

DSE NEWS



47th Year

December 2012

DSE 2013 OFFICERS ELECTION

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

The ballot for the election of 2013 DSE club officers is included as an insert in this issue of the DSE News. You may mail the ballot or deposit it in a ballot box at upcoming DSE races. The voting will close shortly after the Mission Rock 5K on December 23. You must be a member (dues paid) for your vote to be counted. Please cast your vote for the candidate(s) of your choice.

A big thanks to our candidates:

President: George Sacco
Senior VP: Caron Anderson
2nd VP: Kenley Gaffke and Michael Gulli
Secretary: Diann Leo
Treasurer: Chikara Omine

Results of the voting will be announced in the January 2013 *DSE News* and posted on the DSE Runners Facebook page. Thank you in advance for your vote.

CANDIDATES FOR 2013 DSE OFFICES

GEORGE SACCO, CANDIDATE FOR PRESIDENT



Hi, I am George Sacco. It's that time of year when you will select a new DSE Board. I'm running for President. During the Walt Stack era I typed the race results and was Vice President for two years. In the current era, I have held every board position except Treasurer and President. I see my mission if elected to be as follows:

Maintain simple, inexpensive, and safe runs.

How I plan to do this: 1) Attend as many runs as possible;

2) listen to the concerns of our members and resolve as many of them as possible;
3) keep all club members informed, and 4) look for ways to improve what we do well and correct those things that we don't do well.

I feel that the San Francisco Dolphin South End Running Club has a great tradition in the Bay Area and we should work to cement that tradition for the future.

Thanks for reading this. I appreciate each and every one of your votes.

More candidate statements 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 again stepped in to provide a substitute column.

OUR DSE PRESIDENT TAKES MATTERS INTO HIS OWN HANDS!

Ky wrote, "Caught a guy robbing stuff out of my car a half hour ago near the Lombard Presidio gate. I saw him in my passenger chair with a flashlight and pretended to walk past and he fell for it and continued to rummage. I tackled him from behind and yanked his sweatshirt overhead and pulled him out on the street "WHAT THE F... ARE YOU DOING IN MY CAR!?" Pinned him down till the cops came. My hands won't quit shaking..." Immediate Facebook feedback was: He picked the wrong dude to rob! You are the man! And the new heavy weight champ... You bad ass! You are a hero! and much more positive feedback.

DSE COMING ATTRACTIONS UPDATE

As promised, included in this newsletter and the DSE website you will find or be able to download several newsletter inserts: DSE Election Ballot, 2013 DSE Gala Flyer, 2012 DSE Awards

12/2 DSE TOWN HALL MEETING HAS BEEN CANCELLED

With the recent shakeup of the club officer candidates slate, the December 2 Town Hall meeting has been cancelled. Please review all 2013 candidate bios before you return your DSE Election Ballot.

Reporting Form and Waterfront 10M application. Please review all these important documents with their specific submission deadlines; your input is important to DSE. I encourage every club member to cast your vote for the candidates who will be your 2013 club officers. I do not want anyone to miss out on the excitement of the 2013 DSE Gala. Taking advantage of the early-bird RSVP special may win you a free Kaiser Permanente Half Marathon race entry. Every club member can easily qualify to be awarded a Mongo Trophy at the 2013 DSE Gala. The January 25 Gala is where you have the chance to enjoy a festive meal, to celebrate, to dance and have a fun, entertaining award banquet with fellow DSE members.

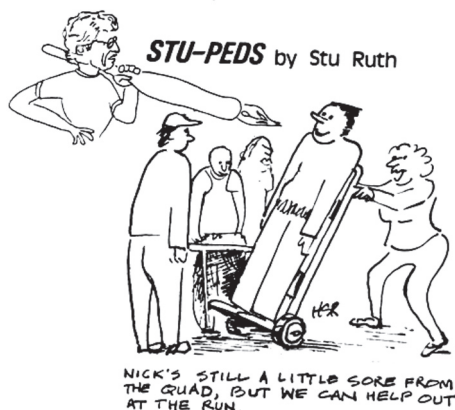
DSE FALL GENERAL MEETING DECEMBER 23

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.

UPCOMING DSE RACES

The DSE knows how to take the chill out of winter. Coming out to the weekly DSE races should warm your heart and soul. Please come join DSE for its December 2 Ferry Building

CLASSIC STU-PEDS by Stu Ruth



4M that showcases the spectacular waterfront. *Note: special 8:00 AM start time!* Pre-registration for the December 9 GG Park 10K is overwhelming with 200+ already. Please join us for this extravaganza. There is NO DSE run on December 16. Use the opportunity to run the Christmas Relays at Lake Merced and catch up on your shopping.

Just to be safe, be sure to attend the December 23 Mission Rock 5K. You don't want Santa Claus to find out if you have been naughty or nice. The GG Bridge Vista 10K on December 30 is the last DSE race of 2012, the official DSE Finish Line. High Fives all around and Happy New Year!

