

DSE NEWS

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46th Year

April 2012

CHANGES IN THE NEWSLETTER

Jane Colman

As far as I know, the *DSE News* has always included the results of DSE's Sunday races (my archive goes back to 1971, thanks to the generosity of a former member), so this month's newsletter represents a drastic change. We are still publishing the race results, but the current plan is to no longer include them in the newsletter itself. On page 4, where the race results usually begin, you will find race director and volunteer information, photos and top five runners, but the full results are being published separately.

Members who read the electronic newsletter, and anyone else with Internet access, can find the results at www.dserunners.com using the menu item Race Results, Current, where they will be available no later than a few days after the race. For those who read the printed newsletter, a print edition of the results will be available at least monthly at the Sunday runs. The results for the first two March runs were available at the March 25 Windmill 10K and will continue to be available at subsequent races. I printed the same number of race results supplements as printed newsletters, so don't take one if you read the electronic newsletter. Of course, many of the members who prefer the printed newsletter can access race results online, so if there are many of the supplements left over after several weeks I will start printing fewer copies.

The printed race result supplement for the DSE races on March 25 through April 15 will be available at the Practice Dipsea finish line on April 29, since that is the next DSE race I will be attending. Beginning in May, when I will be traveling less, I hope to get the supplement to DSE runs more often than once a month.

This is an experiment, so I would very happy to hear your opinions on this change, particularly from the members who take the printed newsletter.

BETTY CUNNEEN, 1933 - 2012

Betty Cunneen passed away Sunday evening, March 25 after a long battle with Alzheimer's disease. She was a longtime DSE member as well as one of the founders and the first president of the Pamakids. Those of us who knew her will always remember her friendliness, enthusiasm and encouragement.

DSE members who would like to share memories of Betty, please send them to the newsletter for inclusion in the next issue of the *DSE News*.

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From the President's Desk

◆ ◆ ◆ KY FAUBION

RELAY TEAMS APPROVED!

The board has voted in favor of once again having four DSE organized teams in the Calistoga to Santa Cruz Relay. Let's train hard and of course stay injury-free for this! This is definitely one of our favorite races to run since we know how to place in the top ten of 220+ relay teams. I'm very proud to be in this club for that reason, even though having fun is also high on the priority list. By all means, let's remember to have fun and to compete. Good luck to us all!

EGGS

This is that time of year everybody and their dog wants one (dogs wouldn't care either way, just give them one). I want to say that I believe they are practically the best racing fuel out there. *Runner's World* magazine claims that there's no harm in continuously eating eggs every week and that it in fact improves bad cholesterol. Remember you have to RUN to get that good cholesterol... I'm no doctor, but as an experienced egg eater, don't eat more than a dozen a day or you'll really be considered a local yokel. Great for maintaining bone strength and sharp eyesight — that's what we need around here. Have a happy Easter!

UPCOMING RACES

Sunday April 1 — Walt Stack 10K:

Take off at the Little Marina Green and head down the gravel path to Fort Point. Don't take your eyes off the path! Lots of people and dogs will be here so watch your steps. As you return from Fort Point, you'll go all the way back over the Marina

Green to Fort Mason for the only hill, so look ahead and feel this out before expending your energy. I'd suggest turning on your 90% as you return onto the flat path from the turnaround at the wooden posts and going back over the hill.

Sunday, April 8 — Easter Roller Coaster

5K: This course is notorious for taking your breath away with its up and down hill scheme but don't be afraid to lean into them because it's only a 5K. It actually works to release your inner bunny and earn the chocolate you're about to consume. Remember that the kids' race is the best part of this event!

Sunday, April 15 — Bay Trail 4M: A change in the layout — this course is relatively flat and will send you through a charming park and recreational area. Oyster Point is a nice place where you don't usually need to worry about the public so just mind the railroad tracks and bring that P.R. pace with you! Good luck!

Sunday, April 22 — NO DSE RACE: But come out to the Conservatory of Flowers and Golden Gate Park anyway and run the Zippy 5K.

Sunday, April 29 — Practice Dipsea Run 6.8M: Running the Dipsea trail is one of life's special treats. The Dipsea

CLASSIC STU-PEDS *by Stu Ruth*



Trail is 7 miles long and has 2,300 feet each of very steep, often slippery, uphill and downhill. The beauty of this race is knowing the runners around you are suffering just as much fatigue as you are and it helps you to just get it done! Don't try to shortcut if you can help it, please. We know it's a race and all but there are a lot of other reasons to run the full trail. It's just nicer that way, I promise.

