

# DSE NEWS



47th Year

November 2012

## DSE 2013 OFFICERS ELECTION

*DSE Election subcommittee: George Baptista, Jim Kauffold and Bill Woolf*

A DSE officers election will be held again in December. Nominations for officer positions are open until October 31. As of the cutoff for the November *DSE News* we have the following candidates:

**President:** Leo Rosales and George Sacco  
**Senior VP:** Caron Anderson  
**2nd VP:** Kenley Gaffke, Michael Gulli and Virginia Rosales  
**Secretary:** Maria Pantoja  
**Treasurer:** Chikara Omine

The candidates will provide a short bio and address a few questions for publication in the December *DSE News*. A ballot will also be provided in the December issue and at DSE runs during December. Voting by DSE members will start on Sunday December 2 at the Ferry Building run and end on Sunday December 23 at the Mission Rock run. The winning candidates will be announced in the January 2013 *DSE News* and on the DSE Facebook page.

Kevin Lee has proposed that the club hold a town hall type meeting after one of the races to allow you to meet the candidates and discuss their platform. This format will allow members to submit questions and discuss issues with the candidates. It will not be a debate.

This meeting will be held on December 2 after the Ferry Building run. We urge all DSE members to attend.

## 2013 RACE SCHEDULE

*Janet Nissenson*

The tentative 2013 DSE Race Schedule is included in this month's newsletter, and will also be available online at [www.dserunners.com](http://www.dserunners.com) soon. Please note that ALL races are still pending permit approval as of publication date, so none of these dates are 100% finalized. We will post any necessary changes to this schedule here in the newsletter, and also on the DSE Facebook page as we are advised of them.

This was a challenging year for the Race Scheduling Committee, as there

*continued on page 3*

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## From the President's Desk

◆ ◆ ◆ KY FAUBION

The president is away from his desk yet again this month, but former president and current officer at large Kevin Lee has stepped in to provide a substitute column.

### CONGRATULATIONS TO THE 2012 WORLD SERIES CHAMPIONS SF GIANTS!

With your collective team efforts, like DSE you have what it takes to be the best!

### DSE COMING ATTRACTIONS

The 2013 Gala will be held on Friday, January 25, 2013. The December *DSE News* and the DSE website will include the following: DSE Gala flyer, award reporting form and Gala Dinner registration form.

### DSE FALL GENERAL MEETING DECEMBER 23

Please mark your calendar to attend this important club general meeting. This is your last chance this year to share your club ideas and suggestions, as well as the final opportunity to vote for club officers. The meeting will follow the Mission Rock 5K race.

### BEWARE OF ENTICEMENTS

Less than 48 hour before the Second Annual SF Urban Adventure Tour on October 6, DSE received

## DSE CANDIDATE FORUM DECEMBER 2

There will be a meeting on Sunday, December 2 after the Ferry Building run with the officer candidates present to discuss their qualifications and plans, and to answer questions.

# CLASSIC STU-PEDS

by Stu Ruth

a Facebook notice seeking group pacers. In return for their services, each volunteer would receive free race entry, a race t-shirt and a \$50 payment.

Leo and Virginia Rosales answered the call but came away with a less than happy experience. Still waiting to receive the payment in the mail, they said they would not do it again. Words of advice are, "bidders beware of last minute enticements."

## UPCOMING DSE RACES

In November, DSE will be showcasing some of San Francisco's finest locations. We look forward to seeing you at all of them.

On November 4 please join us at the Lindley Meadows Cross-Country 4M. This is a unique double-loop 2M race course that will challenge both experienced and first-time cross-country runners. Please note that daylight saving time ends during the previous night, so set your clocks back one hour!

We are anticipating another 250 – 300 race participants for the Embarcadero 10K on November 11. Please note the 8:00 AM start time!

Have you had your share of running around Lake Merced in 2012? The



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.



Single/Double Lake Merced Runs on November 18 will be the 15th time, but who is counting? DSE is going to keep running this race until we get it right. *Editor's note: I've been running DSE races at Lake Merced since 1981, three years before I joined the DSE, and they always get it right.*

On November 25 there will be no DSE Run, to give you all the opportunity to enter the Run Wild 5K/10K in Golden Gate Park.

## 2012 ECO-AWARDS

Barbara Robben

How do you get to DSE runs?

Thinking of the planet's well-being, it's wise to try alternative plans to driving sometimes. And sometimes, a car is not readily available.

Do you bicycle, walk, run, take public transit or carpool? At the DSE Gala banquet in January, there will be an award for everyone who has come to at least one DSE race this year using an alternative to driving alone.

If, on the other hand, you've come to DSE events by roller blading, kite sailing, swimming or parachute jumping from a plane or dirigible, be sure to send the story of your adventure to Jane Colman, editor of the *DSE News*, so that it can be published in a future edition of the newsletter.

