

DSE NEWS



47th Year

July 2012

DOUBLE DIPSEA SETS RECORDS

Ken Reed, Race Director

800 runners registered (80 more than last year)
631 finishers plus a few self-timers (55 more than last year)
A safe race with only very minor injuries
Beautiful weather
Wonderful hardworking volunteers
Our first year with Chip Timing (Ford Timing)
Plenty of food and drink for thirsty runners
Plenty of drink and food for valued volunteers at the picnic

Alex Varner set a new course record of 1:36:31

This race was successful thanks to a large group of Special Volunteers headed by our VIP VIPs: **Janet Nissenon**: volunteer coordinator, secretary, Muir Woods aid captain, etc; **Brierly Reybaine**: clothing, inventory, awards, results, etc.; **Bobby Marty**: storage, trucking, repair and maintenance; **John Blankenship**: permits, Red Cross, Marin radio, parking; **Vince French**: trucker, loader, worker, course captain, etc. and **Jim Kauffold**: trucker, ambulance, loader, etc.

Other VIPs include course monitor captains, aid station captains and many more volunteers, too many to list here. Thank you all for making this 2012 Double Dipsea the best ever.

PL	NAME	AGE		FINISHING TIME	RUNNING TIME
FIRST FIVE MEN					
1	Alex Varner	26		1:36:31	1:36:31
2	Roy Rivers	55		1:38:00	1:58:00
3	Cliff Lentz	47	1st DSE	1:42:06	1:51:06
4	Alan Reynolds	48		1:44:40	1:53:50
5	Hans Schmid	72		1:45:06	2:28:06
FIRST FIVE WOMEN					
9	Lisbet Sunshine	48		1:49:37	2:16:37
10	Caitlin Smith	31		1:50:01	2:04:01
18	Penny McPhail	44		1:53:35	2:17:35
22	Sarah Bamberger	37		1:55:26	2:11:26
27	Christie Pastalka	64		2:01:05	2:42:05

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From the President's Desk

◆ ◆ ◆ KY FAUBION

WE NOW HAVE A NEW KING OF THE CLUB

and he has claimed more DSE first places and doughnuts than anyone else in our 46-year streak. Congratulations to Chikara Omine for once again raising the bar on a very determined schedule, not including the races he participates in outside our club. In good nature he shows us all how to go past uncommon obstacles like fracturing your foot by running it to the point of break to crutches and racing in crutches to complete recovery. I'm actually surprised to notice that his relentless ability to withstand an unnatural immobility resembles that of an injured gazelle about to be mauled by a pack of lions. I do remember Chikara saying that a good motive to racing is to believe that the people behind are trying to hurt you. Long live Chikara's reign!!

SUMMER EVENING RACE SERIES

The Thursday summer evening race series at Lake Merced has had a skyrocketing attendance this year to 100+ racers, thanks to some fantastic work over the last few years where there were only 25 runners on average in 2008. Of course once the good word got out, it's now become quite a

DSE GENERAL MEETING AUGUST 5

The summer DSE General Membership Meeting will take place after the August 5 Presidio Cross Country 5K.

Please plan to attend to discuss current club issues and have the opportunity to voice your questions and suggestions.

convenience for the nine-to-five crowds among us and everyone looking to work on their speed training and get a great 4.5-mile run in for a dollar.

WANT TO LEARN A NEW SKILL WITH DSE?

Become a race director! We have fifteen openings in our near future schedule and we will be glad to show you how the ropes. Have you run in The Relay? If you have, please consider paying it forward to DSE and register yourself for one of these open slots. See you all out there!

UPCOMING RACES

Sunday, July 1 — Polo Field 5K: This time we're running in the west end of Golden Gate Park, making one big circle around the Polo Field, clockwise this time so that we have a downhill start and finish with the long gentle uphill in the middle.

Thursdays — Summer Evening Race

Series: Run around Lake Merced from the Sunset parking lot, every Thursday evening at 6:30 PM.

Sunday, July 15 — 6-Hour Distance

Classic & Crissy Field 5K: Want an out-of-body experience? Try this! You'll start running at 8 AM and continue on until 2 PM. All your one-mile laps will be

NEWS OF RUTH ANDERSON

Running legend and longtime former DSE member Ruth Anderson has suffered a stroke.

She would appreciate hearing from Bay Area friends. She and John are now living with their daughter at
6639 Emerson Court
Eureka, CA 95503

tallied onto a whiteboard as you round about Crissy Feld.