DONATE YOUR OLD RUNNING GEAR

Noe Castanon

As many of you might know, Eduardo Vazquez and I are heading down to Mexico December 12-20. We are making this trip for the purpose of taking as much running gear as possible from the running family in the Bay Area and donating it to the running communities in Zacatecas, Mexico, where I am from.

We are asking the DSE family for those old shoes, shirts, jackets — any running-related gear that is not used anymore.

I'm planning to volunteer at the December 2 DSE race. If you can't bring your donations to this race, Eduardo will be accepting them at the race on December 9.

I'm doing this because of the impression I had of the condition of the Mexicans' running shoes during some local races. They were wearing basketball or completely worn out shoes for running events.

If you have items to share, please don't hesitate to bring them. Our runners will really appreciate them!

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



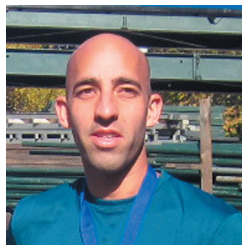
CARON ANDERSON, CANDIDATE FOR SENIOR VICE PRESIDENT

Hello, my name is Caron Anderson. I have been a member of DSE Runners for only 21/2 years, yet I have been aware of this running club for much longer. I started running nearly 45 years ago, and back in the 70s and 80s when I competed here I had the

privilege of meeting Walt Stack. So when I moved to San Francisco in 2010 one of the first things I did was to look up and join DSE Runners. I am so glad that I did. This is a terrific organization which offers camaraderie, socialization and friendship to all runners of all abilities and to walkers and volunteers as well as visitors to our great city. Due to infuriatingly persistent injuries this year my participation has been more as a volunteer. But that has enabled me to get to know more members in different capacities and to better understand the workings of the club. I will be there to support our new president and help him as needed. I want our club to continue with its great tradition of weekly low-cost races where all runners and walkers of any age or ability are welcome. I will encourage continued participation of members as volunteers — it is enlightening and rewarding. I look forward to running with and meeting more of you this next year.

KENLEY GAFFKE, CANDIDATE FOR SECOND VICE PRESIDENT

Five years ago, back in August 2007, I was looking to get back into running. I had taken five years off where I was only running recreationally to keep my fitness up, where I ran three times a week and only ran one or two races a year. I was 29 years old and on my “bucket list” was to run a marathon by the time I was 30. Well, time was running out, literally, if I was going to make my deadline. I didn’t really know any runners in San Francisco, so started looking up running clubs and found DSE.



Since then I have been running forward and haven’t looked back since. My first race was the Embarcadero 5K back on September 16, 2007. I finished in 11th place in a time of 20:54 in a pace of 6:43/mile. Now I run marathons at a 6:40/mile pace, so DSE has pushed me to limits I had once thought unattainable. I remember meeting Jerry Flanagan and Jason Reed who finished ahead of me. I was instantly hooked by this amazing club, which has given me so much in return, mainly great friends and a passion for running. I officially became a member of DSE in 2008. A year later I felt honored to be asked to join the DSE Racing Team to race in the Relay and have been racing on the team during the last four years. One of the best moments in running for me was to finish in first place with the DSE Racing Team during the Relay this year. It shows that amazing things can happen in with dedicated training and hard work.

I would like to serve as the Second Vice President for DSE with the same dedication and hard work that I have used in

training for the Relay these last four years. To me DSE is a legendary club, full of legendary runners that I will always remember. What some of the runners in our club accomplish are amazing feats, from 5K to 100 milers, and some even completing back-to-back races.

If I am elected as the Second Vice President I would like to accomplish having one certified race a year and to generate new ideas for the club. Also, as the club will be turning 50 years old in 2016 I would like to gather information and produce some post-race videos to include in a short documentary I have been thinking about making. In short, I would like to bring the same excitement past elected officials have brought to the club during 2013 if I am elected. To help facilitate my goals for the club during 2013 I would bring the same dedication as my marathon training to always remember “no goal is impossible.” I would like to give back to others what DSE has given to me, friends and a passion for running. That’s why I ask you for your vote.

MICHAEL GULLI, CANDIDATE FOR SECOND VICE PRESIDENT

Dear fellow members,

I have been running for 39 years and now I am running for Second Vice President. I remember how much fun the club races were to run in the late 1970s and 1980s. The current races are a lot of fun too. The members of this club have been very supportive to my family and me. I would like to see that the club maintains its races on its yearly schedule. This is a great club and I plan to do whatever I can do to accomplish this as Second Vice President. I see the club maintaining its current size — not too big, not too small, just right.



DIANN LEO, CANDIDATE FOR SECRETARY

Diann has volunteered to run for Secretary in place of the original candidate, who withdrew her nomination. This occurred too late for Diann to provide a candidate statement or photo.

CHIKARA OMINE, CANDIDATE FOR TREASURER



My vision for the DSE club is for it to maintain its tradition of being able to offer affordable but fun and welcoming races. As Treasurer, the goal is to take on a supporting role for the leaders of the club to be able to make the decisions that would keep the tradition of cheap but fun races alive.



