

DSE NEWS



47th Year

September 2012

VOLUNTEERS NEEDED FOR HALF MARATHON

Maria Pantoja

Sunday, September 16 is the date for this year's Lake Merced Half Marathon and accompanying 4.5 mile single loop race.

The DSE is looking for a race director for the 4.5 mile, please consider volunteering for this position. Some of the responsibilities will be shared with the race director for the Half Marathon.

We will need volunteers to help with the following jobs:

- Registration – 4 total
- Finish line timers – 2
- Finish line stringers/tag pullers – 2
- Course monitors – 5
- Aid Stations – 6
- Refreshments – 3 people to slice fruit, set out snacks, mix up electrolyte, etc.
- Results – 1 Please consider volunteering, especially if you are one of many club members who still needs at least two hours of volunteer credit in order to receive any sort of year-end award. I realize that all of you are runners, and it's natural for runners to want to race, but someone needs to do these jobs, so please consider skipping one race to help out the club, or volunteer for some of the jobs that need you only before the race start like registration and refreshment. If you can assist, or refer a volunteer to us, please contact me at mariapantoja2004@gmail.com.

From the President's Desk

KY FAUBION

The president is away from his desk yet again this month. But he has scheduled a Board Meeting for Sunday, September 23 after the Oyster Point race.

DSE BOARD OF DIRECTORS MEETING SEPTEMBER 23

The next DSE Board of Directors meeting will take place on September 23 after the Oyster Point 5M race.

Interested DSE members are encouraged to attend. Please contact Ky Faubion at ky.faubion@gmail.com to RSVP and get the details on time and location.

THURSDAY SUMMER RACE SERIES WRAPS UP ANOTHER YEAR

Janet Nissenon

This was the most successful year thus far for the DSE's very popular Thursday Evening Summer Race Series. From its humble beginnings back in 2008 where we averaged 25 runners each week, the 2012 series averaged close to 100 runners each week.

The fastest time run on the course this season was by Chikara Omine, a swift 23:08 (5:08 pace) run on Week #10. Fastest time by a female was run by Rachel Haurwitz (28:57, 6:26 pace) on Week #11.

We had a total of 10 runners who participated in all 12 of the races. They were: Chikara Omine, Cristian Alvarez, Fred Haber, Gary Brickley, Greg Brown, Lazaro Sanchez, Marcial Saavedra, Michael Peters, Paul Tilete, and Yong Haber.

Many thanks to the great volunteers who helped out so much this summer. They include Bobby Marty, Sandy Baumgarten, Caron Anderson, Pauline Dake, George Sacco, Denise Leo, Martha Arnaud, George Baptista, Ed Baumgarten, Sam Roake, Paul

Mosel and others. With the increase in attendance for these events, the extra help was needed and greatly appreciated.

The Summer Race Series will return for its sixth year on Thursday, May 30, 2013. Hope that many more of you will be able to come out next year to join us.

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REMINDER ABOUT VOLUNTEER POINTS

Janet Nissenson

With only four months and fifteen races remaining for 2012, please be reminded that in order to be eligible for any year-end awards, you must have contributed at least two hours of volunteer time to the club during calendar year 2012. This includes the following awards:

- "Mongo" trophies (you will need four hours to be eligible for the large trophy, two for the smaller version)
- Top 5 placement awards – DSE Race Attendance, Total Miles Run, Total Miles Raced
- Age Division Awards (there are at least 25 people who are currently in the running to receive an age division award who have not volunteered at all thus far)

If you have already done one of the following this year, then you have fulfilled the requirement for 4 hours of volunteer credit (and are thus eligible to receive all awards, including the large "Mongo")

1. Worked a full shift at the Double Dipsea
2. Are a club officer or coordinator (i.e. Membership Chair, Kids Race

CLASSIC STU-PEDS by Stu Ruth



- Director, Race Results Transcriber, Equipment Manager, etc.)
3. Served as a Race Director at TWO races
 4. Contributed at least four hours of other volunteer work, such as finish line at four separate weekly races. This includes the Thursday evening summer races.
 5. A combination of #3 and #4
- If you have already done one of the following this year, then you have fulfilled the requirement for 2 hours of volunteer credit (and are thus eligible to receive all awards, including the small "Mongo")

1. Served as a Race Director at ONE race
2. Contributed at least two hours of other volunteer work, such as finish

line at two separate weekly races. This includes the Thursday evening summer races.

If you aren't certain how many hours (if any) you have already contributed, please contact Mary Gray at magray1@earthlink.net. And please don't forget that your DSE membership must be current in order for you to receive an award so be sure that your dues are paid up and current.

You should ALWAYS check prior to a specific race what the volunteer needs are for that day. Don't just show up on race morning expecting to work at registration when there are already four people assigned to that job. We most often need help at the finish line, as we have a regular and reliable crew for registration at almost every race. We also need Race Directors at six more races this year. Please contact Kevin Lee at dse.pekingduck@gmail.com to volunteer.