If you choose the 5K instead, you'll begin at the east beach on Crissy Feld at 9 AM.

Sunday, July 22 — San Bruno Mountain 5K/12K: You'll be running on gorgeous scenic trails. The trail narrows in some areas so be ready to hop or skip around some other runners — or move aside for the faster ones.

Sunday, July 29 — NO DSE RUN: If you are not running the San Francisco Marathon or one of its associated half marathons or 5K, volunteer at the DSE aid station.



Double Dipsea winner Alex Varner



Cliff Lentz, first DSE finisher and third overall

Photos © 2012 Brierly Reybire

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.

◆◆◆◆◆ 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

CHIKARA ACHIEVES DSE CAREER MILESTONE!

Gary and Jared Chan

Gary writes: On May 31st, Chikara Omine won the first of this year's DSE Summer Series at Lake Merced. In doing so, Chikara achieved his 65th victory in a DSE race, finally surpassing the career total of Tyler Abbott. Pictured is Jared presenting Chikara with a nice and simple keepsake which celebrates this amazing milestone. Note that the compiled data highlight a great amount of club history. Chikara is to be congratulated for reaching the top of a list of tremendous DSE standouts, both past and present.

Jared writes: I was truly happy to help make this "award" to give to Mr. Chikara. After I gave it to him, I think Mr. Sloane smiled and whispered that he was going to go for the top! That would be awesome too! I think both guys are cool. I'll be happy to give a Sloane



Cook award. But some people were saying to not forget about ME — I'm still only 11 years old. Oh yeah!

Gary writes: With regard to these discussions about future achievements, up next would be Chikara's pursuit of the career total of DSE Top 5 Placings. Pete Nowicki garnered an amazing 203 ribbons over 22 competitive years with DSE! Chikara currently has 189.

Also within reach of a historical milestone is Amy Sonstein's 132 Top 5s! She is second on the Women's All-Time List behind Lina Morris-Khatib's 144 DSE career Ttop 5s.

(Please note: Gary and Jared are working with the Club to eventually get the complete 41-year tallied database onto the DSE Website for all to peruse and enjoy - stay tuned!)

FOLDING SESSION HOSTS NEEDED

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

Most Career DSE Race Victories All-Time Top Twenty Men

Totals as of June 10, 2012
Compiled by Gary & Jared Chan

1.	Chikara Omine	65 wins	(Jan '00 – May '12)
2.	Tyler Abbott	64	(Nov '92 – May '03)
3.	Grant Johnson	44	(Feb '07 – Jan '12)
	Pete Nowicki	44	(Mar '82 – Sep '05)
5.	Antonio Corgas	39	(Jan '90 – Oct '97)
6.	Eradio Sanchez	32	May '99 – Aug '03)
7.	Sloane Cook	31	(Jun '09 – May '12)
	Phil Kay	31	Dec '77 – Mar '89)
9.	Marc Forde	25	(Oct '96 – Jan '02)
	Eddie Lanzarin	25	(Oct '80 – Feb '89)
11.	Jason Reed	22	(Sep '06 – Aug '11)
	Cliff Lentz	22	(Oct '94 – Apr '07)
13.	Lloyd Stephenson	21	(May '94 – Sep '95)
14.	John Hale	20	May '88 – Sep '92)
	Dan Martinelli	20	(Mar '83 – May '04)
	Jim Misene	20	(Mar '88 – Dec '99)
17.	Jin Daikoku	19	(Jun '08 – Oct '11)
18.	Tom Robinson	18	(Oct '79 – Oct '95)
19.	Anthony Beron	17	(Oct '89 – Oct '93)
20.	Cedric Barre	15	(Feb '02 – Oct '03)
	Fred Haber	15	(Sep '85 – Oct '01)