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

FOLDING SESSION HOSTS NEEDED

Jane Colman

The DSE News needs folding session hosts for all of 2013, starting with the February 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).

Runners, costumed and otherwise, at the Halloween Great Highway race
© 2012 Don Watson



October 28 2012

Great Highway 3.95M

Race Directors: Robert Brizuela and Jesse Agbayani

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Ann Agbayani, Jimmy Yu, Caron Anderson, Janeth Siva, Denise Leo Kevin Lee, George Buttner, Vince French, Wally Rapozo, Liese Rapozo, Danni Baird, Darci Baird, Griffin Hoffman, Vladimir Hoffman



Race Directors Jesse Agbayani and Robert Brizuela

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Total Participants = 136 (110 Runners, 9 Self Timers, 17 Kids)

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Adam Lassik	26	22:24
2	Sloane Cook	23	22:37
3	Markhan Miller	48	22:58
4	Pedro Alvarez	39	23:23
5	Steven Pitsenbarger	44	24:29

TOP FIVE WOMEN

6	Liz Gottlieb ①	37	24:53
15	Aoife O'Brien ②	28	26:58
20	Nicole von Germeter ③	40	27:46
22	Erika Kikuchi ④		28:14
28	Amy Sonstein & Rebecca ⑤	42	29:37

TOP FIVE KIDS

1	Jakob Lail	8	3:32
2	Xavier Miller	7	3:40
3	Joseph Louie	10	3:50
4	Vanessa Miller	8	4:05
5	Ali Lapiz	8	4:06

November 4, 2012

Lindley Meadow Cross Country 4M

Race Directors: Markham Miller and Kenley Gaffke

Volunteers: George Sacco, Peggy Kang, Calvin Chan, Bobby Marty, George Baptista, Jimmy Yu, Geores Butner, Peter Flesse, Brian Hartley, Yong Cholee Haber, Phyllis Nabhan, Tim Comay, Kevin Dunn, Sheri Dunn, Caron Anderson, David, Noe Castanon, Pedro Alvarez, Ed Caldwell



Race Directors Kenley Gaffke and Markham Miller

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Total Participants = 168; Racers = 134 (76 Male; 58 Female); Self Timers: 17; Kids: 17

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Sloane Cook	23	25:06
2	Ken Allen	45	26:30
3	Alan DeLoria	27	26:40
4	Rob Simpson	42	27:38
5	Dave Emanuel	49	28:05

TOP FIVE WOMEN

20	Erin Wang ①	29	31:09
23	Katie Burns ②	27	31:21
25	Katie Allen ③	22	31:48
27	Noriko Bazeley ④	54	32:06
28	Kathleen Cogshall ⑤	29	32:15

TOP FIVE KIDS

1	Jakob Lail	8	2:18
2	Sophia Williams	10	2:18
3	Matthew Williams	7	2:41
4	Xavier Miller	7	2:42
5	Vanessa Miller	8	2:48



Maria Pantoja on the cross-country course
© 2012 Don Watson

November 11, 2012

Embarcadero 10K

Race Director: Riya Suising

Volunteers: George Sacco, Calvin Chan, George Baptista, Jimmy Yu, Vince French, Brian Hartley, Geores Buttner, Bill Hamilton, Phyllis Nabhan, Jim Kauffold, Miguel Guerrero, David Guerrero-Pantoja, Mort Weisberg, Bobby Marty, Kevin Lee



Race Director Riya Suising

© 2012 Paul Mosel

Weather: Clear and cool

230 Runners (109 Men+121 Women),

5 self timers

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	Enrico Ponta	25	35:47
2	Sloane Cook	23	36:01
3	Tim Comay	28	36:19
4	Pedro Alvarez	39	37:51
5	Drew Lindsay	35	38:10

TOP FIVE WOMEN

10	Miriam Jansche ①	28	43:11
13	Megan Robblee ②	27	44:03
16	Erin Wang ③	29	45:03
20	Bridget May ④	24	45:20
23	Noriko Bazeley ⑤	54	46:04



Embarcadero 10K finish line

© 2012 Don Watson

November 18, 2012

Lake Merced 4/5M/9M

Race Directors: Brian Hartley and Dana Farkas

Volunteers: George Sacco, Geores Buttner, Bobby Marty, Jimmy Yu, George Baptista, Calvin Chan, John Weidinger, Vince French, Michael Dunn, Kevin Dunn, Sheri Dunn, Caron Anderson, Michele Sims, Kevin Lee, Denise Leo



Race Directors Dana Farkas and Brian Hartley

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Weather: Cloudy, but no rain

Single Lake Merced

118 Runners (59 Men+ 59 Women), 9 self timers

PL	NAME	AGE	TIME
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TOP FIVE MEN

