

June 2012

Fred Haber

Matt Bouchard came whipping into the lot and was ready in a flash. We made our way out as a group but quickly split into smaller groups with somewhat different routes and lengths. Sam with Mike and Fred with Harry stopped at the center of the bridge and Harry and Mike reached up and touched the cable at its lowest point, about four miles round trip, I have the pictures to prove it! I believe the rest of the group ran all

◆ ◆ ◆ KY FAUBION

The President is not at his desk this month. We look forward to his return.

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the way across the bridge and up to the Vista Point, a route that's at least five miles. Lots of group photos were taken but the real gem this morning was the bridge itself. Clear weather, not too many tourists and bikes, just a wonderful excuse to be there. I can say a good time was had by all. Also, just before I finished my run Bobby Marty called, wanting to know where the hell we all were. You see Bobby still has no email so, I guess, he was left out of the loop (my bad). He wanted to know about breakfast; I said we coming but "running" a few minutes late. He held our spot at the Sea Breeze Restaurant on Judah, a Saturday morning institution. Early arrivals were Lina Khatib, Susan Herder and Jerry Wright making it an even better breakfast.

Thanks to all that came out and joined in this celebration as well as the kind replies from those too busy to make it.

The Golden Gate Bridge, in its Deco design, represents a period where dreams were larger than reality, but a few of those dreams became a reality.

Happy birthday, Bridge!
Bill Woolf adds: I think we should make this an annual event like we will do with the now firmly established Bay-To-Haber's Run. Perhaps this can be called



Harry and Mike holding up the Golden Gate Bridge
 Photo by Fred Haber

the Golden Gate Bridge Anniversary Run to be held on the Saturday closest to the Bridge's birthday. Anyway, it was indeed a fine idea and we can all congratulate Yong for suggesting it.

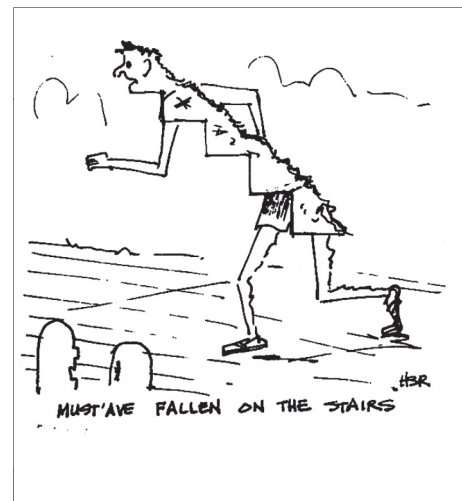
And Theo Jones adds: For the record my Garmin gave a distance of 3.14 miles to the Vista Point and 6.2 for the total run back to Sports Basement. Thanks for organizing this. It was a perfect day (except for those few very fast cyclists who didn't realize they should have been on the west side of the bridge). And everyone set a PR for the DSE Memorial Day Golden Gate Bridge Birthday Celebration run!

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

CLASSIC STU-PEDS by Stu Ruth

IT'S JUNE — DIPSEA MONTH!



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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson

webmaster@dserunners.com

FINAL CALL FOR DOUBLE DIPSEA VOLUNTEERS

Janet Nissenson

With our largest race of the year fast approaching on Saturday, June 23, we still need volunteers at several locations. These include:

- Panoramic Highway course monitors near the start/finish at Stinson Beach – four more needed
- Insult Hill Aid Station (about 1 mile from the start/finish) –three more needed
- Muir Woods Aid Station – 1 more needed
- Course Monitors at Upper Windy Gap, Lower Windy Gap, and Muir Woods – one at each needed
- Trail Sweep – one more needed

We are FULL at all other locations, so many thanks to those who have already volunteered. If you are able to help out, please let me know ASAP at jlNissenson@aol.com and I will assign you to one of the above locations. We need to fill out the most urgent areas first.