New Members

BRENTWOOD

Michele Sims

CONCORD

Karen Tancuan

CORTE MADERA

Andrea Davies

SAN FRANCISCO

William Johnson
Michael Melga
Marciano Pimentel
Fredy Recinos
Nicholas Sutton
Ziggy Tomcich
C. Walker

DSE email list and electronic newsletter

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

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson
webmaster@dserunners.com

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

SUMMARY OF AUGUST 5, 2012 GENERAL MEETING

George Sacco

1. The minutes of the previous general meeting were read and approved.
2. Membership Chair Report: The club's membership has increased.
3. Treasurer's Chair Report: The club's revenue has increased over last year, mainly because of the Double Dipsea. The exact amount is not known as we are still waiting for the final revenue and expenses from the Double Dipsea.
4. Dog waiver liability: The potential problems with dogs during races were discussed.
5. The following items were covered: 2013 Gala status and new Gala award, use of innovative chip system at future races, and nominations for 2013 officers.
6. New business: two items were presented:
 1. modification of the web site.
 2. bringing back DSE race results in the DSE newsletter. These two items will be covered in more detail at the next Board meeting.

PUBLISHING THE DSE RACE RESULTS

Jane Colman

Unfortunately I was out of town at the time of the general meeting, so I was not privy to the discussion about bringing the results of DSE races back into the newsletter, and I don't know if any of the members speaking in favor of this were among those who received a printed copy of the July race results in the mail at the same time as the August *DSE News*.

The results have been formatted and printed every month this year. When I stopped including the complete results in the newsletter, where they were taking up so much space that there was little room for articles, I started taking them to the Sunday races for people to pick up. When I discovered that very few people were taking them, I changed that policy, and last month started mailing them to everyone who requested them. So far that has been a very small number of members, so I think I am justified in assuming that those who have not requested that the results be mailed to them either don't care about having a printed copy or else haven't bothered to read the notices that were included in the July and August newsletters.

So I want to reiterate that I am willing to print and mail the results, either as an insert (if it does not make the newsletter too unwieldy) or separately but at the same time as the newsletter is mailed, to any printed newsletter reader who wants them. They can then be inserted into your printed newsletter if you so desire. Starting this month, I will also send them to the webmaster for those electronic newsletter readers who like to print the newsletter. This way, those who do not care about having a paper copy of the results (and these people do exist) do not have receive the extra paper.

If you want the results mailed to you, just let me know. You



Bill Dake

October 8, Columbus Day, a Monday, is a holiday for public schools and many parochial schools, but not all. So for those schools that are open we invite those parents to come out and walk for their kid's school. Christopher's spirit of discovery is a proper theme for this first inaugural event.

This is a fundraiser for needy schools, classes, colleges or any needy Educational 501c3 entity, public or private. Whether you have kids or not, they are the future and we need to provide the education they need to make a better world. Ohana implores teachers, coaches, parents, students and everyone in education to spread the word: come out and walk (or run) for schools. One hundred percent of pledges and donations go to Ohana's Education Fund where needy Educational 501c3s can go for available funds.

Get your school to participate. The pledge sheet can be adjusted to suit your school's needs with Ohana's and the school's approval. We will help to customize a pledge sheet for your school, but would rather your school or educational charity collect and track their own pledges and donations.

This is a fundraiser, but if you are financially challenged we will take care of you.

For our kids from kindergarten through university, thank you very much.

can email me at janecol@earthlink.net, mail your request to Jane Colman at 692 60th Street, Oakland 94609 or call me at 510-652-3116.

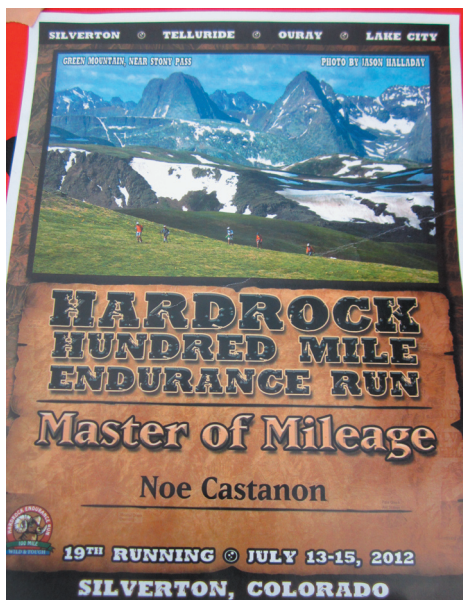
If you want to discuss the matter, I urge you to attend the next Board of Directors meeting on September 23. See the announcement on page 1 and contact Ky to RSVP.