BAY TO BREAKERS **101**

George Sacco

A few days ago I received an email message from the Bay to Breakers committee, informing me that I could volunteer for the Human Wall. I must admit that a little tear ran down one of my cheeks. I was on Len's first Human Wall. I remember him explaining why the wall was created. The year before, a runner had started the race several blocks beyond the starting line and crossed the finish line first. The Wall was designed to reduce this problem. The rope that was used to hold back the runners would no longer be used as the starting line. The Human Wall, made of volunteers, would replace it. Len said that we would now have the elite runners start first and the fun runners would start a few minutes afterwards.

I think that was the major step that changed the Bay to Breakers from a run for all comers to the present format. This year I have decided not to be part of the Human Wall. Why? Because I miss paying only one dollar for membership in the AAU, the rope that crossed Howard Street, the medals for the first 500 runners, the paper cups with beer and the certificates given to all finishers.

I hope that all of you who run it this year enjoy the event, but to me it is not the Bay to Breakers anymore.

Editor's note: This year's Bay to Breakers will not include Drawbridge volunteers, so DSE will not be at its usual position at First and Howard Streets.

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.dserunners.com. Or just check the website on folding session day.

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson
webmaster@dserunners.com

DOUBLE DIPSEA VOLUNTEERS NEEDED UPDATE

Many thanks to everyone who has already signed up to volunteer for this year's Double Dipsea race on Saturday, June 23. We now have a full staff at the following locations: Cardiac Hill Aid Station, Top of Dipsea Steps Course Monitors, Mailboxes Course Monitors, Parking, and Refreshments. At several others locations, we only need one additional volunteer – Mill Valley Aid Station, Mill Valley Course Monitors, Muir Woods Course Monitors, Picnic, Equipment Transport, and Finish Line; at Flying Y and Lower Windy Gap, we need two additional course monitors each.

Our biggest needs continue to be for Upper Windy Gap Course Monitors (need 5, have 0), Muir Woods Aid Station (need 10, have 2), Panoramic Highway/Stinson Beach Course Monitors (need 12, have 7), T-Shirts/Goody Bags/Clothing (need 8, have 3), Insult Hill Aid Station (need 6, have 2), and Trail Sweeps (need 2, have 0). We also need an unlimited number of volunteers to help with post-race clean-up and equipment re-loading. In all, we still need at least 35 volunteers to fully staff this event.

If you are not planning to run the race this year, PLEASE VOLUNTEER. This is by far our largest event of the entire year, with the largest number of volunteers required. Double Dipsea is also our largest source of the revenue that pays for many of the perks we enjoy as club members including the Gala Dinner and Volunteer Picnic. If you choose to run the race instead of volunteering, then we ask you to please help us find volunteers to take your place. This includes spouses/significant others, adult children, siblings, co-workers, neighbors, friends, etc.

All volunteers receive a race T-shirt, a post-race picnic at Stinson Beach (only open to volunteers), and the DSE Volunteer Picnic in late August. You also fulfill all of your volunteer requirements for the entire year, leaving you free to run all the other weekly DSE races.

Please contact me at jlNissenson@aol.com to sign up, or sign up at the board available at the weekly races. We appreciate your support and urge you to volunteer!

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for the rest of 2012, starting with the June 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 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).

◆◆◆ Letters ◆◆◆

Editor:

I would like to state that I agree wholeheartedly with the proposal to discontinue printing race results in the monthly newsletter. The results take up a great deal of space that can be devoted to other articles. They are also labor intensive for the editor to compile. In this current electronic age, it has become increasingly archaic to continue printing these results each month, and is a duplication of effort since all DSE race results since 1971 are archived on our website. It is also very expensive to print these, and it would be more economical to eliminate the results and thereby reduce the number of pages printed. For those few members who do not have access to a computer or printer, the suggestion of having some copies of just the race results available by request for pick-up at a weekly race should take care of this. Perhaps as a compromise a brief summary of each race can be listed — i.e. Top 5 Men and Women, name and photo of Race Director, total number of runners.

This also brings up the point well raised by George Sacco about the cost of printing the newsletter, and how much of this cost falls to the club. Club members should raise their awareness of the environment and the "need to be green" and switch to the electronic newsletter. I wonder how many people who receive their newsletter by mail actually keep said newsletter or just throw it away after they have read it. For those who persist in receiving a paper newsletter, then you should pay the full cost of this. Right now it only costs an additional \$5 per year in membership fees to receive a paper copy as opposed to an online version. According to the numbers printed in the March newsletter, the cost of printing and mailing one copy of the newsletter is between \$1.15 and \$1.60 per month, or \$13.80 and \$19.20 per year. This means that DSE is absorbing anywhere from \$8.80 to \$14.20 annually for each copy of the newsletter that is being mailed out. As an environmentally responsible member of the club, I take objection to our club funds being used to supplement these costs and propose that if members want to continue the practice of receiving a paper newsletter that they pay the FULL COST each month. That would entail increasing membership fees in order to fully fund these extra costs.