FOLDING SESSION HOSTS NEEDED

Jane Colman

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



Ken Reed, Bill Woolf, George Sacco, Mort Weisberg and Ken's son-in-law Mike Giometti volunteered at the SFUSD Schools Partnership Program & Special Olympic Track & Field Meet on May 11



JEFFERSON MILE AND FREEDOM ROAD 5K JULY 4

Bill Dake

On Wednesday July 4, celebrate Independence Day by coming to Golden Gate Park to run or walk the Freedom Road 5K and Jefferson Mile to help end the War on Drugs. The 8:00 AM mile race will start and finish on Kennedy Drive near 7th Street. The 5K will start at 8:30 AM on Kennedy Drive near Conservatory Drive East, run west and around Stow Lake and finish at the same place as the mile. Registration starts at 7:00 AM on Kennedy Drive across from the Conservatory of Flowers. The T-shirt is black and the art is correct; Lady Justice is blind and does not play favorites.

Go to Ohana.RRCA to download entry forms or enter via Active.com. If you have questions, the hotline number is 650-291-8531.

LEAP is not promoting drugs; they want to regulate them like alcohol, tobacco and prescription drugs. It is easier for kids to get marijuana than beer because beer is regulated and they have to show an ID, while they can get marijuana from friends or friends of friends. If you have been to www.LEAP.cc and still do not like the cause, write "schools" on the bottom right of the form and the funds that would otherwise go to LEAP will go to the Ohana's Education Fund, where needy schools and classes can go for some financial support.

Volunteers are needed! If you can help, contact me at billdake@sbcglobal.net or call the hotline.



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

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.

Does Anyone Read the Race Results Supplement?

Jane Colman, editor

When the decision was made not to include the complete race results in the monthly newsletter, I promised to print a supplement at least once a month and bring it to the DSE races so that DSE members without Internet access could still have access to the results of DSE races.

I know that most DSE members, including most of those who prefer the printed newsletter to the online one, can access the race results on the DSE website, although I know also that several members do not use computers and have no Internet access.

The first month I printed the same number of supplements as of the newsletter, 150. For the April results I printed 100 copies. So far as I can tell, very few of them have been taken, so this month I have printed only 50 copies.

Does anyone care? **If you want to receive the supplement, please let me know** so that I can print only those that are needed rather than wasting paper and club funds to print copies that will only go to waste. My address and phone number are on page 2 of the newsletter, as is my email address.

May 6, 2012

Lake Merced 4.5M

Race Director: George Baptista

Volunteers: Bobby Marty, George Sacco, Virginia Brooks, Geores Buttner, Calvin Chan, Jimmy Yu, Kiiko Baptista, Neal Ashton, Jim Kauffold, Phyllis Nabhan, Mark Kelley, Bill Hamilton, Kevin Lee, Mort Weisberg, Tom Pang, Margo Banowicz



Race Director George Baptista and Kiiko Baptista

© 2012 Paul Mosel

Sunny and warm. 139 racers, 84 men, 55 women.

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	John Martell	38	25:16
2	Joe Wehrheim	40	25:43
3	Adam Littke	38	26:19
4	Jason Reed	33	27:27
5	William Scott	26	27:364

TOP FIVE WOMEN

17	Heather Leutwyler ①	34	30:59
22	Aoife O'Brien ②	27	32:05
24	Rebecca Chadbourne ③	41	32:09
30	Noriko Bazeley ④	53	33:47
31	Amy Sonstein ⑤	42	33:51



Perennial volunteer Tom Pang

© 2012 Don Watson

May 13, 2012

Mothers Day 5K

Race Director: Martha Arnaud

Volunteers: George Sacco, Calvin Chan, Wally Rapozo, Liese Rapozo, Virginia Brooks, Vince French, Geores Buttner, Peggy Kang, Rocco Mullinax, Bobby Marty, Phyllis Nabhan, Richard Finley, George Baptista, Jimmy Yu, Kevin Lee



Race Director Martha Arnaud

© 2012 Paul Msel

Total Men: 113, Total Women: 115, Total Racers: 228, Self Timers: 15, Kids' Race: 16.