All-Time Top Twenty Women

1.	Joan Ulliyot	42 wins	(Jan '72 - Aug '92)
2.	Marion Irvine	41	(Oct '79 – Sep '92)
3.	MaryEtta Boitano	35	(Aug '73 – Jul '85)
4.	Amy Sonstein	33	(Jan '03 – Feb '10)
5.	Anne Hamilton	26	(Mar '75 – Apr '91)
	Lina Morris-Khatib	26	(Jan '00 – Dec '05)
7.	Skip Swannack	22	(Jul '71 – Sep '79)
8.	Denise D. Valkema	21	(Jan '84 – Jul '90)
9.	Marilyn Q. Cornell	19	(Sep '84 – Nov '92)
	Judith Russo	19	(May '89 – Nov '92)
	Judy Tomsic	19	(Mar '94 – Apr '98)
12.	Lucy Wing	18	(Feb '97 – Sep '02)
13.	Melissa Alves	17	(Oct '93 – Aug '94)
	Gail Rodd	17	(Jan '82 – Oct '92)
	Marilyn Taylor	17	(Feb '81 – Feb '88)
16.	Marie Appel	16	(Sep '96 – Oct '03)
17.	Heather Leutwyler	15	(Sep '06 - May '12)
18.	Becky Rozewicz	14	(Aug '85 - May '93)
19.	Michelle Meyer	13	(Oct '09 - Feb '12)
	Lisa Penzel	13	(Jun '09 – Jun '12)
	Elaine Mah	13	(Feb '93 - Sep '99)



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.

New Policy for the Race Results Supplement

Jane Colman, editor

Last month I asked that people who read the printed race results supplement let me know, so that I would know how many copies to print. I got *one* response!

If there is really only one DSE member who does not check the results online but still wants to see them, there isn't much point in my formatting them and printing copies every month.

No matter how few or many people want the race results in hard copy, I am willing to continue to provide them. But starting next month, it will be on a *subscription only* basis. There will be no extra charge but you will need to be a printed newsletter reader and request a subscription. If, as I suspect, there are only a few takers, it will be mailed to you each month.

Send subscription requests directly to me, Jane Colman, not to the membership coordinator.

I can be reached by mail at 692 60th Street, Oakland, CA 94609 or by phone at 510-652-3116.

June 3, 2012

Coastal Challenge 10K

Race Directors: Dana Farkas and Brian Hartley

Volunteers: George Sacco, Vince French, Dee Farkas, George Baptista, Calvin Chan, Jimmy Yu, Riya Suising, Judy Mak, Phyllis Nabhan, Bobby Marty, Steven Pitsenbarger, Collin Lee



Race Directors Brian Hartley and Dana Farkas

Total men: 97, total women 58, total racers: 155.

PL	NAME	AGE	TIME
TOP FIVE MEN			
1	Olivier Babineau	24	36:42
2	Chikara Omine	29	37:06
3	Mario Escobedo	30	40:24
4	Jason Reed	33	41:37
5	Sloane Cook	27	42:14
TOP FIVE WOMEN			
8	Sarah Bamberger ①	21	43:24
25	Louise Stephens ②	46	47:39
33	Diann Leo ③	25	49:03
35	Kristen Sullivan ④	33	49:23
39	Amy Sonstein ⑤	42	50:24

Note: Neither of the regular DSE photographers was present at the Coastal Challenge 10K.

June 10, 2012

Twin Peaks 4M

Race Director: Richard Finley

Volunteers: Calvin Chan, George Sacco, Jimmy Yu, Geores Buttner, Bobby Marty, George Baptista, Vince French, Phyllis Nabhan, Larry Wuerstle, Wally Rapozo, Liese Rapozo, Kevin Lee



Race Director Richard Finley
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Sunny, warm. 93 runners (58 men, 35 women), 13 self-timers

PL	NAME	AGE	TIME
TOP FIVE MEN			
1	Ian Macnider	27	23:57
2	Andrew Macnider	24	24:55
3	Sloane Cook	22	25:26
4	Markham Miller	48	25:38
5	Jeff Hawkins	29	25:42
TOP FIVE WOMEN			
13	Lisa Penzel ①	46	28:53
20	Diann Leo ②	25	30:50
22	Kelly Hicks ③	29	31:24
26	Noriko Bazeley ④	53	32:56
27	Emily Herbst ⑤	13	33:06



Self-timers Jesse Agbayani, Roxanna Pezzy, Robert Brizuela and Ann Agbayani
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June 17, 2012

Fathers Day Rainbow Falls 5K

Race Director: Brierly Reybine

Volunteers: George Sacco, Wally Rapozo, Liese Rapozo, Bobby Marty, George Baptista, Peggy Kang, Pat Geramoni, Caitlin Garcia, Vince French, Caron Anderson, Helen Kauffold, Phyllis Nabhan, Jim Kauffold

Total participants: 245; 207 racers (126 male, 81 female); 12 self-timers, 16 kids

NAME	AGE	TIME
1 William Chen	18	16:05
2 Chikara Omine	29	16:10
3 Tim Comay	28	16:59
4 Joe Wehrheim	40	17:05
5 Phil Lu	28	17:22