Thanks, and happy adventuring!

## DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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](mailto: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](http://www.dserunners.com)

WEBMASTER: Natalie Nissenson

[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

were a number of restrictions they had to deal with. First and foremost is next year's America's Cup events, which basically excluded us from using any GGNRA or waterfront venues for several months. Second is scheduled construction near Aquatic Park for the first half of 2013, which eliminated the possibility of holding any races in that area. Third are continued restrictions from the San Francisco Parks Department concerning events in Golden Gate Park, whereby we cannot run around Stow Lake or start races on the east end of the park without numerous and difficult conditions to meet.

As a result, you will notice that several courses are being held twice, others are being moved to different months of the year, and still others are being moved to a different venue entirely. Of note is the Waterfront 10M/5K races, one of DSE's largest events. Because of the planned construction along Jefferson Street, the 2013 races are being moved to Sierra Point Marina in Brisbane. The Marina is a wonderful venue, with easy freeway access, lots of free parking and restrooms. The flat, paved and very scenic course is completely closed to vehicle traffic, which will make it a faster and safer course for the runners. And, as of publication time, we are in the process of having both the 10M and 5K courses USATF Certified, so that runners can use their results from these events as qualifiers for races that require them.

We are also returning to an old venue — McLaren Park in San Francisco. DSE has not held a race there for over a decade, and it will be interesting to explore this almost unknown but scenic area of the city.

Once again, please be sure to check the DSE website for any changes or updates to the schedule. Every effort will be made to inform members of these changes.

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## HEROES WALK AMONG US

*Bill Dake*

Everybody knows that Chikara Omine is a great distance runner and a really nice guy, but you need to also know that he is a super class act who puts others before himself. Some elite runners are aloof, so Chikara is a pleasure and is extra-worthy of appreciation. After winning first place in Ed's Mile and first place in the Education 5K at the October 8 Walk & Run for Education, he worked as a volunteer running back and forth between the results truck and Peacock Meadow with display sheets. He is my choice for DSE Member of the Year and more. As Walt Stack would say, "Chikara is a DAMN GOOD GUY" and give him a Damn Good Guy ribbon.

Patrick Lee, someone we all know and admire, was first Male (60-69) in the Mile and the 5K, too. It was good to see these guys do well.

## FINAL TWO MONTHS TO CONTRIBUTE VOLUNTEER HOURS

*Janet Nissenson*

With only two months and seven races remaining in 2012, the time to contribute your two hours of volunteering in order to qualify for year-end awards is very brief. As a reminder, the two hours of volunteer credit is required in order to qualify for Mongo Trophies, Top Five awards, and age division awards. If you are hoping to win a large Mongo trophy, then the number of hours contributed goes up to four.

Volunteer hours may be contributed at the weekly races by assisting at the registration desk (you must arrive prior to 8:00 AM and work up until race start) or by assisting at the finish line. If you do both jobs at one race, this will take care of your two hours. You must contact the Race Director or Kevin Lee ([dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com)) prior to the race to see if volunteers are still needed for that particular day.

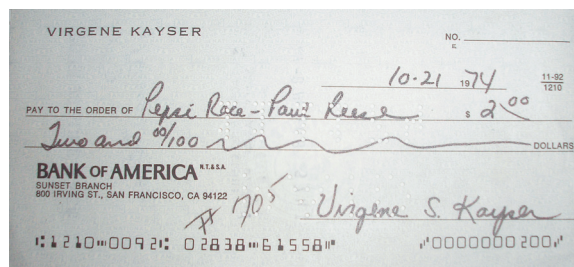
If you are not certain how many (if any) volunteer hours you have contributed so far this year, please email Mary Gray at [magray1@earthlink.net](mailto:magray1@earthlink.net) to verify.

THIS IS THE FINAL REMINDER THAT WILL BE ISSUED ON THIS SUBJECT!

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## THE GOOD OLD DAYS

*Theo Jones*



A photo of an entry for the 1974 Paul Reese Pepsi 20-Mile race in Clarksburg near Sacramento

How times have changed! This year's 47th Annual Paul Reese Memorial Clarksburg Country Run is on November 11 (5K, 10K, half marathon and 20 miler) and costs \$30 – \$45, very modest and old-time compared to most current races. The Napa marathon in March is \$150 now and after December 31 goes up to \$250.

The Clarksburg races are one of three highlight trips of the fall season for many of us, with the Jug and Rose at Volcano in September, the Humboldt Redwood races on the Avenue of the Giants in October and now Clarksburg in November. You really get to feel the fall season and see a lot of fall season color in the Clarksburg Delta area. Check out these excellently organized small-town races, usually with good weather, at [www.clarksburgcountryrun.com](http://www.clarksburgcountryrun.com).