RUNNING RESULTS

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



Tony Nguyen celebrating his 100M finish
See story on page 7



Noe Castanon's Hardrock 100M
finisher's diploma
See story on page 8

August 5, 2012

Presidio Cross Country 5K

Race Director: Leo Rosales

Volunteers: Henry Nebling, Calvin Chan, George Baptista, Peggy Kang, Jane Lee, Patrick Lee, George Sacco, Edward Caldwell, Vince French, Peter Flessel, Bobby Marty, Georges Buttner, Gene French, Kevin Lee



Race Director Leo Rosales
© 2012 Paul Mosel

Total Participants = 245; Racers = 203
(107 Male; 96 Female); Self Timers: 19

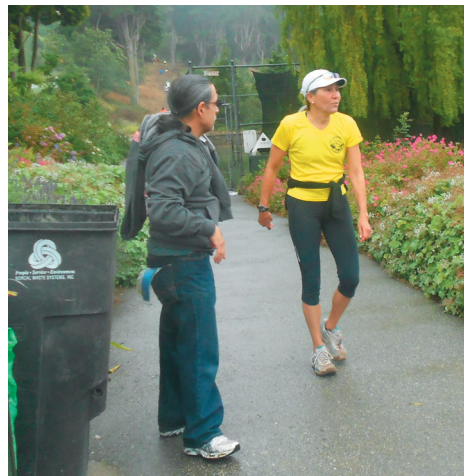
PL NAME AGE TIME

TOP FIVE MEN

1	Chikara Omine	29	18:44
2	Andrew Macnider	24	20:10
3	Mark Eichenlaub	27	20:21
4	Eric Stewart	44	20:46
5	Jerry Flanagan	46	20:48

TOP FIVE WOMEN

9	Brittany van Schravendijk ①	21	24:01
21	Louise Stephens ②	46	24:21
25	Aoife O'Brien ③	28	24:40
26	Michelle Gaines ④	16	24:41
36	Kelly Hicks ⑤	29	26:00



RD Leo Rosales watching Wendy Newman
© 2012 Don Watson

August 12, 2012

Brisbane Scenic 5K & 12K

Race Directors: Wendy Newman & Bill Woolf

Volunteers: George Sacco, Calvin Chan, Robert Brizuela, Bobby Marty, Geores Buttner, Caron Anderson, Jimmy Yu, Richard Hannon, George Baptista, Kevin Lee, Bobby Marty, John Murphy, Jim Kauffold, Brierly Reybaine, Martha Arnaud, Yong Haber, Fred Haber, Diane Okubo Fong, Michele Sims, Dee Farkas



Race Directors Bill Woolf
and Wendy Newman
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Weather: Sunny, mild

PL NAME AGE TIME
5K

64 Runners (42 Men+ 22 Women), 10 self timers

TOP FIVE MEN

1	Tim Comay	28	18:17
2	Markham Miller	48	19:06
3	Francisco Arredondo	16	19:10
4	Alfredo Lopez	16	19:27
5	Leonardo Reynoza	12	19:30
5	Kenley Gaffke	34	17:41

TOP FIVE WOMEN

9	Lisa Penzel ①	46	21:27
23	Denise Leo ②	36	25:41
24	Amanda Lewis ③	33	26:32
27	Eleanor Fraser ④	29	27:25
29	Xiaohong Xu ⑤	32	27:47

12K

56 Runners (39 Men + 17 Women), 1 self timer

TOP FIVE MEN

11	Chikara Omine	29	43:52
2	William Chen	18	46:15
3	Mario Escobedo	31	49:18
4	Joe Ridout	43	50:26
5	Donald Chen	16	50:33

TOP FIVE WOMEN

11	Jacqueline Montague ①	24	57:13
14	Erika Kikuchi ②	34	60:31
15	Kelly Hicks ③	29	61:53
24	Jessica Wacker ④	24	67:38
35	Jessica Reback ⑤	31	73:53

August 26, 2012

Polo Field XC 5K (actually 2.61M)

Race Director: Calvin Chan

Volunteers: George Sacco, George Baptista, Mort Weisberg, Bobby Marty, Jimmy Yu, Geores Buttner, Vince French, Phyllis Nabhan, Paul Mosel, Richard Hannon, Bill Gray, Fred Haber, David Guerrero, Miguel Guerrero, Tony Nguyen, Joe Wehrheim, Caitlin Garcia, Zach Garcia



Race Director Calvin Chan

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Total Men: 138, Total Women: 107,
Total Racers: 245, Self Timers: 14

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Chikara Omine	30	14:15
2	Sloane Cook	22	14:27
3	Baumamm Deiter	47	14:42
4	Micael Burgess	23	15:02
5	Joshua Seehermal	33	15:03

TOP FIVE WOMEN

20	Jenna Davis ①	21	16:40
28	Corrie Drakwhich ②	30	17:12
36	Lisa Penzel ③	47	17:30
50	Kate Grossman ④	29	18:02
53	YiChien Leng ⑤	33	18:09