1	William Scott		27:34
2	Nakia Baird	37	28:14
3	J.P. McSherry		28:50
5	Jose Maldonado		30:22
6	Conal Gallagher	49	30:54

TOP FIVE WOMEN

4	Rachel Haurwitz ①	27	28:53
18	Alexis Kim ②	23	35:31
23	Karen Donovan ③	47	36:54
24	Kara Herson ④	13	37:05
28	Donna Schumacher ⑤	55	37:24

Double Lake Merced

33 Runners (19 Men+ 14 Women), 2 self timers

TOP FIVE MEN

1	Adam Littke	38	52:37
2	Ben Barrett	30	55:16
3	Cristian Alvarez	33	63:13
4	Gary Goldstein	48	64:29
5	Juan Melendez	55	65:01

FIVE WOMEN

9	Michelle Goldstein ①	43	67:50
12	Cindy San ②	28	71:56
13	Female runner ③		72:28
21	Liz Kauble ④	59	86:39
22	Midori Egi ⑤		86:46

INCIDENT AT THE LAKE MERCED RUN

Brian Hartley

Last Sunday, on November 18, 2012, I served as the Co-Director along with Dana Farkas of the Lake Merced 4.5 Mile and 9 Mile Run. We had an excellent turnout for this DSE run, which included a number of first time runners. I want to share with the club, that during the race at the 4 mile mark, one of the first time participants had a medical emergency while running.

Here is a quick summary of the events that took place. At the time, I was monitoring the finishers of the 4.5 mile race and was notified by one of our DSE Members, Rocco Mullinax, that someone had collapsed on the course, at the 4 mile mark, close to the Park and Recreation vehicles that were clearing out some fallen trees along the running pathway. As a retired paramedic, I ran to the 4 mile mark and arrived on the scene to see a 29 year male who was in shock, extremely pale and sweating profusely or diaphoretic in medical terms, and non-responsive to verbal commands. He was being propped up by the Park and Recreation workers. They advised me that he had had what appeared to be a seizure and then collapsed to the ground. They immediately told me that they had called 911 and that the San Francisco Fire Department was on their way to the scene. I checked his pulse, which was very strong at 140 beats a minute, and based on



Gary Brickley and Steve Nissenson heading for the Lake Merced finish line

© 2012 Don Watson

his very pale skin color and shallow breathing, my initial assessment was that our patient was in shock. I advised the crew that we needed to lay him flat on the ground and to place a jacket underneath his head. Immediately, upon doing so, the patient began verbalizing and told us his name, age, that this was his first race ever, and that he lived in San Francisco. He was confused, however on the day of the week. He was wearing a pair of khaki pants and a T-shirt, not your normal running attire. I kept communicating with the patient until San Francisco Fire Department arrived on the scene shortly thereafter. The paramedics obtained a blood pressure of 90/0 and a pulse of 144, both of which are signs of shock. His EKG was a Sinus Tachycardia with no abnormalities. The Fire Department personnel then loaded him into the ambulance and a few minutes later transported him Code 3, with red lights and sirens, to the nearest hospital. As of right now, I have not been able to obtain any information on the disposition or condition of this patient.

Upon transferring care to the Fire Department, I returned to my duties as Race Director and proceeded to give out the awards with Dana Farkas. During this time, I also mentioned that we had a medical emergency and one of the other first time runners stated that he knew the patient and had wondered where his co-worker was. I gave them a brief overview of what had occurred.

After the race concluded, I talked about the incident with the senior members of the DSE, and I felt the need to share with the club my thoughts and recommendations for future DSE Events. Here are my suggested guidelines for dealing with medical emergencies in the future when we serve as Race Director.

1. First and foremost, make sure all participants have their nametags correctly pinned to their clothing. Our patient on November 18 did have his tag properly attached.
2. If you are called upon to assist a fellow runner who has had a medical emergency, please ask any bystanders if they witnessed any activity before the patient collapsed, i.e., a seizure or any other unusual circumstances.
3. Immediately ask everyone if 911

has been contacted to respond to the scene and if not, then dial 911 and advise the dispatcher of your exact location and the type of emergency you are dealing with.

4. If your patient is unconscious, check for a carotid pulse by feeling alongside the neck with your middle and index fingers. If your patient is pale and has a strong pulse, immediately lay them down on the ground. Do not leave them in a sitting position. If you cannot feel a pulse, then with the new 2010 American Heart Association Guidelines, you should perform 30 chest compressions and then deliver one breath to the patient.
5. Enlist bystanders to assist you in the care and treatment of your patient, by doing CPR or helping to control bleeding of your patient in the event of a mechanical fall.
6. Advise the membership of the DSE Club at the end of the race what occurred and provide a quick summary of the events that took place.
7. Ideally, recommend that all runners wear Road I.D. when they race, which is a recommendation of Runner's World Magazine as well as several other Running Publications.

DSE AT THE RACES

There is no DSE at the Races column this month because there were so many timely articles that I could not find room. The January *DSE News* will include members' race results from late October and all of November as well as from December.