By the way, in 1976 Virgene Kayser became Jeanie Jones! Her time: 2:28:25, pace 7:25/mile.



# 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.

**NOTE:** Complete race results can be found at [www.dserrunners.com](http://www.dserrunners.com). Click on **Race Results** in the left-side menu bar, or download as an insert to the newsletter. Printed race results are mailed *only* for members who have requested them from me and subscribe to the printed newsletter. To request the printed results, send your request to Jane Colman at 692 60th Street, Oakland 94609 or call me at 510-652-3116.



Riya Suising on the Great Highway in the Nike Women's Marathon  
© 2012 Phyllis Nabhan

October 7, 2012

Stern Grove 4M

**Race Directors:** Bob Theis & Robert Brizuela  
**Volunteers:** George Sacco, George Baptista, Jimmy Yu, Calvin Chan, Henry Nebeling, Geores Buttner, Vince French, Bobby Marty, Wally Rapozo, Liese Rapozo, Bill Hamilton, Marcia Martin



Race Directors Bob Theis and Robert Brizuela

© 2012 Paul Mosel

Total Participants = 101; Racers = 91  
(54 Male; 27 Female); Self Timers: 10

PL	NAME	AGE	TIME
<b>TOP FIVE MEN</b>			
1	Sloane Cook	23	23:58
2	Jonathan Bretan	30	24:31
3	Josh Seeherman	33	24:34
4	Markham Miller	48	24:35
5	Jerry Flanagan	47	24:46
<b>TOP FIVE WOMEN</b>			
13	Liz Gottlieb ①	37	26:21
18	Lisa Penzel ②	47	27:54
26	Erin Wang ③	29	30:39
27	Kelly Hicks ④	29	30:41
28	LouAnn Conner ⑤	45	32:06



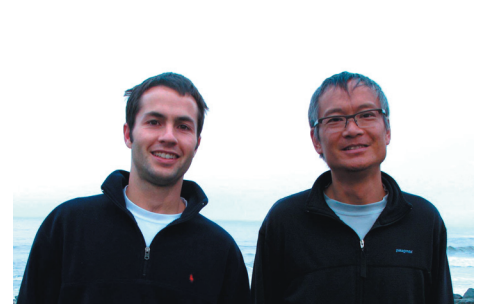
Jerry McCowan at Stern Grove

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October 14, 2012

Rockaway Beach 5K

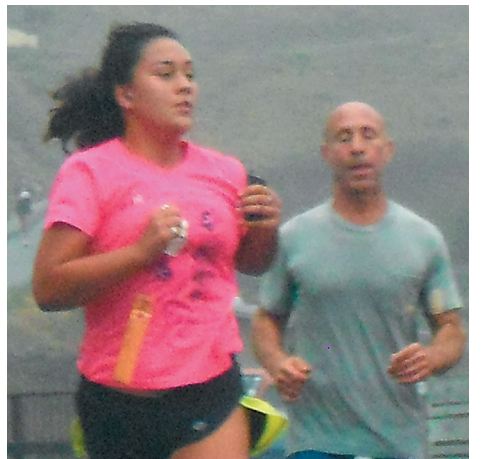
**Race Directors:** Tim Comay & Peter Hsia  
**Volunteers:** George Sacco, George Baptista, Geores Buttner, Dee Farkas, Michele Sims, Dana Farkas, Calvin Chan, Vince French, Jimmy Yu, Bobby Marty, Caron Anderson, Kevin Lee



Race Directors Tim Comay and Peter Hsia  
© 2012 Paul Mosel

Total Participants = 122; Racers = 111  
(64 Male; 47 Female); Self Timers: 11

PL	NAME	AGE	TIME
<b>TOP FIVE MEN</b>			
2	Markham Miller	48	19:03
3	Dustin Metz	29	19:14
4	Alexander Daniels	29	19:32
5	Pedro Alvarez	39	19:39
<b>TOP FIVE WOMEN</b>			
11	Lisa Penzel ①	47	21:00
27	Christina DeGregorio ②	27	22:37
29	Noriko Bazeley ③	54	23:59
38	Jacqueline Seymour ④	16	26:11
39	Marie Carlotti ⑤	56	26:18



Shannon and Daryl Luppino on the Rockaway Beach switchbacks

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October 21, 2012

Kennedy Drive 8K

**Race Director:** Suzana Seban

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Bobby Marty, Geores Buttner, George Baptista, Caron Anderson, Phyllis Nabhan, Vince French, Sandra Sigurdson, Noe Castanon, Michael, Sheri and Kevin Dunn, Jesse Agbayani, Kevin Lee, Michael Robben