PL	NAME	AGE	TIME
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TOP FIVE MEN

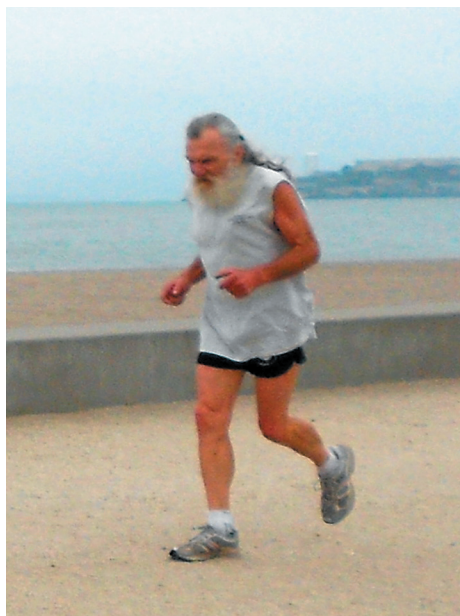
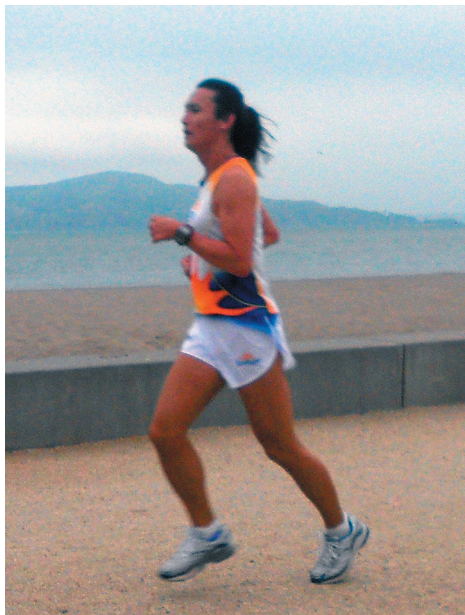
1	David Underhill	27	17:37
2	Ian Macnider	27	17:42
3	Donald Courter	36	17:44
4	Matthew Brumberg	27	17:48
5	Josh Seenerman	33	17:50

TOP FIVE WOMEN

20	Meghan Dickman ①	28	20:23
27	Samantha Robbins ②	25	21:20
32	Diann Leo ③	25	22:40
33	Ana Rodriguez Hernandez ④	31	22:43
36	Christina DeGregorio ⑤	27	23:00

TOP FIVE KIDS

1	James Kelly	9	3:20
2	Vanessa Miller	8	3:22
3	Andrew Davainis	8	3:28
4	Aaron Davainis	6	3:45
5	Isaac Pines	6	3:47



Riya Suising (left) and Geores Buttner (right) on Crissy Field at the Mothers Day 5K
© 2012 Don Watson



Theo Jones (left) and Daryl Luppino (right) lead packs of runners at the Rainbow Falls 5K
© 2012 Don Watson



The photographers
photographed:

Left: Paul Mosel at
the Easter Roller
Coaster 5K
© 2012 Paul Mosel

Right: Don Watson
at the Practice
Dipsea finish line
© 2012 Jane
Colman



May 27, 2012

San Franciscan Mile and Rainbow Falls 5K

Race Director: Nakia Baird

Volunteers: George Sacco, George Baptista,
Peggy Kang, Calvin Chan, Jimmy Yu, Bobby
Marty, Jane Lee, Nancy Siu, Geores Buttner,
Chikara Omine, Phyllis Nabhan, Kevin Lee



Race Director Nakia Baird

© 2012 Paul Msel

Foggy and cool.