Of course, if we eliminate printing the race results each month this will have an impact on the cost of printing and postage, and would then reduce the additional amount to members to pay for the privilege of receiving a paper newsletter. I propose that: A) we eliminate the printing of race results each month and then see what the cost savings are; and B) when the revised cost of printing and mailing the newsletter has been determined, passing these costs on to the members who still choose to receive a paper copy.

Janet Nissenson



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

March 4, 2012

Embarcadero 10K

Race Director: Margo Banowicz

Volunteers: Calvin Chan, George Sacco, Jimmy Yu, Bobby Marty, Geores Buttner, Noriko Bazeley, Vince French, George Baptista, Liese Rapozo, Wally Rapozo, Joshua Lail



Race Director Margo Banowicz

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278 racers, 154 men, 125 women. 12 self-timers.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Chikara Omine	29	35:41
2	Sloane Cook	22	36:14
3	Mario Escobedo	30	36:25
4	Shawn Gallagher	51	37:04
5	Markham Miller	47	37:21

TOP FIVE WOMEN

9	Alyson Barrett-Ryan ①	33	38:18
15	Tanya Fred ②	46	39:21
27	Cath Kemp ③	31	41:54
31	Anita Devineni ④	28	42:33
43	Alicia Robertson ⑤	29	44:18

George Baptista, Bobby Marty and Vince French examining the porta-potties at the Embarcadero 10K. Somebody drove nails into the three locks and they couldn't open them without breaking the hasps.

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NOTE: Complete race results can be found at www.dserunners.com. Click on Race Results in the left-side menu bar. Printed race results are also distributed periodically at the Sunday races *only* for members who subscribe to the printed newsletter.

ST. PATRICK'S DAY RUN



Running back from Fort Point through Crissy Field

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Waiting for the Kids' Run

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Kids on the run

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March 4, 2012

St. Patrick's Day 5K

Race Director: Karen Pinckard

Volunteers: George Sacco, Virginia Humphrey-Brooks, Geores Buttner, George Baptista, Vince French, Peggy Kang, Bobby Marty, Phyllis Nabhan, Kevin Lee



Race Director Karen Pinckard

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Weather: mostly cloudy, some wind.
340 races, 164 men, 176 women. 13 self-timers, 29 kids' race participants.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Ben Jarrett	32	16:33
2	Joe Wehrheim	40	17:10
3	Maninder Sohal	21	17:16
4	Sloane Cook	22	17:22
5	Mario Escobedo	30	17:37

TOP FIVE WOMEN

12	Claudia Becque ①	35	18:49
29	Anita Devineni ②	28	20:25
33	Cath Jarret Kemp ③	31	20:45
41	René Rodriguez ④	42	21:10
45	Rebecca Guyette ⑤		21:23

March 25, 2012

Windmill 10K

Race Director: Calvin Chan

Volunteers: George Baptista, Jimmy Yu, Peggy Kang, Bobby Marty, George Sacco, Georges Buttner, Phyllis Nabhan, Caron Anderson, Diann Leo, Vince French, Kevin Lee



Race Director Calvin Chan

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140 racers, 84 men, 56 women; 7 self-timers .

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	22	34:44
2	Chikara Omine	29	34:52
3	Joe Wehrheim	40	35:36
4	Tim Comay	27	36:30
5	Maninder Sohal	21	36:31

TOP FIVE WOMEN

29	Louise Stephens ①	46	42:48
40	Erika Kikuchi ②	33	45:17
41	Lindsay Johnson ③	30	45:37
45	Betsy Swanback ④	21	47:27
47	Alice Shikina ⑤	41	47:50

Complete results online (see page 4) or at the April 29 Practice Dipsea finish



Starting up Kennedy Drive from the Dutch Windmill

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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 janecol@earthlink.net.

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
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President's Day 10K, San Mateo, February 20

	William McCarty					56:43
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Bill's participation in the race was not reported in time for the March listing.