Race Director Suzana Seban

© 2012 Paul Mosel

Partly Sunny/Cloudy

148 total, 136 Official Runners + 11

Self Timers

PL	NAME	AGE	TIME
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**TOP FIVE MEN**

1	Sloane Cook	23	28:03
2	Chris Ratliff		28:36
3	Peter Littlefield	25	29:05
4	John Harper	38	29:14
5	Shawn Gallagher	52	29:15

**TOP FIVE WOMEN**

20	Lisa Penzel ①	47	32:49
26	Louise Stephens ②	47	33:37
31	Sasha Cox ③	30	34:08
37	Julie Munsayac ④	34	35:11
40	Noriko Bazeley ⑤	54	36:40



Noriko Bazeley on Kennedy Drive

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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 [janeacol@earthlink.net](mailto:janeacol@earthlink.net).

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
<b>Bix 7, 7M, Davenport, IA, July 28</b>						
6616	Jack Bascom	71	11		M70-74	1:17:57

**Walnut Festival 5K (2.64M), Walnut Creek, September 9**

203	Brian Hartley	59			M55-59	25:21
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**LMJS 4th Sunday Runs, Oakland, September 23**

**5K**

12	Jared Chan	12	2	M	<20	21:00
77	Judy Jarosz	72	1	F	70+	43:08

**15K**

1	Maninder Sohal	21	1		M20-29	59:34
5	Rafael Sands	16	1		M <20	76:11

**Race Against the Clock, September 24**

**Full Marathon**

Bill McCarty	64	2	6:10:00
Danni Baird	29		7:10:00
Jennifer Walker	30		7:12:00

**Half Marathon**

Alva Fong	41		4:03:00
Tony Nguyen	39		4:42:00

**Double Dog Dare, September 25**

**Full Marathon**

Bill McCarty	64	1	6:02:00
Alva Fong	41		6:03:00
Jennifer Walker	30		7:03:00
Danni Baird	29		8:31:00

**Half Marathon**

Tony Nguyen	39		3:53:00
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**Bridge to Bridge, September 30**

**10K**

9	Peter Hsia	52	3		M50-59	38:09
11	Aaron Bollwinkel	29	4		M17-29	38:26
31	Tim McMenomey	51	7		M50-59	41:22
36	Gerard Sheehan	32	7		M30-39	36:37
45	Hans Schmid	72	1		M70-79	42:48
54	Paul Huber	25	13		M17-29	43:30
70	John Fenwick	35	23		M30-39	44:11
107	Julie Jeremy	47	8		F 40-49	43:53
118	Rafael Sands	16	7		M13-16	46:16
185	David Brownstein	50	21		M50-59	49:15
258	Nate Sands	16	13		M13-16	51:10
259	Edwin Navarro	62	9		M60-69	51:10
507	Mitchell Sollod	73	3		M70-79	56:06
625	Jon Sieker	41	111		M40-49	58:44
739	Kevin Lee	57	35		M50-59	1:00:41
845	Fredy Recinos	48	144		M40-49	1:02:28
879	Dana Farkas	53	28		F 50-59	1:03:01
881	Suzana Seban	59	29		F 50-59	1:03:03
891	Alfred Palma	51	98		M50-59	1:03:15



## ◆◆◆ 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:

November 4	Lindley Meadow XC 4M
November 11	Embarcadero 10K
November 18	Lake Merced 4.5M/9M
December 2	Ferry Building 4M
December 9	Golden Gate Park 10K
December 23	Mission Rock 5K
December 30	Golden Gate Bridge Vista 10K

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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.

REMINDER — you only have two more months left to fulfill your volunteer hours requirement in order to receive any year-end awards at the Gala Dinner!

916	Julie Bernstein	42	89	F 40-49	1:03:50
927	Henry Nebeling	80	1	M 80+	1:04:01
1059	Mort Weisberg	75	4	M70-79	1:07:17
1169	Robert Silverman	63	33	M60-69	1:09:22
1375	Dennis Hassler	78	6	M70-79	1:18:18
1405	Amy Mutere	52	70	F 50-59	1:19:50

### 7K

19	Steve Snyder	50	2	M50-59	33:34
35	Andy Rochon	39	6	M30-39	36:27
208	Erica Chesley	24	34	F 20-29	49:02
262	Russell Breslauer	63	6	M60-69	51:29
408	Shannon Luppino	16	9	F 13-16	58:47
415	Jack Soler	11	6	M 8-12	59:12
459	Margo Banowicz	53	37	F 50-59	1:02:30
649	Dee Farkas	84	1	F 80+	1:19:20
652	Michele Sims	55	69	F 50-59	1:19:37