◆◆◆ 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:

December 2	Ferry Building 4M
December 9	Golden Gate Park 10K
December 23	Mission Rock 5K
December 30	Golden Gate Bridge Vista 10K
January 6	Golden Gate Park 10K
January 13	Ballpark 5K
January 20	Waterfront 10M/5K
January 27	Rainbow Falls 5K

We will need additional volunteers at the Waterfront 10M/5K to help at registration, finish line, aid stations, and course control.

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.

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

NOVEMBER 2012: THE NYC MARATHON THAT WASN'T

By Sunday night, the week before the marathon, New York City was on alert. Hurricane Sandy's 90 mph winds were to hit the next day by 8 PM. Storm surges were expected to batter the coast sending record levels of water to the low-lying areas. Earlier, Mayor Bloomberg had announced a mandatory evacuation of all flood-prone areas in Manhattan and the boroughs, in effect ordering 375,000 residents to higher ground. Luckily my daughter Kate's apartment in Brooklyn was two blocks beyond the evacuation zone. She stocked up on food and essentials preparing to wait the storm out at home. I spent the early evening in Palo Alto nervously checking news coverage of the hurricane's path as we messaged back and forth until the strongest parts of the storm appeared to have passed. Apart from the howling wind and rain leaking in through a window, her immediate area seemed intact; she had not even lost power. With no television to check live newscasts, her computer was her link to nearby friends. The storm appeared to have left their immediate area relatively unscathed, but the light of day would tell a very different story of devastation elsewhere. The residents of the New York area would once again endure emotional and physical challenges not witnessed since the destruction of the World Trade Center's towers in September 2001.

At that time, then-Mayor Giuliani decided to continue with the NYC Marathon while Manhattan was still shaken from the city's terrorist attacks. He hoped that holding the race as planned in November would diminish the terrorists' morale boost they had received by thinking they could paralyze the most populated area in the U.S. The marathon would show strength in adversity and unite the people of the city. By most accounts, the feeling of many New Yorkers was that it did just that.

A decade later on the 9/11 anniversary, my daughter and I ran the "Stephen Stiller Tunnel to Towers 5k Run" from Brooklyn to the foot of the World Trade Center. The run traces the steps firefighter Stiller took when he heard the scanner call, then ran through the Brooklyn-Battery Tunnel to join his company at the crumbling Twin Towers. Kate and I would also cross through the tunnel, but we emerged on the Manhattan side greeted by firefighters standing shoulder to shoulder holding photos of those from their company that perished on 9/11. You can not deny the stories of courage that were witnessed by police, firemen, first responders, and citizens alike, uniting them in the days following the disaster of the Twin Towers collapse.

Mayor Bloomberg had hoped the 2012 NYC Marathon would again unite the city in the wake of disaster. Mary Wittenberg, president of the New York Road Runners, explained, "To us the marathon really epitomizes the spirit of New York City, the vitality, the tenacity, the determination of New Yorkers. Now, our every effort is to once again tell the world that New York City, as the mayor would say, is open for business, and we welcome the support of the world at this trying time." Many of the estimated 47,000 participants in the race seemed to agree, saying they thought it would show the world the New York was quite alive, even if the lights were out in many places. Others thought it callous and insensitive of the mayor to proceed with the marathon while others were still struggling to recover. They feared that police

Sandra Sigurdson

and city workers would be diverted from the relief efforts.

By late Friday, the mayor bowed to mounting pressure and reversed his decision — the marathon was cancelled. Bloomberg and city officials issued a statement saying, "While holding the race would not require diverting resources from the recovery effort, it is clear that it has become the source of controversy and division." The race organizers sent an email to runners blaming the media and social websites for creating a firestorm of controversy that ultimately led to Bloomberg's decision. It continued, "The NYRR nor the City could allow this controversy to cause any more damage and destruction or to distract attention from the critically important storm relief effort underway."

My husband and I had been eagerly planning this trip for quite a while. I had run the NYC Marathon twice through lottery spots, but this year I earned my spot with a fast qualifying time. It was to be my fourth marathon this year, and I trained hard. The NYC Marathon is like no other marathon I have ever run. The whole city turns out to cheer you on as you wind through all five boroughs to finish in Central Park. After running it in 2003, I even had a New Yorker stop her taxi and offer me a ride back to my hotel. That never happens. We thought that whatever did or did not happen, just visiting our daughter would be worth it, so we went.

On the morning of what would have been the marathon, runners of all nationalities flocked to Central Park waving their countries' flags and posing by the finish line. Some of the runners were still angry that the mayor had delayed his decision until most of the out-of-towners had already arrived. When we knew the race was definitely cancelled, we wanted to help. I too took an early morning run in the park, then headed over to 59th Street where a blood drive was about to start and I would be first in line. Earlier, we tried to donate, but after waiting in a very long line we were turned away at the end of the day. I donate regularly and have a special blood type that is particularly valuable to people with weakened immune systems like infants or people with AIDS or cancer patients. When I returned to our hotel at the foot of Central Park my daughter too wanted to donate. We ate a good lunch and the three of us headed back to the blood drive, but now there were 25 people in line. After two hours of waiting, the nurses decided to take only donors with the most needed blood types and my daughter was one of the lucky ones. We finished the day with one more errand; the Target sleeping bag I had bought near the Expo for my cold marathon wait on Staten Island was also donated to a church drive.