'Stache Dash 5K, February 25

Men

6	Ky Faubion	25				25:13
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Canyon Meadow Trail Runs, Redwood Park, Oakland, March 17

Half Marathon

27	Erika Kikuchi	33	3	F 30-39	2:13:28
37	Leah Hellerstein	25	5	F 20-29	2:22:50

30K

24	Margie Whitnah	63	2	F 60-69	5:28:41
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Marathon

11	Gregg Whitnah	61	1	M60-69	5:49:05
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50K

13	J.R. Mintz	45	5	M40-49	5:17:56
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Hellyer Park 5K, San Jose, March 3

55	Neal Ashton	59	3	M55-59	27:27
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Athletic Trainers River Run 1M, Pittsburgh, PA, March 4

18	Joseph Connelly	50	3		7:53
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O.C. Chili Winter Trail Run Series 5.22M, Trabuco Canyon, CA, March 10

120	Joseph Connelly	50	9	M50-54	49:59
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Bay Area Senior Games, Stanford University, March 11

200 Meter Dash

	Keith Johnson	74	5	M70-74	35.60
	Jim Kauffold	75	4	M75-59	51.40

400 Meter Dash

	Keith Johnson	74	2	M70-74	1:22.53
	Barbara Robben	77	1	F 75-59	2:08.20

800 Meter Run

	Barbara Robben	77	1	F 75-59	4:43.59
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1500 Meter Run

	Barbara Robben	77	1	F 75-59	9:29.4h
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10000 Meter Run

	Carol Pechler	72	1	F 70-74	1:02:12
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5K

	Carol Pechler	72	1	F 70-74	29:23
	Barbara Robben	77	1	F 75-79	34:47
	Jim Kauffold	75	2	M75-79	35:20

Mendocino Whale Run 5K Competitive Walk, Fort Bragg, March 17

43	Wallace Rapozo	83	1	M80-99	56:08
44	Liese Rapozo	84	1	F 80-99	56:09

Emerald Across the Bay 12K, March 18

29	Chikara Omine	29	16	M25-29	41:04
36	Joe Wehrheim	40	3	M40-44	41:55
62	Cliff Lentz	47	7	M45-49	44:17
69	Ian Macnider	26	18	M25-29	44:52
81	Jason Reed	33	8	M30-34	45:33

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:

April 1	Walt Stack 10K
April 8	Easter Roller Coaster 5K
April 15	Bay Trail 4M
April 29	Practice Dipsea 6.8M
May 6	Lake Merced 4.5M
May 13	Marine Green 5K

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

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

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.

92	Andrew Macnider	24	8	M20-24	46:15
146	Steven Pitsenbarger	43	27	M40-44	49:27
157	John Woods	47	12	M45-49	50:25
167	Patrick Dillane	45	13	M45-49	50:49
186	David Lorsch	41	30	M40-44	52:00
214	Louise Stephens	46	10	F 45-49	53:28
220	Conal Gallagher	48	19	M45-49	53:50
278	Erika Kikuchi	33	14	F 30-34	56:10
239	Edward Caldwell	53	15	M50-54	54:30
279	Kenneth Fong	50	18	M50-54	56:10
307	Stephen Seymour	50	20	M50-54	57:06
316	Amy Sonstein	42	8	F 40-44	57:24
344	Russ Kiernan	74	1	M70-74	58:23
347	Tyler Abbott	51	22	M50-54	58:27
359	Jim Flanigan	62	9	M60-64	58:40
365	Sandor Mandoki	27	45	M25-29	58:47
394	Alice Shikina	41	12	F 40-44	59:30
407	Patrick Lee	64	13	M60-64	59:55
418	Theo Jones	73	3	M70-74	1:00:20
507	Ruth Rainero	57	5	F 55-59	1:02:43
522	Bob Cowdrey	67	5	M65-69	1:03:03
531	Brian Deluca	28	56	M25-29	1:03:19
721	Gary Brickley	58	29	M55-59	1:08:01
749	Marian Lyons	64	7	F 60-64	1:08:40
782	Jon Sieker	40	85	M40-44	1:09:21
807	Keith O Johnson	73	11	M70-74	1:09:52
830	Mitchell Sollod	72	13	M70-74	1:10:24
869	Martha Arnaud	41	34	F 40-44	1:11:06
891	Julia Mutere	22	18	F 20-24	1:11:18
905	Wendy Newman	61	10	F 60-64	1:11:36
1059	Paul Mosel	70	14	M70-74	1:14:27
1066	Mort Weisberg	75	4	M75-79	1:14:39
1084	Joseph Connelly	50	56	M50-54	1:14:56
1093	Jacob Quinlan	21	28	M20-24	1:15:05
1103	Alfred Palma	51	57	M50-54	1:15:14
1142	James Golden	60	33	M60-64	1:16:21
1168	John Herbert	63	34	M60-64	1:16:42
1178	Henry Nebeling	79	5	M75-79	1:16:50
1193	Dana Farkas	52	44	F 50-54	1:17:02
1212	Erin Kirk	37	70	F 35-39	1:17:20
1237	Gary Aguiar	56	48	M55-59	1:17:55
1433	Jane Colman	68	4	F 65-69	1:23:18
1534	Brian Hartley	58	62	M55-59	1:26:22
1674	Maureen Dolan	39	101	F 35-39	1:32:25
1680	Barbara Robben	77	2	F 75-59	1:32:43
1691	William Woolf	76	7	M75-79	1:33:07
1716	Amelia Mutere	51	77	F 50-54	1:34:28
1717	Virginia Rosales	48	122	F 45-49	1:34:40
1721	Laurie Quinlan	54	78	F 50-54	1:34:46
1771	Marcia Martin	59	49	F 55-59	1:36:58
1783	Mike Hung	61	43	M60-64	1:37:27
1967	Dina Kovash	73	10	F 70-74	1:52:46
2005	Leopoldo Rosales	58	78	M55-59	1:56:46
2027	Daniel Murphy	51	86	M50-59	2:00:10
2155	Dee Farkas	84	1	F 80-84	2:22:55