TOP FIVE KIDS

1	Rishi Raghavan	10	5:20
2	Jakob Lail	8	5:28
3	Vanessa Miller	8	5:30
4	Xavier Miller	7	5:33
5	Cal Holman	8	5:38



Race start around the Polo Field

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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
Jungle Run Half Marathon, Los Gatos, July 15						
26	Riya Suising	45	3		F 40-49	1:31:37
127	Dave Kapp	55	23		M50-59	1:46:02
297	Sandra Sigurdson	56	9		F 50-59	1:58:58

Escalon Park Fete, Escalon, CA, July 15

2M						
73	Margaret Haack	8	2		F 0-12	25:21
74	Edward Haack	44	9		M40-49	25:22
10K						
27	Milinda Lommer	42	1		F 40-49	51:11

Polka Trot 5K, Pulaski, WI, July 21

Judith Jarosz	1		F 70+	39:49
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LMJS 4th Sunday Runs, Oakland, July 22

5K						
59	Seth Ducey	41	8		M40-49	32:48
67	Barbara Robben	78	1		F 70+	35:04
86	Jared Chan	11	17		M <20	41:07
10K						
10	Nate Sands	17	2		M <20	52:30
15K						
2	Rafael Sands	16	1		M <20	67:40
5	Jared Chan	11	2		M <20	71:39
12	Wayne Plymale	60	2		M60-69	84:36
14	Gregory Brown	63	3		M60-69	89:42
20	Peter Flessel	71	3		M 70+	115:02

Los Gatos All-Comers, July 26

2M						
10	Jared Chan	11				12:41
1M						
7	Jared Chan	11				6:01

Run in the Park Briones, Orinda, July 28

5K						
	J.R. McIntz		2		M40-49	26:26
	Shannon Luppino		2		F 15-19	38:51
	Margo Banowicz		2		F 50-59	57:58
10K						
	Daryl Luppino		1		M50-59	49:00
	Jim Flanigan		1		M60-69	52:40

San Francisco Marathon Races, July 29

Marathon						
240	Joe Wehrheim	40	47		M40-44	3:14:49
430	William Korthof	33	81		M30-35	3:25:30
502	Riya Suising	45	5		F 45-49	3:27:56
929	John Fenwick	35	123		M35-39	3:40:57
1297	Alyssa Yell	29	57		F 25-29	3:49:11
1613	Elaine Mah	50	12		F 50-54	3:55:59
1729	Dave Kapp	55	51		M55-59	3:57:52
1798	Andrea Lambert	40	36		F 40-44	3:58:51

◆◆◆ Volunteers Needed ◆◆◆

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:

September 2	Marina Green 5K
September 9	Rainbow Falls 5K
September 16	Lake Merced Half Marathon//4.5K
September 23	Oyster Point 5M
October 7	Stern Grove 4M
October 14	Rockaway Beach 5K
October 21	Kennedy Drive 8K
October 28	Great Highway 4M

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

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

We will need extra volunteers for the Lake Merced Half Marathon and 4.5M on September 16. This includes registration, finish line, course monitors, refreshments and aid stations. Please see details on page 1.

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

2111	Noriko Bazeley	53	23	F 50-54	4:06:04
2846	George Rehmet	45	260	M45-49	4:20:12
3058	Timothy Foster	42	323	M40-44	4:24:56
3603	Marian Lyons	65	2	F 65-59	4:36:19
4510	Martha Arnaud	41	182	F 40-44	4:56:38
5049	Michael Rouan	48	404	M45-49	5:11:24
5086	Chris Horton	42	521	M40-44	5:12:24
5206	Bertrand Newson	43	527	M40-44	5:16:36
5314	Gregory Brown	63	81	M60-64	5:19:31
5606	Tony Nguyen	39	575	M35-39	5:29:52
5677	Karen Tancuan	40	248	F 40-44	5:32:55
6173	Joana Mendoza	25	423	F 25-29	5:46:00
6350	Patty Fishburn	66	10	F 65-69	6:16:01

First Half Marathon

3	Mario Escobedo	31	0	M30-39	1:20:44
24	Peter Hsia	52	2	M50-59	1:28:48
481	Rafael Sands	16	20	M01-19	1:48:09
487	Jeffrey Norris	54	25	M50-59	1:48:12
505	Sandor Mandoki	27	125	M20-29	1:48:34
1052	Toby Silver	45	158	M40-49	1:55:53
1355	Wayne Plymale	60	11	M60-69	1:58:49
2586	Amber Wipfler	32	378	F 30-39	2:09:53
2958	Alisyn Gulate	33	458	F 30-39	2:13:13
5072	Carol Pechler	72	1	F 70-99	2:32:10
5662	Alfred Palma	51	320	M50-59	2:38:36
5999	Allen Lucas	55	331	M50-59	2:43:25
6000	Diane Lucas	54	207	F 50-59	2:43:25
6506	Rene Encarnacion	58	354	M50-59	2:51:51
6584	Danni Baird	29	1078	F 20-29	2:53:23
6884	Seth Ducey	41	707	M40-49	3:01:04