San Franciscan Mile

Race Participants: 47 (32 Men+ 15

Women), 0 self timers

NAME	AGE	PL	TIME
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TOP FIVE MEN

1	Mario Escobedo	30	5:32
2	Jeff Hawkins	29	5:41
3	Steven Pitsenbarger	44	5:53
4	David Ly	43	6:09
5	Cristian Alvarez	32	6:14

TOP FIVE WOMEN

12	Wanda Toro ①	49	6:50
15	Diann Leo ②	25	7:04
22	Allison Groves ③	48	7:47
23	Denise Leo ④	36	7:50
24	Eleanor Fraser ⑤	28	8:04

Rainbow Falls 5K

Race Participants: 138 (77 Men+ 61

Women), 9 self timers

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	22	16:35
2	Mario Escobedo	30	17:01
3	Tim Comay	27	17:06
5	Ming-Chang Tsai	39	17:48
6	Chikara Omine	29	18:32

TOP FIVE WOMEN

4	Ashley Relf ①	29	17:47
25	Lisa Penzel ②	46	20:41
26	Brook Braunschweig ③		20:47
28	Wanda Toro ④	49	21:36
34	Ana Rodriguez Hernandez ⑤	31	22:02

RIBBONS, RIBBONS

Ellen Breslauer

When we joined DSE in 1977, we were enchanted with the pretty satin ribbons. We pinned them to a bulletin board. They quickly outgrew it. Then we decorated our bedroom walls down from the ceiling to the molding. There are 380 ribbons that are paired, 70 for Russell, and 54 that are for Ellen, creating a total of 504 ribbons.

There was a lady in the club named Louise Butchart. She made a dress out of ribbons and red fabric panels, and wore it to a DSE gala. I liked the idea but learned that the ribbons cannot be washed or ironed — they shrivel up. I hit upon making a small quilt for a wall hanging. I took 51 ribbons and the centers of six T-shirts with animal themes (like the Zoo Run shirts).

That quilt satisfied me. We kept collecting ribbons. Now we have 293, and we are offering them free to good homes. Try your skill at Ribbon Craft!

Ellen G. Breslauer

415-386-0077

Bres@pacbell.net

New Members

DAILY CITY

David Duran

OAKLAND

Torcy Newcombe

SAN FRANCISCO

Daniel Brownstein

David Brownstein

Helen Brownstein

Isaiah Brownstein

Austin Davis

Omar Diaz

Carli Fullerton

Kurt Gantert

Ana Hernandez

Sharon Rosedale

Camilo Senchyna

Pauline Senchyna

Tom Senchyna

Elizabeth Wong

SAN RAFAEL

Susan Kreuzsch

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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The Run for Recess 5K, April 21

Amy Sonstein	422nd woman overall	22:45
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Big Sur International Marathon, April 29

548	Erika Kikuchi	33	30	F 30-34	3:50:33
828	Noriko Bazeley	53	17	F 50-54	4:00:48
1475	Gregg Whitnah	61	38	M60-64	4:28:57
3348	Margie Whitnah	63	30	F 60-64	6:03:39
3369	Alva Fong	40	257	F 40-44	6:06:08

The Relay, Calistoga to Santa Cruz, May 5-6

1	DSE Racing Team	Captain Jerry Flanagan	19:16:00
6	DSE Devils Slide Track Club	Captain Steve Nissenson	23:19:00
17	DSE Killer Bs	Captain Janet Nissenson	25:17:03
167	DSE Spirit	Captain Wendy Newman	31:59:15

Avenue of the Giants Marathon, Weott, May 6

165	Sandra Sigurdson	55	3	F 55-59	4:04:39
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Marin Human Race 5K, May 12

59	Amy Sonstein	42	2	F 40-49	23:11
73	Milinda Lommer	42	6	F 40-49	24:24
365	Joanne Kambur	77	1	F 70-79	34:39
451	Dennis Hassler	78	6	M70-79	38:38
500	Jim Kambur	79	8	M70-79	41:14