Modesto Marathon, March 18

296	William McCarty	64	9	M 60+	4:49:12
313	Gregory Brown	62	11	M 60+	4:54:12

COYOTE TWO MOON 100M, OJAI, CA, MARCH 18-20, 2011

Noe Castanon

It took me some days to digest what happened that weekend! That was carnage along the course from the mile 7 to 72 when I stopped. There were freezing temperatures, not the ideal weather for the event since we were expecting to be on the road from 37 to 40 hours.

C2M 100M gets its name because most runners are on the trails for two consecutive nights, two full moons. Unfortunately that day no racer was able to get to the finish line. Some were disappointed, others happy to end that insane adventure — and I'm going to explain why.

This race started in waves, depending on how fast the runners were, waves started, from 6 PM Friday to 5 AM Saturday. I was on the list to start at 9 PM. This is the second wave, so I had 37 hours to complete the whole course. The fast runners had only 29 hours. The idea was that everybody would be done before Sunday at 10 AM.

The weather at the start was cold and it was dark already. Most of us were excited, nervous and happy to be there, yeah, I was so nervous! Melissa Ownby, a great friend, warned me months before of the race, "Noe, the weather in C2M is very unpredictable. You need to carry warm clothes in a zip bag with you at all the times, otherwise you will regret it!" Following her advice, at the start I looked more like a hiker than a runner. "That's OK; I can handle this, I thought.

The first four miles were uphill, 3000 feet in 4 miles, not a good beginning! Then we went down 6.8 miles. The rain started one hour after our 9 PM start, the visibility was almost ZERO in the area so I had to run next to some folks. They were like myself, 'newbies', afraid to get lost.

Sisar Canyon was the first aid station, located at mile 10.9. It took me exactly three hours to get there! Why too much? MEN, we were zigzagging on the fire-roads, fighting with the wind, the mud and the low temperatures.

C2M is a very singular race; there was an unusual requirement at the first aid station if we wanted to get bonus miles. In memory of Vicky De Vita, a local and respected runner, from the 10.9 mile point at 1700 feet we needed to carry a rock with us while running up and drop it at the summit of the Topatopa hill. Everyone (except one) had to carry it for a distance of 7.5 miles at 6300 feet, at that time, with those weather conditions, it was crazy! Once I reached the top I left the rock next to a candle and a picture of Vicky. I paid my respects to her and rapidly I looked for the proof that I went to the top, a playing card; then I left the place as soon as I could. That area was covered with ice and was very windy and slippery. I don't remember what time it

was, maybe 3 AM, completely dark and cold!

Then I ran downhill one mile to reach the Lyon Canyon aid station at mile 19.7. What a relief! When I got there my body felt frozen (I remember that part because one volunteer was making fun of my eyebrows because they were covered with snow). I was shaking and needed help to remove my gloves. I couldn't even move my fingers! Fortunately I had extra warm clothes with me, as Melissa had told me. So I changed my socks, gloves, shirt, and arm and leg warmers. I ate some salty soup and a half burrito. I think that I spent about half hour there until I felt much better and the rain stopped. While I was eating, I saw others runners who were on a bed. They didn't look good, with clear signs of hypothermia; they were already out of the competition. "How close I was to that," I told myself, then I left.

The next aid station was 6.3 miles away, great! Running downhill felt so good! Wait, wait, not that good, because the same course had to be run back and next time would be uphill!