### Run for the Stinkin' Roses 5K, Gilroy, September 30

14	Neal Ashton	56	3	M50-59	26:33
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### Berlin Marathon, September 30

	Carol Pechler	72	15	F 70-74	5:29:30
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### Quadtoberfest, Day 1, October 5 Half Marathon

	Tony Nguyen				3:13:13
	Jesse Agbayani				3:36:12

### Full Marathon

	Bill McCarty				6:45:11
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### Quadtoberfest Day 2, October 6 Half Marathon

	Tony Nguyen				3:13:13
	Jesse Agbayani				

### Full Marathon

	Bill McCarty				6:41:08
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### Quadtoberfest Day 3, October 7 Half Marathon

	Jesse Agbayani				
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### Full Marathon

	Bill McCarty				6:00:27
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### Quadtoberfest Day 4, October 8 Half Marathon

	Tony Nguyen				3:39:26
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### Full Marathon

	J.R. Mintz				3:51:55
	Bill McCarty				5:39:08

### Shell Martinez Education 5K, October 7

	Brian Hartley				30:47
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### Bizz Johnson Trail Runs, Westwood to Susanville, October 7 Marathon

60	Stephen Seymour	51	7	M50-54	4:08:48
186	Margie Whitnah	64	5	F 60-64	6:24:54

### 50K

9	Gregg Whitnah	62	1	M60-69	5:14:38
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### Chicago Marathon, October 7

2811	Edward Haack		398	M40-44	3:22:06
15839	Milinda Lommer		728	F 40-44	4:16:54

**Victoria Marathon, Victoria, BC, October 7**

1609	Jane Colman	69	4	F 65-69	5:31:25
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**Run for Education, October 8  
Mile**

1	Chikara Omine	30	1	M30-39	5:21.01
4	Patrick Lee	65	1	M60-69	6:68.76

**5K**

1	Chikara Omine	30	1	M30-39	17:09
48	Patrick Lee	65	1	M60-69	24:03
60	Judith Waitz	52	1	F 50-59	24:44

**Steve Sokol Memorial RSDSA 5K (3.4M), San Jose, October 13**

10	Neal Ashton	56	1	M50-59	28:57
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**Nike Women's Marathon, October 14**

44	Riya Suising		2	F 45-49	3:27:34
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**Half Marathon**

8852	Carol Pechler		1	F 70-74	2:33:19
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**Primo's Run for Education 5K, San Ramon, October 15**

762	Brian Hartley	59	49	M50-59	30:35
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**Mens and Womens Marathon, October 15**

Bill McCarty	65	6:05:10
Tony Nguyen		7:59:52

**Bill's Birthday Celebration, October 15**

Bill McCarty	65	5:50:05
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**Santa Cruz Track Club Soquel XC Invitational, 2000M October 14**

Maggie Haack	7	F Sub-Bantam	11:35
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**Humboldt Redwood Runs, Weott, October 21  
Marathon**

80	Judith Taksa Webb	69	1	F 65-69	4:21:21
109	Sam Roake	76	2	M75-59	4:43:13

**Half Marathon**

9	Chikara Omine	30	3	M30-34	1:11:21
20	Cliff Lentz	47	2	M45-49	1:15:57
21	Manindar Sohal	21	2	M19-24	1:15:58
27	Joe Wehrheim	40	3	M40-44	1:16:38
48	Roy Clarke	56	3	M55-59	1:22:23
51	Jason Reed	33	7	M30-34	1:22:58
53	Alyson Barrett-Ryan	33	3	F 30-34	1:23:17
74	Steven Pitsenbarger	44	13	M40-44	1:29:58
85	Bob Anderson	64	2	M60-64	1:32:39
87	Hans Schmid	72	1	M70-74	1:32:48
133	Erika Kikuchi	34	9	F 30-34	1:40:01
150	Diann Leo	25	10	F 25-29	1:42:06
181	Russ Kiernan	74	4	M70-74	1:47:00
192	Jim Flanigan	63	6	M60-64	1:47:58
195	Theodore Jones	73	5	M70-74	1:48:31
497	Jane Colman	69	5	F 65-59	2:25:18
633	Dina Kovash	74	6	F 70-74	3:23:53

**5K**

165	Bob Kovash	74	2	M70-74	32:43
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**WINDERMERE  
MARATHON IN  
SPOKANE NEXT MAY***Jane Colman*

Longtime DSE member Elaine Koga Kennelly is the new race director of the Fifth Annual Windermere Marathon and Half Marathon, which will take place in Spokane, WA on May 19, 2013.

Since moving from the Bay Area to northeastern Washington state, Elaine has been very active in the local running community, and she and her husband, DSE member Paul Kennelly, have also been racking up marathons. Elaine ran her 100th and 101st marathons in 2011 and Paul finished his 40th at this year's Portland Marathon.