Bay to Breakers, 12K, May 20

50	Chikara Omine	18	M20-29	42:42
51	Sloane Cook	19	M20-29	42:42
57	Justin Mikecz	9	M30-39	42:58
82	Tim Comay	34	M20-29	44:35
105	Maninder Sohal	41	M20-29	45:47
108	Ian Macnider	43	M20-29	45:53
116	Kenley Gaffke	28	M30-39	46:05
128	Andrew Macnider	48	M20-29	46:27
178	Tim McMenomey	5	M50-59	47:50
190	Ky Faubion	59	M20-29	48:15
205	Vincent Gulli	65	M20-29	48:44
213	David Moulton	34	M40-49	48:51
240	Alyson Barrett-Ryan	6	F 30-39	49:08
276	David Goldman	80	M30-39	49:46
370	Patrick Dillane	67	M40-49	51:20
418	Joe Wehrheim	79	M40-49	52:13
481	William Misener	31	M13-19	53:07
579	Michael Gulli	37	M50-59	54:16
613	Louise Stephens	11	F 40-49	54:39
686	Sandor Mandoki	170	M20-29	55:24
1003	Greg Hilbrich	69	M50-59	57:51
1294	Kevin Lazorik	386	M30-39	59:35
1495	Dave Kapp	115	M50-59	1:00:42
1570	Joe Emhof	299	M40-49	1:01:07
1598	Kenneth Fong	125	M50-59	1:01:17
1634	Alice Shikina	53	F 40-49	1:01:28
1907	Mark Prichard	152	M50-59	1:02:42

1947	Wayne Plymale	22	M60-69	1:02:25
2119	Nate Sands	85	M13-19	1:03:49
2224	John Stenson	430	M40-49	1:04:17
2526	Richard Nippes	43	M60-69	1:05:27
2610	Marian Lyons	5	F 60-69	1:05:51
2623	Steve Kusmer	229	M50-59	1:05:55
2682	Grace Nadolny	36	F 50-59	1:06:10
2683	Nick Pegley	240	M50-59	1:06:11
2725	Dan Murphy	247	M50-59	1:06:22
2724	Monica Vasquez	103	F 40-49	1:06:22
3041	Jorge Castillo	586	M40-49	1:07:28
3056	Rafael Sands	114	M13-19	1:07:32
3053	Michael Sands	276	M50-59	1:07:34
3421	Jackson Polverari			1:08:50
3422	Joseph Polverari	657	M40-49	1:08:50
3522	Melissa Edgar	263	F 30-39	1:09:12
3603	Amber Wipfler	272	F 30-39	1:09:26
3604	Paul Mosel	8	M70-79	1:09:26
3683	Jack Major	76	M60-69	1:09:44
3732	Ken Weller	81	M60-69	1:09:55
3856	Julius Ng	89	M60-69	1:10:25
3940	Mitchell Sollod	10	M70-79	1:10:47
4073	Gary Brickley	375	M50-59	1:11:15
4169	Eleanor Fraser	322	F 20-29	1:11:31
4182	Mark Zaller	386	M50-59	1:11:32
4183	Sharon Crost	76	F 50-59	1:11:32
5105	Michael Rouan	898	M40-49	1:14:18
5238	Stephanie Soler	478	F 30-39	1:14:42
5251	Suzana Seban	118	F 50-59	1:14:44
5334	Jim Misener	507	M50-59	1:14:57
5335	Colleen Serafin	304	F 40-49	1:14:57
5782	Joana Mendoza	534	F 20-29	1:16:07
5787	John Herbert	154	M60-69	1:16:08
5805	Lisa Griffin	346	F 40-49	1:16:11
6067	Brian DeLuca	935	M20-29	1:16:56
6090	Joseph Connelly	570	M50-59	1:17:00
6214	Richard Best	169	M60-69	1:17:18
7240	Carol Pechler	1	F 70-79	1:20:07
7822	Cory Eagon	1718	M30-39	1:21:41
7834	Emily Houghton	899	F 30-39	1:21:43
7907	Matthew Bouchard	1729	M30-39	1:21:54
8217	David Levine	1296	M40-49	1:22:46
8317	Soyeun Choi	599	F 40-49	1:23:01
8819	Laurie Torelli	1071	F 30-39	1:24:19
9126	Beth Hoch	1131	F 30-39	1:25:11
9128	Brian Dierking	1403	M40-49	1:25:22
9132	Rebecca Miller	697	F 40-49	1:25:22
9133	Andrea Lambert	1052	F 40-49	1:25:22
9263	Diane Okubo Fong	311	F 50-59	1:25:49
9851	Maureen Dolan	1250	F 30-39	1:27:31
10113	Katherine Hill	1307	F 30-39	1:28:17
10347	Michael Gama	960	M50-59	1:29:02
10763	Paul Sheng	1580	M40-49	1:30:26
10768	Karen Hui	406	F 50-59	1:30:37
11096	John Blankenship	363	M60-69	1:31:39
11437	Martha Arnaud	972	F 40-49	1:32:57
12708	Lisa Kelly	1539	F 20-29	1:38:59
12720	Betsy Gray	1542	F 20-29	1:39:01
12971	James Golden	443	M60-69	1:40:12
13193	Russell Breslauer	458	M60-69	1:41:25