As of this printing, the NYRR is still working through entrant and marathon issues with information to follow. To the press their president has said all entrants will be entered in the 2013 marathon, but is unclear if any of this year's \$250 - \$350 entry fees will be returned. The NYRR donated \$1 million dollars as well as food, water and generators to help with the relief. But still, people are upset with this year's marathon decisions in the wake of the storm and some still want answers. One thing is sure, Bloomberg and the NYRR will want runners, businesses and relief victims to be satisfied with the decisions the city and club will have to make for this and next year's marathon.

NIKE WOMEN'S MARATHON, 2012, CAPTIVATED TWO PROSPECTIVE DSE MEMBERS

Carol Pechler

What fun to start this marathon with two new young runners! October 14 was the ninth Nike Women's Marathon in San Francisco. This time (my eighth time to run this event, either as full, three times, or half, five times), I was accompanied to the start by two young and relative newcomers to distance running, both of them prospective new DSE members. Here, I'll share some of our impressions.

Both were delighted to get into this exciting event. (I had entered a "team" into the lottery.)

The sky above Union Square was misty and dark in six o'clock pre-dawn, the Square as well, except for sparkling lights in its palm trees. Looking down at ground level, we saw that thousands of excited runners completely filled it, chilly in their shorts and short sleeved shirts. Most were young women, but I noticed more men this year; I had read that 10% of the 25,000 runners this year were men, up from 5% in 2004. Men would get the Tiffany necklaces as well as the women at the finish. I had read that finishing men give their Tiffany necklaces to their mothers or even their grandmothers. Usually their "significant others" are also running and earning their own necklaces.

We pushed through the masses, holding hands to stay together while searching for our start corral. The Square was so stuffed that several of the eight corrals spilled into the side streets.

We could hardly hear an announcer speaking and could barely see a stage set up near the start. Listening, I asked, "Did he say that Shalane Flanagan, Kara Goucher and Joan Benoit Samuelson are here and running?"

Vanessa responded, "I think he said just the last two. Couldn't hear."

Cara said, "Amazing, to be a part of all this; but I wonder if I can really run the whole way, like these thousands!"

"Sure you can; you'll do fine."

We felt nervous anticipation crowding around us; we heard, "I can't see the start line; how far away is it?" "It's up there," her companion pointed, "by the Tiffany store."

"Ooh, spooky! Still so misty!" We looked upward and could see the city's lights reflected faintly in the low overhang.

Above the muffled noises of the throng, we heard the loudspeaker again, "Ten, nine..." in deliberate rhythm,

followed by the booming response of the throng: "eight, seven...one!"

We set our watches, noticing it was exactly 7:00 o'clock and still quite dark. But the crowd pressing around us continued to stand still; we noticed no movement. Vanessa asked, "Was that the start?"

"Yes, look!" Cara pointed to a big television screen above Tiffany's, on which we could see front-runners — who were actually far ahead of us — take off from the start arch and mats. We felt fortunate to wait only a

couple of minutes before adding to the "ping ping" of timing chips registering our official start. We heard later that some runners had to wait thirty minutes before they could finally cross the start mats.

We ran downhill toward the bay, jockeying to find a way to increase our pace. "So crowded!" Some runners jumped up onto the sidewalk in order to break loose from the traffic jam. I said, "These people don't follow the usual rule of races, you know, 'slower to the right, faster to the left.' It's a little chaotic, like the start of Bay to Breakers!"

Cara suggested, "So many first-timers, maybe, like me?"

"Maybe. Look at all the TnT ("Team in Training" of the Leukemia and Lymphoma Society of America) runners, in their purple shirts, and most of them are first-time marathoners."

The crowd — and we — turned one corner out of the square, and then another, running toward the east into early dawn. Within ten minutes we had reached the Embarcadero, and we could hear, "Hey, the Bay!"

Not long after, I said, "You'd better go ahead now; I don't want to hold you back." Cara and Vanessa picked up their springiness and stride, and they were gone. For the remainder of the course, I knew that they had already experienced what I would see, hear, smell, feel.

Those ahead of me appeared to form a river now, turning away from the sun to flow westward along the bay's shore. No sight of the Bay Bridge hidden by heavy mist. No vehicles! I heard seagulls calling, swooping out above the water; I heard soft pad-pad-pad of running shoes on hundreds of feet all around me.

Already one mile! "It's gone so fast, we're floating!" At the Mile 1 water stop, with dozens of young volunteers handing out Gatorade and water, I asked, "Which high school are you from?" Behind them and to the east, I saw light, but the mist curtained the sun. "Galileo!" one answered. "Well, thank you, Galileo!" I called, as I rejoined the runners.