Second Half Marathon

35	Timothy Comay	28	21	M20-29	1:19:05
67	Nakia Baird	37	23	M30-39	1:22:58
78	Markham Miller	48	8	M40-49	1:23:56
95	John Harper	38	31	M30-39	1:16:02
172	Bob Anderson	64	2	M60-69	1:32:23
197	Edward Haack	44	34	M40-49	1:34:09
291	Julie Munsayac	34	16	F 30-39	1:37:49
448	Catherine Melton	28	47	F 20-29	1:42:56
870	Theodore Jones	73	1	M70-99	1:51:26
894	Kenneth Fong	50	50	M50-59	1:51:59
963	Melissa Cheung	26	110	F 20-29	1:53:29
1289	Renee Taylor	31	151	F 30-39	1:58:52
1458	Gary Brickley	59	80	M50-59	2:01:19
1647	Eugene Canotal	31	383	M30-39	2:04:16
1854	Jon Sieker	41	255	M40-49	2:07:41
2200	Curtis Newton	52	112	M50-59	2:12:54
2472	Joseph Connelly	50	123	M50-59	2:17:24
2566	Naomi Nakamura	37	402	F 30-39	2:19:21
2769	Stephanie Douglass	43	214	F 40-49	2:23:12
2988	William McCarty				2:28:01
3285	Tracy Hathaway	50	112	F 50-59	2:34:34
3286	Tiffany Ewing	32	576	F 30-39	2:34:36
3324	Mike Hung	61	46	M60-69	2:35:55
3355	Peter Flessel	71	6	M70-99	2:37:03
3654	Bill Boehner	58	167	M50-59	2:49:19
3908	Kelly Daikoku	53	172	F 50-59	3:05:00
4015	Mary Jean Pramik	64	40	F 60-69	3:17:32
4133	Christine Clark	40	410	F 40-49	3:47:05

5K

10	Steven Pitsenbarger	44	7	M01-99	18:41
155	Michael Dunn	50	102	M01-99	36:02
283	Jeanie Kayser-Jones	76	118 F 01-99 (#1 age grade)		29:18
331	Sheri Dunn	45	144	F 01-99	30:25
332	Julie Bernstein	42	148	F 01-99	30:25
393	Laurie Quinlan	55	193	F 01-99	31:27
415	Jacob Quinlan	22	202	M01-99	31:50
638	Kevin Dunn	11	259	M01-99	36:45

Summer Breeze Half Marathon, Hayward, August 4

9	Peter Hsia	52	1	M50-54	1:27:40
108	Leopoldo Rosales	58	4	M55-59	1:51:01
36	Rafael Sands	16	2	M13-17	1:37:22
145	Milinda Lommer	42	7	F 40-44	1:57:21
465	Tony Nguyen	39	30	M35-39	3:09:12

Salinas Valley Half Marathon, August 4

140	Jared Chan	11	7	M <15	1:42:32
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Haulin' Aspen Marathon, Bend, OR, August 6

59	Gregg Whitnah	61	3	M60-64	4:46:15
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Los Gatos Dammit Run, 5M, August 11**Men**

282	Brian Hartley	59	23	M55-59	63:19
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Women

13	Riya Suising	45	4	F 45-49	38:37
16	Erika Kikuchi	34	3	F 30-34	40:25

Run-de-Vous Endurance Runs, San Martin, August 18-19**100M**

26	William McCarty	64			29:23:50
31	Tony Nguyen	39			30:10:15
38	Oscar Osorio	35			31:50:21

100K

	Jennifer Walker	29			31:43:48
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50K

14	Tiffany Ewing	32			12:12:22
16	Danni Baird	29			13:36:40
18	Christine Clark	40			16:14:17

Run-de-Vous 100M Run photos, top to bottom: Bill McCarty with Lynnard E. Phipps after running the entire race together, Tony Nguyen with Noe Castañón, Oscar Osorio



ENDORPHIN DUDE RUNS 100 MILES

Tony Nguyen

Over Memorial Day weekend, I attempted my first 100 mile endurance race at Nanny Goat. I got out there and did my best, but my body just couldn't handle it. I surrendered at mile 88 with three and half hours still left on the clock. At the time, this devastating heartbreak was the worst thing that ever happened to me.

However, rather than drowning in my misery and giving up, I got back out there and trained even harder. I learned from my rookie mistakes from Nanny Goat and went for the 100 mile prize again at the Run-de-Vous 100 Mile Endurance Run. I wanted this time to finish more than anything. I made it through the first 100k unscathed. As the sun went down and people started to drop out, sleep deprivation and exhaustion kicked in. Like that little DSE Turtle that could, I kept plugging along throughout the night. By mile 85, my blisters mutated into what looked like a flesh eating bacteria. I wanted to give up, but I kept thinking about my running family. By mile 96, there was nothing left in my tank.