TOP FIVE WOMEN

18 Drusia Dickson ❶	24	19:18
19 Angela Broad ❷	28	19:20
21 Robin Quarrier ❸	30	19:33
31 Sarah Gulli ❹	19	20:18
42 Amanda Knudsen ❺	30	20:43

TOP FIVE KIDS

1 Jakob Lail	8	3:36
2 Jack Stolte	7	3:52
3 Erin Stolte	6	3:53
4 Marco Giannini	9	4:05
5 Freya Wehrheim	7	4:11



Rainbow Falls

© 2012 Don Watson



Jerry McGowan before the race

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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
Devil Mountain 10K, Danville, May 6 (unofficial)					
	Brian Hartley				31:08

Tilden Tough Ten, Berkeley, May 20

23	Nakia Baird	37	7	M30-39	75:06
33	Markham Miller	48	7	M40-49	78:41
60	Bruce Leary	61	3	M60-69	83:36
109	Fiona McCusker	47	10	F 40-49	87:16
111	Jared Chan	11	2	M <20	87:29

5K Santa Fe Runaround, May 26

	Brian Hartley		6	M50-59	33:18
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LMJS 4th Sunday Runs, Oakland, May 27

10K

2	Tim McMenomey	51	1	M50-59	39:27
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15K

3	Jared Chan	11	1	M <20	69:53
8	Rafael Sands	16	2	M <20	76:05
9	Nate Sands	17	3	M <20	76:06

Marin Memorial Day Races, Kentfield, May 28

10K

33	Chikara Omine	29	25	M19-29	33:30
55	Cliff Lentz	47	5	M45-49	34:56
61	Joe Wehrheim	40	4	M40-44	35:14
96	Jason Reed	33	10	M30-34	36:32
137	Peter Hsia	51	7	M50-54	38:12
144	Alyson Barrett-Ryan	33	5	F 30-34	38:22
188	Michael Sullivan	52	13	M50-54	40:06
229	Louise Stephens	46	7	F 45-49	41:45
265	Tyler Abbott	51	23	M50-54	44:03
308	Diann Leo	25	30	F 19-29	46:25
309	Kevin Pope	54	29	M50-54	46:36
311	Kenneth Fong	50	30	M50-54	46:48
312	David Brownstein	49	32	M45-49	46:49
327	Russ Kiernan	74	3	M70-74	47:34
351	Susan Kreusch	49	13	F 45-49	48:42
358	Amy Sonstein	42	12	F 40-44	48:53
359	Theodore Jones	73	6	M70-74	48:55
375	Steve Musser	67	7	M65-69	49:36
403	Edwin Navarro	62	13	M60-64	51:47
421	Barbara Kirkwood	50	19	F 50-54	52:57
428	Denise Leo	36	20	F 35-39	53:14
437	Ruth Rainero	57	5	F 55-59	54:05
443	Ryan Musser	32	22	M30-34	54:11
484	Martina Konietzky	53	22	F 50-54	57:38
489	Curtis Newton	52	43	M50-56	57:59
523	Gary Aguiar	57	32	M55-59	1:04:57
537	Barbara Robben	78	2	F 75-59	1:10:29
541	Mary Jean Pramik	64	11	F 60-64	1:16:48

5K

8	Tim McMenomey	51	2	M50-59	18:52
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◆◆◆ Volunteers Needed ◆◆◆

Janet Nissenson

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

July 1	Polo Field 5K
July 15	6-Hour Distance Classic & Crissy Field 5K
July 22	San Bruno Mountain 5K/12K
August 5	Presidio XC 5K
August 12	Brisbane Scenic 5K/12K
August 26	GG Park XC 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 extra volunteers for the 6-Hour Distance Classic on July 15 and the San Bruno Mountain races on July 22. This includes aid station, course monitors and lap tracking.

We also need Race Directors for 15 more races this year, including one of our largest races of the year, the Lake Merced Half Marathon on September 16. Please email Jim Kauffold at jekauffold@gmail.com to sign up.