Around 2.6 miles I heard, "One tenth of the full already!" Another runner responded, "But hard to run here," as we picked our way through cobblestones and trolley tracks along Fisherman's Wharf.

I still floated on the early excitement of this river of runners,

but I was able to notice smells: the salty, cold-water bay, the kelp, the freshly baked bread from Boudin Bakery.

I approached the Mile 3 marker, and then the Km 5 marker and its water stop. I heard nearby, "Where's the hill?" Her companion responded, "Just around the turn." The first one, looking up onto Fort Mason Hill, gasped, "Oh my God!" Her companion called, "Come on! We're almost one-fourth of the way to our finish!" I thought, "They're



Cara, Vanessa and Carol before the race

among the 80% of us, doing just the first half." (Vanessa did the full marathon, and this was her second marathon.)

"Baltimore," "Indiana," "Ocala," "Topeka," "Toronto:" I saw home regions on the backs of so many purple TNT shirts. I heard, "Oh, this hill!" But this one was very short, covered by eucalyptus trees, feet tromping on fallen leaves, their fragrance heavy in the air.

I approached the Mile 6 marker, and shortly after it, the Km 10 marker, and then, looming ahead, the steep hill up to the Golden Gate Bridge. I knew the bridge was there, to the right of our course, and that its roadway stood 270 feet above the water. But I heard a "Topeka" runner ask, "Where's the Golden Gate? Do you see it?" No one could see it; it was completely hidden by heavy, low mist. Far ahead and above, through the mist, I could just make out the long line of runners ahead of me, heads quietly bobbing up and down. I looked down at my blue shorts and top, and then back up again. I'm part of this undulating, light multi-colored river, and I'll be up there soon.

This course didn't cross the Golden Gate Bridge. Rather, it turned to the left along Lincoln Boulevard and through the underpass tunnel of Highway 1, where runners hollered "Whoo whoo!" Beyond, they climbed slowly uphill. I heard feet padding around me, sounding, I thought, like soft waves against a shore of pebbles, gently knocking against one another as the water passed over them and then back to sea again. Up a steep hill past former officers' housing in the Presidio, I came to Mile 7 and the next water stop. Smart, to place the stop almost at the top of the hill, because most of us want to walk while drinking so we won't spill, and then we'll be happy to run downhill.

"You're coming to a downhill!" shouted spectators. Runners' lungs recovered during the steep downhill for the next 150 feet, and then I heard, "Oh, no, another uphill ahead!" We saw another 150-foot uphill, now on Geary Boulevard. One young spectator held up a sign saying "Worst parade I've ever seen!"

"Pooh!" I called to him, "This is a great parade, if you're running in it!" He smiled, a little embarrassed. Our "river" now flowed down a very steep hill, almost to the wide Pacific Ocean, past Mile 10, past the Cliff House, rushing toward Golden Gate Park.

The runners now headed slightly uphill into the park, past the Queen Wilhelmina Windmill. Just before Stow Lake, I saw a huge screen displaying video pickup, on which runners could see themselves. People shouted recognition of their companions; a man on a loudspeaker announced runners' names.

I passed many really, really heavy women. I pulled up alongside of three walking women to say, "Hello, Indiana!" I had read their state on the backs of their purple shirts.

"Did you start before seven?"

"Yes, we could start at 5:30 if we wanted," said one.

"Oh, with the course closing at 1:30 this afternoon, that means you have eight hours to finish the course," I observed.

"Yep, and we're going to need it all," one responded.

"Well, you're doing great!" and I left them behind.

Just beyond Mile 11, runners came to the separation: full marathoners continued upward through the park and would

then run back down to the Great Highway, turn to the left, go around Lake Merced, and return back along that long stretch of the Great Highway to the same finish as the half marathoners. The half marathoners, most of the runners, turned downhill on our final two point one miles.

Out of the park soon, I saw that the fog was lifting. We could see out into the ocean, which was unusually still today. No breeze, temperature just right; perfect! I could see full marathoners coming back along the Great Highway to the same finish. Some limped; some pulled to the side to stretch with apparent cramps. A flashing police car crawled slowly along the other side of the divided highway, where many full marathoners still headed out toward Lake Merced. I asked a TnT coach cruising on her bicycle, encouraging TnT runners, "Is there an injury down there?" "No, I think he's following the last runners."

I noticed that the police car slowly followed a woman who was not running but walking, steadily and briskly. She looked maybe 50, and was tall, with short blond hair. I called, "Don't let him pick you up!" The walker called back with a big smile, "Oh no, I have my pepper spray with me."

Ahead loomed the finish "village." Huge! Tents galore! Biggest finish setup ever!

On that last stretch to the finish, crowds had gathered on both sides of the highway, cheering, shouting, clanging cowbells. I heard someone call, "You go, girl! You show those young'uns!" I looked around to see who was being cheered, and then understood. That must be for me!