Out of nowhere, Noe popped up, and pushed me to that finish line. Those final four miles took forever, but Noe stood by me to the very end. I looked straight into his eyes, and I saw every DSE member rooting for me. This fueled me. It took me 30 grueling hours, and when I crossed that finish line, my heart exploded with pride. I danced like nobody was watching. I never thought that this could ever happen to me, but all my hard work and determination got me to my first 100-miler belt buckle.

It's no secret that I love my DSE family. You all have stood by me from day one, and I would like to dedicate the biggest and most important accomplishment of my life to every one of you. Dreams really do come true.

HARDROCK 100 MILE ENDURANCE RUN

Noe Castañon

Two weeks before the event I arrived in Silverton, CO. At that time I had an idea what to do in that town — some days I would be helping to mark the course and others doing trail work, to earn an extra ticket if I wanted to be in the lottery for the next edition. Those activities were in the morning, and after that I visited the Avon Hotel, where I was told that most of the Hardrockers were staying. I wanted to know everything about the course and the tricks about the race and to be sure that what I'd done was correct and that nothing was missing. I was like a sponge, listening to every detail, absorbing information and tips from those great veterans. Those guys were amazing; they shared and answered every question. I met Randy Isler from Albuquerque, NM, who had 15 Hardrock starts and finished them all. I was also talking with Jim Swealt, from Arkansas, who has started the race 11 times and had no finishing diploma yet! They were sharing with me their experiences, what to do and not to. I felt so fortunate to be at that place with those people.

Those days I was staying and sleeping in my car because my budget wasn't enough for a hotel room and the campsites were full. So I folded the seats of my 1997 Honda CRV and made room to place my sleeping bag there. During the night I drove up seven miles to the Red Mountain Pass, Hwy 550 at 11,080 feet and then went off the road and took a trail uphill, staying a little above 13,000 feet. I spent those nights at high altitude, sleeping above the tree line (timberline) and bathing in the creeks. Damn, that was cold!!

Elias, my brother, and Thomas my pacer, arrived the day before the race. I was so nervous, but ready. Let's say that the week before the event I started to force my body to sleep early, only that week I was taking sleeping pills; I wanted to be completely rested the day of my race, with no sleeping problems like those I had at the Tahoe Rim Trail 100M a year before. That night I parked my car in Silverton near the start and the hotel where Thomas was staying, so I could have a shower there before the race. In the morning my odyssey would begin, 102.5 miles and 48 hours were awaiting me. I was nervous, excited, intimidated, with fears but happy. "What am I going to face?" I was asking myself repeatedly. After I had read past race reports, it was clear that my race would be hard, but how hard? According to the facts, Hardrock 100M is a combination of 33,000 feet elevation change. Starting in Silverton, CO at 9,300 feet, the runners would climb 13 mountains, most of them at 13,000 feet. The lowest point would be in Ouray, CO at 7,800 feet and the highest point at Handies Peak at 14,000 feet — so a tough cookie was ahead of me!

From the beginning of the competition I saw how many runners were passing me by. I didn't care, I was running my own race. The goal was just to finish it on time and that was what mattered the most, so no rush.

Once I was climbing those crazy mountains I realized that I was feeling great. I was having fun in the race. I kept thinking, "Noe, the Hardrockers said that you have to eat food, a meal at every station, don't skip any," and that was what I was doing. Liz Bauer, a four-time finisher (now, her fifth) told me. "Noe, don't try snacks during your visits at the

aid stations; you will be climbing steep sections, you will need real energy, to do so, you will need real food." I have to admit that Hardrock does the best job of any 100M in terms of supplying real food at aid stations. I was eating at all of them and consequently my energy never went down. My race was going perfectly. I was facing Swamp Pass, Oscar Pass, Virginus Pass, all of them above 13,000 feet. Oh Lord, those mountains were so steep and dangerous, with a lot of loose scree. At some sections we were crawling to get to the top, and going down was worse — yes it was hard to grip the gravel, some of the trails were steep enough to cause concern that one small mistake might send me down the abyss. Fortunately on some other sections when I was going down I picked up my speed and was running again. The wind and rain were intense at Oscar (mile 21) and Virginus Pass. I didn't care, I was ready to face them, I was on time and schedule at every aid station, so I thought, "If I continue like this I will finish the race." I was having a hard time but I was very positive and full of energy.

Then at Telluride aid station (mile 30) I checked my time, I had ran the first 30 miles at a 10:38 pace. This was almost one third of the course; although the plan was just to finish the race on time, I was running the course to finish it between 40-42 hours, which mean that I was doing awesomely!

At 9:53 PM. I arrived at the Ouray aid station (mile 45), feeling great. I had in my chart 10:15PM, so this was not bad at all. At that point many runners were dropping from the race; the fatigue, the distance and the brutality of the course were taking their toll. In Ouray, Thomas and Elias were waiting for me. Thomas would pace me from there to the finish line. At that time so far I had climbed only five mountains and eight more were awaiting me, most of them above 13,000 feet. Thomas was anxious to see me and was ready to do his duties, so I grabbed some food and said, "Let's go!"