The Windermere marathon is a scenic and fast point-to-point course with an overall elevation drop and is certified as a Boston qualifier. The half marathon is also a fast and scenic course.

Elaine would like to invite DSE members to run Windermere next spring, and is offering a \$5 discount with the discount code SFDSE. A copy of the flyer with race details and the mail-in entry form is included as an insert in this issue of the *DSE News*, and online registration is available at [www.windermere marathon.com](http://www.windermere marathon.com).



Elaine Koga Kennelly showing off a few of her marathon medals

# BERLIN MARATHON 9/30/12: STILL THE WORLD'S FASTEST, BUT NO NEW WORLD RECORD

Carol Pechler

Berlin's 2012 marathon organizers invited the world's fastest man, Kenya's Geoffrey Mutai, and he had a special incentive, which was to claim recognition of that title. He had won the Boston Marathon in 2011 in 2:03:02, but not the official world title, because the IAAF doesn't count the Boston Marathon because it is a point-to-point course with a 400 foot net drop. In this 39th Berlin Marathon, Mutai would have plenty of competition to spur him on: nine Kenyan men would run, all members of the "Under 2:10" club.

With a flat course and expected ideal weather, the event organizers generated a lot of anticipation for yet another world record, just one year after Patrick Makau set the record in Berlin in 2011 at 2:03:38. In Berlin, more world records have been scored than on any other marathon course (site of the last ten records for men; three of the last six for women).

Berlin offers prestige on many fronts: world elite marathoners, a big purse, a good chance for another world record for men, an important city with a long, complex history, famous broad avenues, grand architecture and a fine course culminating in the run under the Brandenburg Gate. I was delighted to experience the marathon excitement in this historic setting, even from way in back. (I finished in the last quarter of the 28,000+ full marathon finishers.)

Add to the excitement that Berlin is one of the five World's Major Marathons, an honor formed in 2006 by the IAAF, which awards \$500,000 each annually to the leading man and woman. (The other WMM cities are Boston, Chicago, London and New York. Note that Boston "counts" in this group.)

And what a beautiful setting for the finish line, just after running under the Brandenburg Gate! Built in 1788-92, the Gate's architecture is based on the Propylaea, the gateway to the Acropolis in Athens. In Berlin the Gate was called the "gate of peace."

The name "Brandenburg" has a longer history, starting as a town first recorded in the 10th century. Berlin, across the Spree River, was first recorded in 1244. By 1389, these two had joined into a small — population 6,000 — trading and fishing town. Late in the 17th century, the Brandenburg Mayor and Duke of Prussia, Friedrich Wilhelm, greatly expanded the population by welcoming religious refugees: French Huguenots, Dutch Protestants

and Viennese Jews. By 1800, Berlin, at around 200,000 population, had grown into Europe's third largest city, after London and Paris.

Berlin became the nation's capital in 1871. By the end of World War II the central city was 75% destroyed and it was divided politically, as was the whole country. In 1961, East Germany erected the Wall to stop emigration; in 1963 John Kennedy gave his famous speech by the Gate, highlighted by "Ich bin ein Berliner," and for 30 years the Wall blockaded the Gate, until the reunification of West and East Germany was declared and celebrated, also at the Gate.

Berliners don't deny their complex and sometimes dark history. At midnight on January 1, 1999, my husband and I watched the joyful display of fireworks over that gate, and our Berliner friends told us, emotionally, "We've come through dark times; now we celebrate peace."

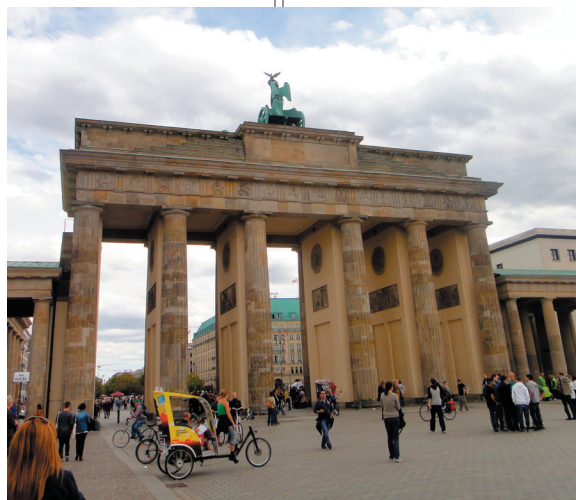
About this year's result: Geoffrey Mutai came in 48 seconds too slow to break Patrick Makau's one-year-old world record. As a tribute to Makau, we all received the following on our finisher's medals: one side shows a relief of his face, with "Weltrekord 2:03:38 Berlin 2011, Patrick Makau," and the other side shows the Brandenburg Gate.