93	Dana Farkas	53	6	F 50-59	28:03
121	Jeanie Kayser-Jones	76	1	F 70-79	29:58
144	Grace Shohet	53	13	F 50-59	32:23
195	Dennis Hassler	78	5	M70-79	40:14
216	Dick Couvillion	83	1	M80-99	44:58
224	Dee Farkas	84	1	F 80-99	51:39

Statuto 8K, June 3

Paul Mosel	1	M 70+	42:10
Marian Lyons	1	F 60-69	45:??
Mort Weisberg	2	M 70+	48:00
Bill Woolf	3	M 70+	

Canyon Meadow Trail Runs, Oakland, June 3

5M

7	Lisa Penzel	46	2	F 40-49	38:03
66	Barbara Robben	78	1	F 70-85	1:08:19

30K

34	Margie Whitnah	63	2	F 60-69	5:30:02
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Marathon

14	Gregg Whitnah	61	1	M60-69	5:02:40
31	Martha Arnaud	41	6	F 40-49	6:15:30

The 102nd Annual Dipsea, Mill Valley to Stinson Beach, June 10

PL	NAME	AGE	GROUP	FINISHING TIME	RUNNING TIME
1	Hans Schmid	72	I	47:11	1:10:16
13	Cliff Lentz	46	I	51:11	51:12
45	Chikara Omine	29	I	55:10	55:09
77	Russ Kiernan	74	I	57:44	1:22:43
119	Christine Lopez	49	I	1:00:40	1:13:39
132	Peter Hsia	51	I	1:01:26	1:07:25
191	David Moulton	44	I	1:03:28	1:06:27
250	James Flanagan	62	I	1:05:22	1:19:21
278	Jason Reed	33	I	1:06:14	1:07:13
703	Bob Cowdrey	67	R	1:38:43	1:29:42
779	Erika Kikuchi	33	R	1:42:24	1:23:07
849	Barbara Robben	78	I	1:46:00	2:10:59
1227	Jessica Pechner	18	R	2:06:24	1:48:24
1307	Benjamin Pechner	25	R	2:12:47	1:45:46
1332	James Stratta	50	R	2:16:54	1:55:53

San Jose Giants Race, June 16

5M

109	Sandra Sigurdson	55	1	F 55-59	41:23
252	Pat Geramoni	64	2	F 60-64	46:19
510	Patty Fishburn	66	1	F 65-59	55:34
722	Kevin Lee	57	14	M55-59	1:07:51

5K

10	George Rehmet	45	2	M45-49	19:49
630	Mercedes Acosta	68	1	F 65-69	41:00

Pleasanton Rotary Father's Day Runs, June 17

5K

120	Brian Hartley	59			29:34
274	Dee Farkas	84			52:36

10K

48	Dana Farkas	53			1:03:09
73	Barbara Robben	78			1:12:22

Pride Run, June 23

5K

2	Markham Miller	48	1	M40-49	18:31
8	Nakia Baird	37	3	M30-39	19:42

DSE RACING TEAM WINS THE 2012 RELAY!

Janet Nissenson

After several second-place finishes, the 2012 DSE Racing Team at last prevailed and was the overall winner of this year's 194-mile Calistoga to Davenport Relay! The team finished ahead of 200 other teams, including four-time winners, the corporate powerhouse Google team. DSE's winning time of 19 hours 16 minutes averages out to 5:57 per mile pace, and their winning margin was 33 minutes over second-place Google.

Congratulations to this year's winning team: Jerry Flanagan (team captain), Chikara Omine, Ky Faubion, Sloane Cook, Kenley Gaffke, Justin Mikecz, Ian Macnider, Andrew Macnider, Dan Oren, Evan Sparling, Patrick Marjolet and Tim Comay. DSE is extremely proud of their great achievement!

For an in-depth, detailed account of the race from the team perspective, please visit their Facebook page. Type DSE Racing Team in the search box on the home page, and become a fan so that you can view photos, articles, etc. and keep up to date on developments.

Congratulations are also in order for the other three DSE teams who ran in the Relay. The DSE Men's Masters team finished in sixth place overall, and won their division for the seventh straight year. Their time of 23 hours 19 minutes averaged out to 7:12 per mile. Team members included Gene French, Luis Vargas, Juan Melendez, Peter Hsia, Michael Gulli, David Ly, Ken Rheume, John Woods, Markham Miller, Alex Munoz, Steven Pitsenbarger and Noe Castanon.

The DSE Killer B's were also back this year, and moved up to 17th place overall with a time of 25 hours 17 minutes. Once again, they were the best-dressed team with their bee-themed hats, sunglasses, shirts, etc. This year's team of runners was Maria Pantoja, Sharon Munoz, Julius Ng, Diann Leo, Denise Leo, Larry Wuerstle, Oscar Osorios, Ed Caldwell, Ken Fong, Pedro Alvarez, Marcial Saavedra and Cristian Alvarez. You can read more about their race and view photos at their Facebook group — DSE Killer B's.