◆◆◆ 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:

June 3	Coastal Trail Challenge
June 10	Twin Peaks 4M
June 17	Rainbow Falls 5K
June 23	Double Dipsea
July 1	Polo Field 5K
July 15	6-Hour Distance Classic & Crissy Field 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.

The annual volunteer drive for the Double Dipsea continues! Please see the separate article on page 3 for more information.

We also need Race Directors for 15 more races this year. Please email Jim Kauffold at jekauffold@gmail.com to sign up.

13194 Ellen Breslauer	120	F 60-69	1:41:25
13758 Jerry Applegate	474	M60-69	1:44:47
14070 Amelia Mutere	664	F 50-59	1:47:16
14745 Salena Copeland	2168	F 30-39	1:52:49
14748 Alexander Merchant	2559	M30-39	1:52:50
15385 Kelly Daikoku	791	F 50-59	1:58:22
15655 Janice Rensch	201	F 60-69	2:00:55
15921 Jesse Agbayani	589	M60-69	2:03:31
16639 Richard Donaldson	2104	M40-49	2:10:24
16641 Pauline Tang	2486	F 30-39	2:10:24
16992 Roxanna Pezzy	954	F 50-59	2:13:33
16993 Ann Agbayani	955	F 50-59	2:13:34
17300 Phyllis Nabhan	283	F 60-69	2:16:51
17309 Vince French	665	M60-69	2:16:55
17391 Harry Cordellos	115	M70-79	2:17:33
17751 Alfred Palma	1488	M50-59	2:21:04
18065 Christine Clark	1909	F 40-49	2:23:55
18252 Jim Peters	134	M70-79	2:25:36
19148 Deborah Bevilacqua	2078	F 40-49	2:34:42
19394 Peter Emanuel	408	M13-19	2:37:16
19411 David Emanuel	2308	M40-49	2:37:23
20729 Debra Gulli	1486	F 50-59	2:53:55

Keys 100M, Florida Keys, May 19-20

92 William McCarty	31:11:19
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San Carlos Hometown Days Runs, May 20 10K

26 Gregg Whitnah	61	1	M60-69	50:26
62 Greg Brown	62	6	M60-69	57:29
67 Pat Geramoni	64	1	F 60-69	58:43
69 Phaidra Garcia	41	7	F 40-49	58:45
101 Jim Kauffold	74	1	M70-99	1:15:31
102 Margie Whitnah	63	3	F 60-69	1:19:15