Berlin puts on a good marathon: it is well organized and the whole city celebrates. The very efficient U-bahn and S-bahn lines will get you easily to and from the start/finish location in the huge park in front of the nation's

congressional buildings. A million spectators will cheer you on, and the 80 musical groups along the course include several 30-piece bands playing swing music!

And surely you'd feel filled with mixed emotions as I did, not only with relief and gratitude at finishing, but also in awe of the complex, historical and beautiful setting. After 42+ kilometers, we celebrated our completion by running past the enormous pillars of the towering Brandenburg Gate. "Peace endures!" I blubbered quietly, "and what a finish site of this marathon!"

If readers of this DSE newsletter consider running the Berlin Marathon, let me alert you that registration for the 40th running in 2013 started on October 25, 2012 and sold out in three hours and 31 minutes! Think September 2014!





# VICTORIA MARATHON: Running a Marathon as a Training Run

Jane Colman

For months I've been planning to run the California International Marathon in December, and I was not planning on running any other marathons this year. But when some friends of mine from the Dead Runners Society (an Internet running community) suggested meeting in Victoria, BC the first weekend in October to party and run one of the races, I couldn't resist. I didn't want to travel that far to run an 8K, and I didn't want to race the half marathon, because I was already committed to racing Humboldt Redwoods two weeks later, so I decided to run the marathon as a training run.

The Victoria Marathon has a 5:30 cutoff, but they offer an early start marathon which has a 5:15 minimum finishing time. I figured that taking the early start would ensure that I would run slowly. My expectation was to run between 5:30 and six hours, and my goal was to finish feeling strong and able to continue training.

On Thursday before the race I flew to Seattle and met my Seattle roommate at the airport. That evening we got together with several other Dead Runners for pizza, and early the next morning four of us met at the Victoria Clipper ferry terminal for the scenic, nearly three-hour trip to Victoria. In Victoria we were met by a couple of other friends who had arrived earlier. We spent the afternoon at the Expo, small but well-run, and I had time for a short run before we got together again for dinner at an excellent Greek restaurant.

There were eight of us in all, two of whom took the Saturday ferry. Some of the group downgraded from their original race plans: three ran the 8K, three ran the half marathon, and one other ran the regular marathon, which started more than two hours after the early-start version. Saturday we went to Chinatown for dim sum at lunch, and some of the shorter-distance runners went kayaking in the afternoon before meeting for an early pre-race pasta dinner.

I was the first one up and out of the hotel, because the early-start marathoners, all 105 of us, were supposed to arrive at 6:00 AM for a briefing before the 6:30 start. We started off in the dark, led by monitors on bicycles. The early part of the course was a rather convoluted route through downtown Victoria, where we had to stop for traffic lights. We carried our own water because there would be no aid available until after the half marathon start at 7:30.

From downtown Victoria we made our way through Beacon Hill Park and finally ended up along the water, where we stayed for most of the rest of the course.

I had thought that with such a small number of runners, we would get spread out pretty quickly and would be running mostly alone, but since most of us were running on pace for a 5:30 to 6:30 finish, that was not the case. I ran the first several miles with a race walker. When I took my walk break every mile (because it was a training run, not a race) he went on ahead, but I always caught up with

him when I started running again, and eventually left him behind. But there were always other runners within sight.

Since it was a training run, I stopped a few times on the first half, once for a pit stop and two or three times for photo stops. About six miles in, the first half marathoners passed us, but they were on the other side of the road and so we did not mingle. Since that regular marathoners started at 8:45, we didn't see any of them until after we had reached the turnaround, a bit more than 14 miles into the race (because the last part of the course stayed along the water rather than on the downtown streets) and were heading back. Of course the faster marathoners passed most of the early starters.

On the way back I was still feeling strong, and even though I continued to take walk breaks every mile and to walk though the aid stations, I ran a negative split by about 15 minutes. As I approached the finish line I heard cheering from my friends who had run the 8K and had had time to return to the hotel, shower and eat breakfast before returning to the finish area.

We waited a while for the regular marathoner in our group, who started two hours and 15 minutes later than I did. He ran a bit slower than he had hoped, but still got his Boston qualifier.

It turned out that they did not enforce the race time limits. The first four early starters all finished between 5:03 and 5:12, and the last regular marathoner took 6:10 to finish. Nevertheless, I'm glad that I didn't have the pressure of trying to make the supposed cutoff time.

After we marathoners returned to the hotel and showered and we all ate lunch, it was time to say good-bye. Several of the others had originally planned to stay in Victoria until Monday, but for various reasons they all returned on the Sunday evening ferry. I stayed another day in Victoria.