I had expected to reach Grouse Gulch aid station (mile 58.4) at 5:15 AM, but we arrived at 4:23 AM. For me this was a sign of efficiency. I was not tired or sleepy, I was just doing great. I was really appreciating what Thomas was doing for my race, flying from NY to Colorado. His interest in helping this crazy guy has to be mentioned and recognized, but after that aid station we started to slow down; our pace was fading as we were climbing Handies Peak, at 14,000 feet, the highest pass of the race. That hill was so brutal for him, he was having problems breathing, with headache and nausea. Engineer Pass (13,000 feet) and Handies Peak (14,000 feet) were the dead march, steep and long as hell, so at Sherman aid station (mile 71.8) we decided to stop; he would look for someone to transport him to Silverton and I would keep moving by myself in solitary fashion. I had expected to arrive at that aid station at 9:45 AM and it was 11:20 AM when I left that place, almost two hours late! I didn't care, Thomas was safe and I still had plenty of time, with 30 miles, five crazy mountains to climb and 20 more hours to go. I was OK!

After Pole Creek aid station (mile 80) I started to feel the weight of the race in my legs. Thirty-three hours had had a significant impact on my performance. On my way to Maggie Gulch aid station (mile 85), a rainstorm started to soak our

feet. I was surprised to see that my feet were completely OK, no blisters and no swollen toes. Fortunately I had extra shoes and socks at that aid station, so I changed them. I had gained some time from my predictive chart, my energy was steady but I was getting tired. During those long hikes I was also surprised to feel completely OK, because you can't really breathe above that altitude. With many ups and downs and no problems at all, at the same time during the whole race I had never felt sleepy or sluggish, never in need of those awake pills!

The rain and the wind were so intense at some points; right after Maggie Gulch aid station when we were climbing Buffalo Pass at 13,000 feet, a very intense rain/hailstorm, wind and lightning were making our lives miserable. At that point I had to stop for a moment. It was impossible to keep moving; we were hiking a steep hill and there were no trees or rocks to be safe, the trail was completely muddy and the cold wind was freezing my fingers, those hailstones were like rocks. That was so scary; I had a rain jacket but it was not warm enough to keep my body safe, so I had to keep moving. The lightning was so strong and close to where we were, some runners were in groups to protect themselves against the storm, completely exposed to Mother Nature. I kept moving, those guys were yelling that I was crazy. What could I do, I had to move, my body needed it to be warm in one way or another, I had no gloves or anything else, I felt very unprotected; it reminded me of those moments when I was running Coyote Two Moon 100M a year ago, when the race was called off. "Please, I will not complain, but don't stop this race, I want to finish it!" I was telling myself. At that moment my body was completely soaked and my legs starting to get tight after the storm. The cold winds over the top of the peak made it difficult to concentrate. At times it really felt like I had been left alone, like I had been abandoned! Later, I could not run anymore, my ligaments were so tight after the cold, so what I tried was to powerwalk.

After going a steep downhill I reached Cunningham aid station (mile 91) at 9:38 PM. I was not tired, but my legs were not responding. My ligaments were so tight after that terrible storm that I was moving very carefully — any false step and all my effort would be ruined, I was still in my predictive time range so I decided to take the rest of the race very easy. I was starting my second night and I had to be very careful. Why? because the last climb of the course was so insane, we were forced to go up and hike Little Giant Peak, hike 2,760 feet in a mere two miles! Why do they do that, is this a punishment? I took me two hours to get to the top of that mountain at 13,000 feet. After that I started descending to get to Silverton. The first two miles after the summit were very dangerous. It was already midnight and completely dark, there was a lot of loose and rocky scree along the trail, the downhill was very steep so I had to be very careful at every moment. Although I was almost at the end of my journey, I was not safe yet; anything could happen at any time. Oh Lord, it took me forever to reach Silverton!

Right after I descended Little Giant Peak we had to follow a rolling trail along the course. In my view the trail was very well marked, but at some point I took a different path and I found myself lost. "This cannot happen to me right before the finish," I was telling myself. I was freaked out and started yelling to see if anybody was around, but there was silence, no one responded! I didn't know where I was and I had no sense of direction. There were a lot of trees around, like a maze. How miserable I felt, the time was counting and I was lost! Finally after running in many directions I found the Hardrocks flags again and felt much better. I think that I was lost for 45 minutes, for me an eternity. Some minutes later I saw Thomas and Elias nearby the Kendall pavillion, a half mile from the finish. The rest is history; the ROCK was waiting for me, in 45 hours and 52 minutes!