5K

2 Beau Armstrong	17	2	M16-17	16:10
21 Gene French	65	1	M60-69	21:48

Capitola Half Marathon, May 20

11 Riya Suising	44	1 women & F40-49	1:29:34
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Ohlone 50K, Fremont, May 20

23 Jerry Flanagan	46	6:03:06
40 Jason Reed	33	6:27:52
102 John Woods	47	7:49:09

Heart and Sole Festival of Miles 1M, May 20

3 Joe Wehrheim	40	4:57
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Motion to Dismiss 5K, Palo Alto, May 26

3 Glen Furuta	18:30
Gene French	20:30
Pat Geramoni	26:17

CHIKARA DID/WILL DO A GREAT THING!

Gary and Jared Chan

Jared writes: When my Dad and I finished the DSE stats project, I was surprised that the leader was not my hero Sloane Cook, but my other hero Chikara! My Dad said he could explain this better for you so here he is---

And Gary writes: Yes, Jared and I did indeed recently complete the tallying of all DSE race placings all the way back to 1971 up until the present. In doing so, an amazing statistic was revealed. Upon winning the recent DSE Easter Roller Coaster 5K, Chikara Omine achieved his 64th victory at a DSE race. This number puts him in a tie with the great Tyler Abbott, who accrued 64 wins from 1992 to 2003. Of course, whenever Chikara captures his next win, it will place him on top as the all-time victory leader in DSE history!

We believe that this is a phenomenal milestone for a DSE member and are very proud of Chikara. He is indeed Jared's hero, as he always asks me about him with enthusiasm. A handful of DSE friends are aware of this milestone, including the club officers. It would seem that many people could appreciate learning of this achievement, as it probably will not occur very often.



Chikara running at Lake Merced

© Paul Mosel

2012 KEYS 100 RACE REPORT

Bill McCarty

On May 19 and 20 I finished The Keys 100 ultramarathon, a 100 mile footrace whose course covers all of the islands on the southern tip of Florida, from Key Largo to Key West.

The following is a race report on what was for me an incredible experience.

As someone who has developed a passion for running in 100-mile races, in the course of researching 100-mile races around the country I discovered the Keys 100. The Keys 100, I felt, would be a great challenge — to run 100 miles on pavement in weather that was likely to be hot and humid. I registered in early January and made it my focus race for the first half of 2012. In addition to my everyday running I added a session or two a week of doing exercises in the steam room/sauna.

A few days before the race I thought that I had better look at the race's website one more time. Upon a cursory glance at the site I read that I needed a fluorescent vest and also that I would need a blinking red light for the back of my body. I borrowed a vest from one running friend and a hat with a blinking red light on the back from another running friend. As it turned out I should have read the website a little more carefully!

The evening of the race there was a mandatory meeting for all of the runners to get our bibs, goody bags and timing devices and then to listen to the race rules. Next to the place that the meeting was to be held in was a small expo/concession stand. I got my bib and timing device (the timing device was an ankle bracelet) and I thought that I put the bracelet in the goody bag. One of the first rules discussed was about blinking red lights at night and I discovered that the runners were supposed to wear blinking red lights in BOTH the front and the back and not just in the back! I panicked, quickly left the meeting and went to the concession area where they fortunately had blinking red lights for sale.

The race started at 6:10 AM so I got up in what I thought would be plenty of time to get me all organized for the race. Then it was time for another panic attack! I could not find my timing bracelet anywhere! I thought, "I have trained for five months for this event, spent money for the registration fee, airfare and hotel room and now I won't be ready to race!" So down to the race start I went to explain my plight to the race director. He said: "Let's see the race timing guy." The race timing guy said, "No problem. I have few extra bracelets just for potential problems like yours," and handed me a bracelet after making note of my bib number. My panic attack was over!

Then the race started. It was overcast and quite humid. Soon it was raining and there was thunder and lightning. The lightning was never threatening, though, because it was far enough away. The rain finally stopped.

