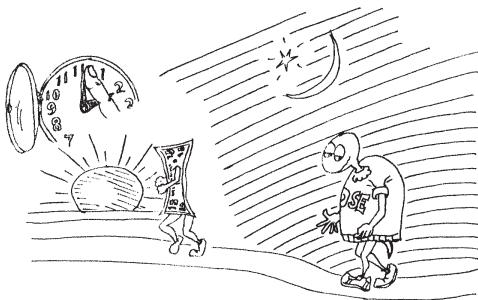
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Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ♦♦♦♦♦♦♦♦♦♦♦♦ March

1	Richard Nippes David Picariello Jose Ramirez Leo Rosales Jim Stratta Laurie Torelli	16 17 18 19 21	James O'Donnell Marie Brizuela Markham Miller Markus Guittap John Soler Leslie Okamoto
2	Sherrill Golden Leah Hellerstein Clare Senchyna John Weidinger	22	Akshay Radhakrishnan Miriam Schussler Ed Navarro Rafael Sands
3	Alisyn Gularте James Taylor	24 26	Ed Kinchley Dana Farkas
4	Jason Beck	27	Kathryn Hedjadi
6	Norbert Castellanos	28	Marian Lyons
7	Alfred Palma	29	Denise Rouan
8	Shridavi Raghavan	30	David Goldman
10	Jorge Castillo Ky Faubion Diego Patrick McManus	31	Terrence Ryan Sheri Dunn Keith Johnson
11	Michael Gama Jasper Kirsch		Carole Mawson
12	Beth Hoch		Jeanne Braguine
13	Richard Bruce Kelly Murphy		Salena Copeland

New Members

FOSTER CITY
Soyeon Choi
MILL VALLEY
Christine & Michael Lopez
MONTARA
Nick Goldsworthy
PINOLE
Jane McFarland
SAN CARLOS
Josh Fisher
SAN FRANCISCO
Chad Armstrong
Melissa Dizon
Cory Eagon
Brett & Sara Eisenberg
Babette Hogan
Marie & Tim Hogan
Emily Houghton
Andrey Kislyuk
Mary Jenn
William Misener
Colleen Serafin
Nancy Siu
Miguel Ulloa