The fourth team — DSE Spirit — is definitely the one team who has the most fun! They live up to their name by showing great team spirit and lend each other enormous support, which is really what a race like this is all about. Congratulations to them on their sub-32 hour finish! Runners included Team Captain Wendy Newman, Suzana Seban, Phaedra Garcia, Pat Geramoni, Meg Kawahata, Marie Carlotti, Martha Arnaud, Rebecca Miller, Yong Haber, Steve Hambalek, Brian Dierking and Matt Kelemen. See all of their great photos at their Facebook page — DSE Spirit.

The teams would not have been able to run the race without the support of their dedicated volunteers, all of whom worked shifts of several hours at different parts along the course. Many thanks to Eduardo Vazquez, Fiona McCusker, Jill Pitsenbarger, Vincent Gulli, Noriko and Roger Bazeley, Bill Woolf and Sam Roake. Huge thanks also go out to crew members/drivers who rode along with the team for more than 24 hours — Steve Nissenson, Roy Clarke, Vince French, Shirley Ng, Diane Okubo-Fong, Joana Mendoza, Janice Rensch and Fred Haber.

The Relay is one of the greatest experiences a runner can ever hope to have. We hope that many more DSE members will one day have the opportunity to participate, whether as a runner, volunteer, or crew member.

34	Amy Sonstein (& Rebecca)	42	2	F 40-49	23:53
51	Barbara Kirkwood	50	1	F 50-59	25:54
85	Rebecca Rozewicz	58	5	F 50-59	28:09
193	Margaret Haack	8	4	F <19	39:13
194	Milinda Haack	42	29	F 40-49	39:13
10K					
147	Gregory Brown	63	4	M60-69	59:18
183	Alfred Palma	51	22	M50-59	1:03:23



DSE Racing Team



DSE Men's Masters Team



DSE Killer Bs



DSE Spirit

MORE DD PHOTOS



Lisbet Sunshine, first female finisher



Caitlin Smith, second female finisher and fastest female runner



Chikara Omine, second DSE finisher, 12th overall and fourth fastest runner

Photos © 2012 Brierly Reybne

ROTTERDAM MARATHON: CAN IT BECOME THE WORLD'S FASTEST?

Carol Pechler

Rotterdam marathon organizers are racing hard to become the world's fastest marathon. This year, they had everything prepared for the April 15, 2012 event — almost — to take the title away from the Berlin Marathon, where a new men's record was set last September.

- The Rotterdam course is flat, FLAT! The only "hill," a 100- foot climb each time, is on their beautiful Erasmus Bridge, which runners cross twice, at 2K and 25K. (The height is nothing like our Golden Gate, with 270' up to the road.)
- Their prize purse was big, over \$1 million each the last two years.
- This year, they offered a bonus of €350,000 (\$425,000) to set a new world record, and the prospects looked very good.
- Their invitations were accepted: this year, 14 men came with previous personal records under 2 hours and 10 minutes, and 16 invited women had PRs under 2:30.
- The course was all asphalt, no concrete or cobblestones.
- The organization was smooth on this, their 32nd annual event.

And add these attractions, also relevant for those of us running behind the elites:

- The scenery is good, starring the spectacular Erasmus Bridge, and we ran over a lot of water and around a big park. (Ben van Berkel, architect of the bridge, designed a 3D, asymmetrical span which locals have nicknamed "The Swan.")
- The crowds would be large and enthusiastic as usual, an anticipated 925,000 spectators this year, for the largest one-day event of the year in The Netherlands.



Everything was in place to capture the record as the world's fastest marathon — except — the weather.

You DSE readers may want to keep a watch on the Berlin Marathon on September 30, 2012, because Berlin wants to retain the title they earned last September when Patrick Makau broke the men's world record by 21 seconds at 2:03:38.

And of course you'll be wanting to watch the London Olympic Marathons in August as well, even though both will be broadcast live at 3:00 AM our time on Sundays: August 5 for the women and August 12 for the men, also the last day of the Olympics. Will the Olympics marathon efforts weaken the challenge in Berlin five weeks later?