At around mile 30 I struck up a conversation with a younger runner who was running in his first 100 miler. He was asking me (as though I were some sort of big expert) all sorts of questions as to pacing strategy, fueling strategy, etc. I said, "Why don't we just run together?" So we did until the finish.

Dusk came and the race rules stated that you had to have your vest on and flashing red lights front and rear. My rear red blinking light would not work. Panic City again! I did not want to be disqualified because of this. Soon, though, an aid station appeared and I told one of the volunteers my problem. They said, "No problem," while handing me a blinking light. The panic attack was gone!

Slowly but surely we were running/walking in a southwesterly direction through the various Keys. I did notice, though, that my feet were getting a bit sore. It was the effect of shoes and socks that had gotten wet and then had dried and of running on pavement. Then the mosquitoes came out in full force. It was an annoying couple of miles until coming upon the next aid station where they had bug spray. Then the rain came again along with more thunder and lightning. Again, the lightning was not that dangerous. It did not rain very long, though, and soon the dawn came and the sky was

clear. I soon wished the sky was not clear! It was humid and hot and I just wanted the race to end. Then my feet really started hurting because my shoes and socks had gotten wet and then had dried out yet again. To take my mind off of my suffering I just kept repeating a mantra, "Left, right, left, left right, left, right." But it kept getting hotter and hotter and it was hard to block out the suffering. At each Aid station the first thing that I would ask a volunteer was to pour cold water all over my head which helped tremendously. Finally we reached Key West. But, alas, we were only at about mile 96 and had to do practically a circumference of the whole

island to reach the finish line. We were on a beautiful stretch of highway right next to the water which did help block out the suffering and lots of cars drove by honking their horns and waving at us. Finally we were there and ran through the finish line with a time of 31 hours, 11 minute and 19 seconds. Shortly all of the suffering went away as I cheered for other runners coming in and I began to think about my next 100 miler.



Bill's Keys 100 finisher medal

◆◆◆ 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 Jun 3 Coastal Trail Challenge 10K

START/FINISH: Yacht Rd parking lot, 1 block north of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of vertical climb. At the top, turn left and return to the start/finish.

Sun Jun 10 Twin Peaks Loop 4M

START/FINISH: Clarendon Ave, just past the Fire Station and School at Olympia Way across from Galewood Circle

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

COURSE DESCRIPTION: Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

Sun Jun 17* Father's Day Rainbow Falls 5K

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

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

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

Thur Jun 14 No evening race due to U.S. Open Golf Tournament at the Olympic Club

Sat Jun 23 Double Dipsea Handicap Race, 13.7M

START/FINISH: Stinson Beach parking lot

STARTING TIME: Handicap starting time — check website for specific start times.

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

ENTRY FEE: \$50 (\$60 Race Day). T-shirt included with registration.

Register online at www.doubledipsea.com.

TIME LIMIT: 4 1/2 Hours.

Enter 7:00 AM Early Start Group if you will not be able to complete course in 4 1/2 hours.

Thursdays (Except June 14): Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5-mile loop around Lake Merced

ENTRY FEE: \$1 (no coins please), race day registration only.

1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start before 6:30 PM. Finish line closes at 7:30 PM.

◆◆◆ Group Runs ◆◆◆

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

Membership ♦ ♦ ♦ ♦ ♦ ♦ Information

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

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

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

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

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Friday, June 29, 2012
TIME: 7:00 PM
PLACE: Martha Arnuad
783 Cayuga Avenue
(cross street is San Juan)
San Francisco
415-587-0304

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

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

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

Dry mild, weather is forecast for the first week of June. The Dipsea on June 10 will have a little warmer than normal weather without fog. Warmer weather is expected during the second week of the month with the lack of fog being the most noticeable feature. Warmer than normal temperatures will continue through the coast with plenty of sunshine during the third week of June. Finally, the last week will be the warmest with coastal temperatures near or above 80 and inland temperatures over 100.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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