Now Hardrock is on the books, and I've been thinking about what was happening those days; how I was feeling during the race and all the challenges I faced throughout my training, now felt like a dream. I had never felt exhausted, fatigued or sleepy, I was always mentally strong and positive, maybe because I never had mercy on myself during my training runs? I don't know, but I really wanted to succeed. I'm amazed at my running family, in front of their computers all night, waiting for me to arrive to the finish. Yeah, it was not easy, I really worked hard to get my HR diploma! As many people might know, Hardrock 100M does not give a belt buckle to the finishers. The runners get a diploma; it's a graduation school in running. I earned a Masters degree in Endurance. After five finishes the degree is a Doctorate in Endurance.

Right after the ceremony ended I started to thank everybody, one by one. I was beyond happy for my performance, like never before. When I saw Hal Koerner, the winner of the race, I approached him to congratulate his achievement, and I said, "Hal, felicidades for your winning time, amazing journey, right?" and he answered me, "I think every finisher is a winner. Hardrock has no room for second or third places, finishing this fantastic and tough adventure no matter the time has to be recognized, you are a winner too!" Thanks Hal, then I left. It was true, I was feeling like a winner. Later when I was walking to my car I started to jump like a kid, I grabbed my diploma and medal and for the first time in my life I told myself loudly, "Noe, you are awesome!" I had finished Hardrock, this was not a small accomplishment, I was beyond proud, beyond happy with my performance.

Then I took my car and said "ADIÓS" to Silverton; I had to drive home and be at work Monday morning. I had been warned by my boss to be there, but that's OK, my adventure was worth it.

Now I'm a Hardrock graduate and I thank everybody for the support and encouragement, to the people who believed in me, "Muchas gracias."

"Happy are those who dream a dream and are ready to pay the price to make them come true." *Leon Joseph Cardinal*

Editor's note: This report has been edited to fit into the newsletter. Noe's full report will be on the DSE Facebook page.



◆◆◆ 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 Sep 2 Marina Green 5K

START/FINISH: East Beach at Crissy Field; enter at Old Mason Street - northern parking lot

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

COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, exit right across Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd. Return same way to start. Run west along Crissy Field/GG Promenade; turn around before the fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach finish.

Sun Sep 9* 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.**

Sun Sep 16 Lake Merced Half Marathon & 4.5M Runs

START/FINISH: Sunset Blvd parking lot at Lake Merced

Half Marathon:

STARTING TIME: 8:00 AM!

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

ENTRY FEES: \$5 members, \$8 non-members. (\$8/\$10 after 9/7)

Age division awards, 3 deep in 10-year age groups.

Note: Course closes at 11:00 AM. No support after that time.

4.5M Run:

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

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

Sunday Sep 23 Oyster Point 5M

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot.

START/FINISH: North of main restroom on Bay Trail bike/pedestrian path, south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina. Run past hotel complex, over wooden pedestrian bridge. Turn around along the designated straightway location and return same way to finish.

Sun Sep 30 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/7K – www.rhodyco.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: Monday, October 1, 2012
TIME: 7:00 PM
HOST: Martha Arnaud
783 Cayuga Avenue
(cross street is San Juan)
San Francisco
415-587-0304129

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

Overall, it will be warmer than normal for September. The hottest weather of the summer will be in the second and third weeks of September, with many fog-free days and highs at the coast in the 70s and low 80s, and of course much warmer downtown and inland.

The first week of September will be seasonably cool with a possibility of some tropical moisture from Mexico at the end of the week. Some cooling is likely in the final week of the month but temperatures will remain above normal with little or no fog.

♦♦♦ Club Officers & Coordinators ♦♦♦



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RETURN SERVICE REQUESTED



Happy Birthday! September

2 Trisha De Mesa
Nick Pegley
3 Christine Clark
Diane Nishiki
Jennifer Walker
4 Alfred Hu
5 Mark Prichard
6 Omar Diaz
Kelsey Hilbrich
7 Joe Oakes
Peter Platt
9 Noe Castanon
Don Elsener
10 Susan June Allen
Noriko Bazeley
Joseph Connelly
Alexandra Polverari
11 Alice Miller
Brad Spielman
12 Roger Anawalt
Suzanne Hufft
Eleanor Melton
Jim Misener

13 Selena Sanchez
Liese Rapozo
14 Brandon Espinosa
Henry Nebeling
15 Kim Armstrong
16 Trevor Aguiar
Melissa Cheung
Jim Kauffold
Ayman Naseri
Judith Taksa Webb
17 Miguel Guerrero
18 Martha Arnaud
Austin Davis
19 Bob Marty
Suzana Seban
20 Torcy Newcombe
Andy Rochon
C Walker
22 Matthew Murawski
23 Michael Dunn

24 Deborah Bevilacqua
Katy Dinner
Cynthia Guynn
Patrick Lee
25 Henry Black
Aireen De Peralta
Jerry Flanagan
Peggy Kang
26 Neal Ashton
Annelle Brickley
Richard Hannon
Jane McFarland
John Stenson
28 Edward Hung
Roxanna Pezzy
29 Jeanette Vilches-Nielsen
30 Melinda Miyagishima
Joseph Polverari