The last ten world records in the men's marathon (Source: *NRC Handelsblad*, 13 April 2012, p 35) included the Rotterdam marathon, twice:

1984:	Steve Jones, UK	Chicago	2:08:05
1985:	Carlos Lopes, Portugal	Rotterdam	2:07:12
1988:	Belayneh Dinsamo, Ethiopia	Rotterdam	2:06:50
1998:	Ronald De Costa, Brazil	Berlin	2:06:05
1999:	Khalid Khannouchi, Morocco	Chicago	2:05:42
2002:	Khalid Khannouchi, U.S.*	London	2:05:38
2003:	Paul Tergat, Kenya	Berlin	2:04:55
2007:	Haile Gebrselassie, Ethiopia	Berlin	2:04:26
2008:	Haile Gebrselassie, Ethiopia	Berlin	2:03:59
2011:	Patrick Makau, Kenya	Berlin	2:03:38

*Naturalized

Geoffrey Mutai's 2011 Boston finish of 2:03:02 wasn't counted by the IAAF because of Boston's point-to-point course and a 400' net drop.)

One women's world record has been set in Rotterdam:

1998:	Tegla Laroupe, Kenya	Rotterdam	2:20:47
1999:	Tegla Laroupe, Kenya	Berlin	2:20:43
2001:	Naoko Takahashi, Japan	Berlin	2:19:46*
2001:	Catherine Ndereba, Kenya	Chicago	2:18:47
2002:	Paula Radcliffe, UK	Chicago	2:17:18
2003:	Paula Radcliffe, UK	London	2:15:25

* This record was held for just seven days!

Rotterdam set out to beat Berlin this year with a new world record for the men. (Would the Big Five — Boston, London, Berlin, Chicago, New York — become the Big Six?) The media were filled with anticipation, but by two weeks in advance, the weather forecast was bad: cold, rain, big wind.

Early on race day, we were all relieved to see no rain, though we did experience the 15-MPH north wind with a wind chill factor of 31°F on this two-loop course. The front-runners wore their usual minimal clothing, but most of us 7,500 finishers wore jackets and pants, and I carried hand warmers inside my gloves. Those nearly one million spectators braved the cold well bundled up, many of them with purple lips! (But of course the Dutch population are accustomed to cold weather.)

Some of my Dutch relatives — my husband's — saw me finish. Our hotel was right at the start and finish, across from Rotterdam's City Hall.

Before long after I finished, we took the elevator up to our room, and we happened to ride with several of the African elites. I recognized faces from newspaper photos, and one of them asked me, in English, how I'd done.

"Uh, okay," I said. "And you?" He paused, and then said, "So-so." I wondered, Is this Yemane Adhane, from Ethiopia? Looks like him from the photos in yesterday morning's paper.



Carol with her sister-in-law and niece, Anne and Nathalie after the race

Out of the elevator and immediately onto my computer in the room, I looked at the results, already posted: Yemane Adhane had finished first in 2:04:48. He got the first place purse of 50,000 Euros. He was the first winner in 14 years to not come from Kenya, and he had finished just behind the course record of 2:04:27. But he missed, by 1 minute and 11 seconds, the bonus of € 350,000, and Rotterdam missed holding a new world record.

In Monday morning's newspaper I read that everyone knew in advance that, with the big wind, setting a new world would not be possible. Even so, the front runners had been on world record time for the first 25 kilometers.

For me, I enjoyed experiencing a small part of all that excitement about the world record on this marathon, and I expect to be a back-of-the-pack participant again on September 30 for the Berlin Marathon. I had been nervous as a cat to be supported by my Dutch relatives; I think of myself as "naturally fast, but actually, slow," and they would observe me tired at 42K after 5+ hours of running.

And I had a big surprise at 33K, out on the far side of the Kralingse Bos (Kralingen Woods) park. Around a bend, in a clearing surrounded by new leaf green in these woods, sat a gigantic, billboard-size LED screen on the back of a huge white ABN-AMRO truck. (This major bank was the main sponsor of the marathon.) In my 33K daze, I looked up to this:

"Hey, Carol from California! You're doing great —
Keep it up, one step at a time!!!
— Your friends in Woodside."

My mouth fell open. I considered fumbling for the cell phone camera in my fuel belt, but before I could get hold of it, the display had gone on to celebrate Jakob somebody. I smiled and smiled through all the remaining nine-plus kilometers, thinking, Must have been our Suzana Seban.