Coyote Two Moon 100M is a very hard race, 29,000 feet cumulative gain, one hill after another, very few flat areas, not good for novices (I don't

Los Angeles Marathon, March 18

4621	Sandra Sigurdson	55	16	F 44-49	4:21:11
16674	Riya Suising	44	698	F 40-44	6:49:10

Mayor's Cup 5K, Germantown, TN, March 18

9	George Rehmet	45	9	M45-49	19:51
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Oakland Running Festival, March 25 Marathon

34	Nakia Baird	37	6	M35-39	3:14:29
38	Tim McMenomey	51	2	M50-54	3:15:05
68	George Rehmet	45	4	M45-49	3:26:32
123	Riya Suising	44	4	F 40-44	3:37:03
166	Greg Hilbrich	56	3	M55-59	3:46:16
336	Elaine Mah	49	11	F 45-49	4:08:10
523	Marian Lyons	64	1	F 60-64	4:30:41
753	Gregory Brown	62	8	M60-64	5:13:59
785	Noriko Bazeley	53	22	F 50-54	5:21:27
858	Gary Aguiar	56	29	M55-59	5:48:24
886	Mary Gray	49	27	F 45-49	5:54:51

Half Marathon

46	David Goldman	37	7	M35-39	1:27:31
300	Alyssa Yell	29	18	F 25-29	1:42:11
423	Catherine Melton	28	30	F 25-29	1:46:28
708	Princesa Pabalan	30	54	F 30-34	1:52:58
1009	Gary Brickley	59	27	M55-59	1:59:17
1028	James Golden	60	23	M60-64	2:19:08
1384	Brian Dierking	47	92	M45-49	2:06:28
1730	Rebecca Miller	48	69	F 45-49	2:12:31
2289	Peter Flessel	71	4	M 70+	2:23:06
2740	Monica Jaquez	48	116	F 45-49	2:38:32
2796	Diane Okubo-Fong	50	86	F 50-54	2:44:42
2815	Salena Copeland	33	349	F 30-34	2:42:13
3424	Christine Clark	40	310	F 40-44	3:50:59

know what I was doing there). During the day the weather was more acceptable, in the 50s, I think. But between 2 and 4 PM a wave of cold wind and flakes of snow on the ridge gave a clear sign of the dark night that was coming. Elias, my brother, was helping me in this adventure; he was ready at every aid station (except those on the ridge). He had my drop bags. For some reason I forgot to drop them at the race truck at the beginning; later I realized that it was a good idea to have left them to him.

It started to be cold again at Rose Valley aid station (mile 46), where I grabbed a thick rain jacket and pants. It looked like I was on the North Pole, I think that I looked weird, but those runners who were only wearing shorts and singlets were the ones who were suffering later during the storm. At that time no one knew the magnitude of the catastrophe that was coming.

My legs were tired when I reached Howard Creek aid station (mile 53). I spent about 30 minutes on a chair. I was feeling nauseous and at the same time I was hungry. It was cloudy and cold already but I had to leave because as usual I was behind my time. My body was not tired but my pace was slow because we were hiking steep hills one after another.

When I got to the Gridley Top aid station of the Nordhoff summit, one volunteer told me that some runners were taking different paths and that a storm was coming and many were not prepared to face the cold. Three miles after I left that aid station was when the real storm started to make our lives miserable. The rain made it almost impossible to run; it was very, very slippery and muddy. Snow on the ridge and on and off rain between aid stations were the beginning of the end.

Finally, after I climbed 3600 feet in seven miles (like Mount Diablo) at mile 72 the volunteers' coordinator did not allow me to go on. The race was on call, stopped, cancelled, Zero, NO MAS! What!! My adventure was over. "Now what am I going to do?" At that moment I thought about my friends and the club; "What are they going to think, a DNF? What about me! About those hours of training, training in the dark, in the rain and on the hills. What went wrong?" For seconds I was in silence, then a reporter who was covering the event approached me with questions: "How do you feel, disappointed? bummed? What do you think about the race?" I answered, "I don't know, I just don't know." I had the same feeling that I had on my previous DNFs.

At the end, my options as to what I should do were to stay there on the ridge waiting for someone to pick me up, or keep going to the next aid station at mile 78 seeking for transportation to the start/-finish area. I decided to go. It was



At the top of Nordhoff Ridge on the course in 2011, just before the race-cancelling storm

freaking cold and I was completely soaked, the rain and the wind were so strong on the ridge and on some areas the trail was covered with snow, I was so afraid to get lost, the course was marked on some areas with chalk and the rain was erasing them, that was chaos! We were in our second night and our lives were in jeopardy.

While I was running downhill I kept telling other runners about the situation on the top of the hill. Some of them did not listen to me; some of them were only in shorts and shirts, without jackets. "Stupidity," I said to myself. "This is crazy, there's no way that anyone would finish the race under these conditions." Elias was already waiting for me at the next aid station, I stopped my GPS at 27 hours and 58 minutes; then he took me to the starting point to change my clothes, get warm and catch some sleep. I was so lucky to have my brother with me; he carried all my stuff in his car and I never had to wait for anything at the aid station, so we could leave at any time.

The rest of the night was nonstop rain, and I was thinking about those runners who were stuck on the ridge, for sure the worst place was there. Later on Facebook a friend told me that when they were waiting on the ridge for help, the wind and rain blew the tent, some runners had hypothermia problems. "That was a nightmare," he told me. I believe it, I believe it!