Saturday afternoon both my hips had felt so sore that I was worried about running the marathon, but I felt fine during the race and even better the next morning, so I went out for a run through Beacon Hill Park, along the water, and into downtown to find the site where my great-grandfather had built the first genteel boarding house in Victoria in the early

1880s. The building is of course long gone, and the street has a different name, but I'm pretty sure that I found the right place, which was also where my grandparents met a few years later.

Two weeks later I ran an over-65 half marathon PR at Humboldt Redwoods, so I guess I achieved my goal of running the marathon as long slow distance.

This is a race that I would definitely recommend. Of course it helped that we had perfect weather, sunny and mild but cool enough to be comfortable running. It's not a huge race that attracts world-class runners (the winning time was 2:20:40), but Victoria is a charming city and a great destination for tourists, and the marathon is a mostly flat, fast and scenic course.



Another runner took my picture at one of my photo stops along the course

# ◆◆◆ 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](http://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 Nov 4\***

**Lindley Meadow Cross Country 4M**

START/FINISH: Lindley Meadows (across from Spreckles Lake), GG Park

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

**(Note: Daylight Savings Time ends —set clocks back 1 hour)**

COURSE DESCRIPTION: Double two-mile XC loop traversing grass, dirt, trails.

<http://www.usatf.org/routes/view.asp?rID=206182>

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

**Sun Nov 11**

**Embarcadero 10K**

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIME: **Runners at 8:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of the mini-park beyond Townsend Street (before AT&T Park). Turn around at mini-park entrance and return the same way to finish..

**Sun Nov 18**

**Single/Double Lake Merced Runs 4.5M/9M**

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

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

**Note: Both races start at 9:00 AM and course closes at 11:00 AM for both races.**

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

**Sun Nov 25**

**NO DSE RUN**

Opportunity to enter Run Wild 5K/10K, [www.rhodyco.com](http://www.rhodyco.com)

**Sun Dec 2**

**Ferry Building Run, 4M**

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIME: Runners at 8:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Stay on Sidewalk. Turn around at the third column on the south side of Ferry Building and return the same way to finish.

**Sun Dec 9**

**Golden Gate Park 10K**

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 eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto ML King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

**Sun Dec 16**

**NO DSE RUN**

Opportunity to enter Christmas Relays, [www.pausatf.org](http://www.pausatf.org)

**Sun Dec 23\***

**Mission Rock 5K**

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois Street, left onto Illinois Street. Run on Illinois Street to turnaround just beyond 25th Street and return same way to finish.

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

## ◆◆◆ 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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](http://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](http://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](mailto:nishikifinley@sbcglobal.net) or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

## Folding ♦♦♦ ♦♦♦ Session

DATE: Wednesday, November 28  
TIME: 7:00 PM  
HOST: Bill & Pauline Dake  
528 Larch Avenue  
South San Francisco  
650-583-6268

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](mailto:janecol@earthlink.net).

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

Mostly dry weather with above normal temperatures and no fog highlight the first two weeks of November. Highs will be in the 60s and 70s. Light rain returns around mid-month followed by sunny skies and mild temperatures. A stronger storm brings rain to the Bay Area and snow in the Sierra around Thanksgiving week, however dry and mild weather returns just in time for Thanksgiving holiday weekend. Dry, cool weather continues during the last week of the month.

## ♦♦♦ Club Officers & Coordinators ♦♦♦



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ANGELICUS  
Walt Stack

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**EQUIPMENT** Bob Marty

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### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson



## SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday! ♦♦♦♦♦♦♦♦♦♦ November

1 Benjamin Ruppert  
4 Aram Durgerian  
Alex Merchant  
Marsha Takemoto  
5 Christopher DeNoia  
6 Daryl Luppino  
7 Matthew Cox  
Denise Leo  
9 Mary Hamilton  
10 Dan Shalom  
11 Steve Musser  
12 Roy Clarke  
William Misener  
13 Tom Boyd  
Ellen Breslauer  
Betsy Gray  
14 John R. Houghton  
15 Michael Innes  
Freya Wehrheim  
16 Hugh Byrne  
17 Kelly Emo  
Babette Hogan

18 Michael Gulli  
Sharon Rosedale  
19 Gloria McKay  
20 Heather Bass  
William Johnson  
22 Richard Couvillion  
Jeanie Jones  
Peter Webb  
David Wilson  
23 Robert Brizuela  
Divina Galban  
Phaidra Garcia  
24 Michelle Agbayani  
25 Julie Munsayac  
26 Kevin Dunn  
27 Kenneth Fong  
Mary Jenn  
Nicholas Sutton  
28 Harry Cordellos  
Vanessa Miller  
29 Schuyler Horn

## New Members

**MORAGA**  
Rubi Kawamura

**SAN BRUNO**  
Daniel Chelone  
Alexandra Seymour

**SAN FRANCISCO**  
Christy Bentivoglio  
Marky Enriquez