AND STILL MORE DD PHOTOS



Race Director Ken Reed

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**Flashback to the '60s
at Muir Woods Ais Station**

© 2012 Janet Nissenon



Spectators at the finish line

© 2012 Don Watson

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com 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 Jul 1 Polo Field 5K

START/FINISH: South side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Jul 8 NO DSE RUN

Race cancelled due to citywide San Francisco Triathlon

Sun Jul 15* 6-Hour Distance Classic & Crissy Field 5K

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

6-Hour Distance Classic

STARTING TIME: 8:00 AM — finish by 2:00 PM

ENTRY FEES: \$10 members; \$12 non-members (\$8/\$10 prior to July 4)

COURSE DESCRIPTION: Run multiple laps. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

Crissy Field 5K

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

ENTRY FEES: \$3/\$5 Normal Fees

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 Jul 22 San Bruno Mountain 5K/12K

START/FINISH: Picnic Area inside San Bruno Mountain County Park, 555 Guadalupe Canyon Parkway, Daly City.

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

ENTRY FEES: \$5 members; \$7 non-members

COURSE DESCRIPTION (5K): Run south 0.2 mile along asphalt path toward underpass; at turnaround head back to start. Then proceed along the Saddle Loop Trail running in a counterclockwise direction. Make a left onto Old Guadalupe Trail, then right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area finish.

COURSE DESCRIPTION (12K): The course will follow the 5K course description above but then continue past the starting area 5K finish and follow the asphalt path through the underpass and out the southern side. Run left onto Eucalyptus Loop Trail. At fork, stay left onto Dairy Ravine Trail and continue up Dairy Ravine Trail. At next fork, run left onto Ridge Trail and continue to the top of San Bruno Mountain. At top, take a right onto Radio Road and start heading down. At Summit Loop Trail take a left and follow Summit Loop Trail all the way down to bottom, then onto path back through underpass to starting area finish.

PARKING NOTE: There is a \$6 fee to park inside the park. Do not park on Guadalupe Canyon Parkway; you will be ticketed/towed. For free street parking on Crocker Avenue, go south on Mission Street to its junction with San Jose Avenue (also known as Top of the Hill Daly City); Crocker Avenue leaves Mission one block east of where Mission joins San Jose Avenue. Take Crocker Avenue until it hits South Hill Boulevard and park at the junction. The entrance to the park is right there; you can park on the street. It's 0.82 miles from there on an old scenic road to the main parking lot (a good warmup). Be sure to curb your wheels if you park on Crocker Avenue.

Sun Jul 29 NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon — www.runsfm.com

◆◆◆ 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, July 27, 2012

TIME: 7:00 PM

HOST: Daz Lamparas

350 Kansas Street, first floor
(between 16th & 17th Streets)
San Francisco

415-848-3637, 415-269-2946

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 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

The first week of July should be warm with decreasing fog along the coast, so folks in the City should be able to see the fireworks. Some of the warmest weather so far this year will hit the City and the coast with offshore flow by the beginning of the second week of July, with even higher temperatures inland. The heat wave won't last long, though, with much cooler weather starting around the 12th and continuing through mid-month with lots of fog. A gradual warming trend is expected during the third week. The final week of July will feature another hot spell even at the coast but should cool significantly by the month's end.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆ July

1	Peter Hsia
	Jon Sieker
2	Caitlin Garcia
	George Mitchell
	Ken Weller
3	Linda Carter
	John Gregson
	Claudine Osipow
4	Peter Barberi
5	Beau Armstrong
	Marie-Pierre Carlotti
	Thomas Emanuel
6	Jack Bascom
8	Yoshio Daikoku
	Dina Kovash
9	David McDonnell
	Dan Osipow
	Rishi Raghavan
10	Sandra Sigurdson
	George Teiber
12	Gerard Sheehan
13	Stephanie Hibbert
14	Pete Nowicki
15	Ann Agbayani
	Riya Suising

16	Lenny Rachitsky
17	Allen Lucas
18	Vincent Gulli
19	Carli Fullerton
	Sunhi Kim
	Kay Teiber
20	Christy Colcord
	Connor Flanagan
21	Robert Butchart
	Wayne Cottrell
	Laura Froelich
23	Bill Dake
	John Mintz
	Ashish Mukharji
24	Collen Serafin
25	Joe Czech
	Tony Wuerstle
28	Margie Whitnah
30	David Brownstein
	Gerald Crans
	Wallace Rapozo
	Robert Theis
31	Amelia Mutere
	Collin Quinlan

New Members

Los Altos

Bob Anderson

SAN FRANCISCO

Aaron Bollwinkel

Mario Escobedo

Divina Galban

John Harper

Creighton Hicks

Kelly Hicks

Julie Jeremy

Joel McKinney

Lan Nguyen

Rene Rodriguez

Steve Snyder

SAN JOSE

Bertrand Newson