Without a doubt Coyote Two Moon 100M was a learning experience, although I was running against the clock most of the time I was positive, that was not my time to get the 100M belt buckle. I didn't care; the race director took a wise decision by stopping that craziness, there were more 100s on the calendar less dangerous than that. Now I'm thinking about the next one.

Running 100M is not easy. It takes a lot of physical and mental training. At some point of the race, when I was muling my backpack in the middle of the nowhere at three in the morning I was talking to myself, "Mom is right, this is insane, instead of running in this crazy environment I should be at home sleeping in my cozy and warm bed." Well, that was my choice!

2012 update: This year only the same starters of the race were invited to run it again, and I finished with a time of 40 hours and 17 minutes, with much better weather conditions!

NO CALIFORNIA BLUES IN MEMPHIS: CALIFORNIA SCORES BIG AT THE RRCA CONVENTION

George Rehmet

Blues! BBQ ribs! Running! This would be how the 2012 RRCA National Convention in Memphis could be described. The convention was hosted by the Memphis Runners Track Club (MRTC) which is the fifth largest club in the nation with 3,500 members. Despite the high airfares, there were over 250 attendees that nearly equaled the attendance at the 2009 San Francisco RRCA National Convention. Throughout the convention, the friendliness of southern hospitality was prevalent. At the end, attendees left with smiles on their faces and full stomachs.

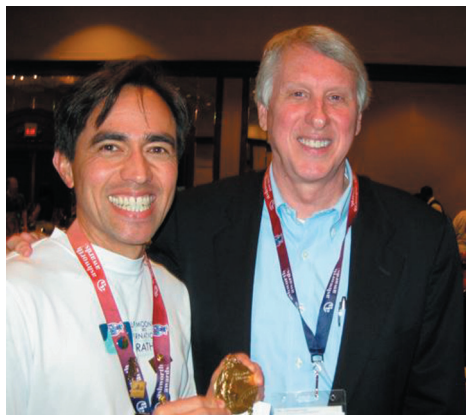
The Fun

The Thursday evening reception started out with a blues band playing. The highlight was Elvis and Lisa Marie making an appearance. Both of these celebrities were members of MRTC. "Elvis" belted out some of his greatest hits and displayed some of his trademark dance moves.

On Friday night, the attendees were bussed to the Rendezvous Restaurant — a landmark BBQ restaurant in Memphis. Elvis made another appearance at the restaurant. This time "Elvis" was RRCA Executive Director, Jean Knaack. Attendees had time to look around Beale Street, which is the second most visited street in the nation after New Orleans' Bourbon Street.

I had a chance to visit the Civil Rights Museum which is housed in the former Lorraine Hotel in which Dr. Martin Luther King was assassinated. Other attendees visited Graceland. These places should be on one's itinerary when traveling to Memphis.

For Friday's lunch, attendees heard David Wottle speak. David won the gold medal in the 800 meters at the 1972 Olympics. He related his struggles to get to the starting line of that race and what he was thinking and feeling in that race. David thought he would



George with David Wottle

end up with bronze when he started his kick. After the luncheon, David displayed his gold medal.

For Saturday's lunch, Christopher McDougall, author of *Born to Run*, related his experiences in Mexico's Copper Valley. He noted how the Indians' physical lifestyle of running and working hard contributes to their peaceful ways.

Running in Memphis

A tradition of the RRCA convention

is the morning runs. The two morning runs were a loop through a wealthy residential area. On one of the runs, Christopher McDougall ran in his bare feet.

And the convention is not complete without the race, which was the Germantown Half Marathon and Mayor's Cup 5K. A lot of Californian attendees placed high (including yours truly). What was funny was that the locals thought that the course was hilly when I felt that the race was flatter than the DSE Conservatory 5K.

The Sessions

The first seminar was about insurance and liability which I won't bore you with. At the RRCA general membership meeting, it was reported that the RRCA finances are well in the black and that RRCA continues to see growth. It was announced that the RRCA will have a race director's certification online course and will develop a race director's code of ethics. One unfortunate trend is that some race websites will take people's money and not have a race.

Due to the large size of the host club, almost all the other seminars were led by club members, which revealed the depth of its talented membership. In the session "New Revenue Sources for Clubs," MRTC members discussed their merchandise and photo sales. Another seminar was on conflict resolution, in which it was related that conflict is necessary in our lives and that conflict stems from someone's basic need not being met. The next session was the use of social media for running clubs. The lessons that I took away were that content is king, so be mindful of what is posted. The final session was on aging and performance, in which nutrition and weight training were described in combating muscle decline as people age.

Californians Showcased

At the awards banquet, I had the privilege to introduce San Luis Obispo Aggie runner Linda Somers-Smith to the RRCA Hall of Fame. She would later be awarded RRCA Female Master Runner of the Year. Briefly, Linda has set the American record in the 45-49 age group with a 1:15:17 half marathon time and is the only person, male or female, to qualify for seven Olympic

trials with the "A" standard.

The Presidio 10 was honored as the 2011 RRCA Road Race of the Year (note: the KP San Francisco Half Marathon was honored with the same award for 2009). Since the race director could not attend, RRCA Western Regional Director Bailey Penzotti and I accepted the award on his behalf.

The night ended with the Avenue of the Giants Marathon's t-shirt voted as RRCA National T-shirt of the Year. I was especially elated as I had asked the race director to send the shirt in for judging since I felt it had a great chance of winning.

It was then announced that the Presidio 10 Mile and the Napa Valley Marathon would be RRCA National Championship races for 2013.

As state representative, I was pleased that representatives from the Six Rivers Running Club, San Francisco Road Runners, Lake Merritt Joggers & Striders and the Mid-Peninsula Running Club came. I was honored to represent the good old DSE. For more information about the winners and my report, go to <http://www.rrca.org/services/news-entry/2011-rrca-annual-report/>.

Future Conventions – Red or Green?

The 2013 RRCA National Convention will be in early May in Albuquerque, New Mexico. The convention was held in this wonderful locale in 2001. The theme "Red or Green" refers to what color chiles one wants in the food (if you want both, you say "Christmas"). For more information about this convention go to <http://www.abqroadrunners.com/2013-rrca-convention.html>.

It was also announced that Spokane, Washington will host the 2014 RRCA National Convention. The Bloomsday 12K race will be the convention's race. This race is well known and is one of the biggest with over 50,000 participants. I look forward to seeing former DSE members Elaine Koga and Paul Kennelly, who are also the race directors for the Windermere Marathon, up there.

Hopefully, I will see more local runners come to both conventions since it's only a little over a two-hour direct flight to either place. This will be the best opportunity to meet runners from around the country and have a good time.

◆◆◆ 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 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.

Sun Apr 22 NO DSE RUN

Opportunity to run Zippy 5K — www.zippy5krun.org

Sun Apr 29 Practice Dipsea Run 6.8M

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach – **Runners need to arrange their own transport back to start.**

Check www.dserunners.com for information on public transportation.

STARTING TIME: Runners at 8:00 AM.

ENTRY FEE: \$15

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais.

Sun May 6 Lake Merced Run 4.5M

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

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

◆◆◆ 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: Wednesday, May 2, 2012

TIME: **6:30 PM**

PLACE: Joseph Connelly
VegNews HQ
3505 20th Street (at Mission)
San Francisco
415-272-3826

Parking is easy after 6:00 PM, when meters and neighborhood time limits expire, especially one or two blocks from Mission. Or, BART to 16th or 24th, and walk the 800m to 20th.

Vegetarian food only, please! If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

After a very wet March, the transition to spring will occur in the first half of April with generally sunny and warmer weather, especially inland as the coastal fog season begins in earnest. Drying weather is likely for the first week of April with some rain or showers at the beginning of the second week and dry, sunny and warmer weather returning in the middle of the second week. The last real winter storm is likely around mid-month. The last two weeks of April should be sunny and warmer around the Bay with night and morning coastal fog and low clouds.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆

April

1	Gerald McGowan	13	Monica Vasquez
2	William Franklin	14	Barbara Robben
	Diane Okubo-Fong	15	Jacqueline Seymour
3	Melanie Dearman	19	Wendy Newman
4	Karen Hui		Mary Ann Scanlan
	Joana Mendoza	20	Brittany Braguine
	Allan Young		Xavier Miller
5	Sandy Baumgarten		Mark Orders
6	Aaron Brickley	21	Caron Anderson
	Sarah Napolio	22	Russell Breslauer
7	Ken Reed		Steven Pitsenbarger
8	Edwin Dunn	24	Diann Leo
	Kenley Gaffke	25	Elizabeth Boyd
9	Dave Kapp		Jennifer Dearman
	Steve Seymour	27	Robert Morris
10	Amber Wipfler		Pat Wellington
11	Diane Lucas	30	Sherman Arnest
	Lucy Pon		Lakshmi Srinivasand
12	Gary Aguiar		

New Members

- GILROY**
Heather Bass
Jonathan Bass
- PITTSBURG**
Brian MacIntosh
- SAN FRANCISCO**
Alyson Barrett-Ryan
Casey Childers
Trisha De Mesa
William Korthof
- SAUSALITO**
Joanne Reed