I passed fencing on both sides to deter "bandits," and saw guards watching, carefully, pulling off the occasional runner without a bib. I found energy to quicken my pace to a slow sprint, and as an announcer on a loudspeaker called, "And here's Carol!" The spectators roared for me! I crossed over the finish mats and walked along a red carpet. A tall, tuxedoed fir fighter, one of maybe ten handsome young men, approached me with my turquoise Tiffany box, tied with its white ribbon in a bow. With a knowing smile, he stepped very close to me, and intimately — but not too intimately — whispered "Congratulations." I wondered, "With me, he's approaching a senior; how do these men approach the young women?" I watched, and noticed the same "just right" intimacy with the young women. But to the finishing men runners, they more loudly said "Congratulations, man!"

My two young fellow runners met me later, back in our room in the Handlery Hotel at Union Square, and both were ecstatic.

"I finished! What a relief!"

"Huge cheering crowds!"

"What a thrill, to be a part of this big experience!"

"Those runners from Kansas and Ohio were so overwhelmed by San Francisco's beauty."

"Yeah, they helped me to look with fresh eyes at the Bay, the ocean, the Presidio ... the Park."

"At first I was disappointed they couldn't see the Golden Gate, covered by fog... but it finally lifted by the time we got out to the Great Highway, and they were astounded by the Cliff House, and then Ocean Beach!"

"This city is so beautiful, and what a way to experience it!"

◆◆◆ 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 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

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.**

Sun Dec 30 Golden Gate Bridge Vista 10K

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NW Parking Lot

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

COURSE DESCRIPTION: Run south along El Camino del Mar and turn right onto lower Lands End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

Tue Jan 1, 2013 Hangover FUN RUN 4M

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run on East Battery Road path onto GG Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

◆◆◆ 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: Thursday, December 27
TIME: 7:00 PM
HOST: Pat Geramoni
2317 Brittan Avenue
San Carlos
650-637-1055

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 few days of December will be very wet with drying conditions after December 4. Rain will return after a break of a few days at the beginning of the second week, followed by dry and colder weather with a few days of valley ground fog around mid-month and freezing temperatures inland in the morning. We could see a dry week after mid-month before some light rain will return just before Christmas. Christmas Eve and Christmas day look dry, but wet weather will return just before New Years Eve, with rain possible for the Hangover Run.

♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Ky Faubion
ky.faubion@gmail.com

SR. VICE PRESIDENT

Noe Castanon
tobi9811@yahoo.com

2ND VICE PRESIDENT

Leo Rosales
leopoldo.rosales@comcast.net

SECRETARY

Maria Pantoja

TREASURER

Chikara Omine
chikaranese@yahoo.com

OFFICERS AT LARGE

Ed Caldwell
edweb@sbcglobal.net

Kevin Lee
dse.pekingduck@gmail.com

George Sacco
gsgasacco@yahoo.com

OPERATIONS

George Baptista gabaptista@att.net
Gary Brickley gary@brickley.com

Jerry Flanagan jerryflan@yahoo.com
Jim Kauffold JEKauffold@gmail.com

Wendy Newman wsn99@aol.com
Janet Nissenson

lnnissenson@aol.com
Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

CLOTHING SALES

Yong Haber yongdse@yahoo.com

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net
Chikara Omine

Ed Caldwell
Denise Leo legdead117@yahoo.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

DOUBLE DIPSEA RACE DIRECTOR

Ken Reed RunKenRun@aol.com

PERMITS

Pat Geramoni
Janet Nissenson
Suzana Seban
suzana@network172.com

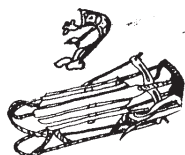
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! December

1 Neil Mahoney
2 Tim Abbott
Ximena Ares
Scott Benbow
George Durgerian
Joe Wehrheim
3 Aidan Durgerian
4 Bill Boehner
Diane Lee
Michael Pechner
Jamie Yang
5 Nate Sands
7 Devin Wolfe
8 Ella Haack
Kelly Hicks
George Rehmet
9 Ann Brunt
Naomi Nakamura
Wayne Plymale
Peter Royce
10 Gary Brickley
12 Bean Anderson
Amy Sonstein

13 George Baptista
Camilo Senchyna
14 Hugo Pegley
15 Jim Pommier
17 George Sacco
Lazaro Sanchez
18 Ed Celestina
Denise Langner
Steve Stephens
19 Glen Furuta
Ziggy Tomcich
20 Andrea Davies
Susan Herder
Sharon Munoz
Judith Waitz
21 George Musante
Virginia Rosales
Diana Sage
22 Elaine Gecht
Stember Tang
25 Sandor Mandoki
Alex Munoz
Mary Stratta

26 Jesse Agbayani
27 Rocco Mullinax
Xu Xiaohong
28 Bob Anderson
29 Jeffrey Hawkins
James Kambur
Nancy Siu
31 David Klinetobe

New Members

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Jennifer Davis
Colin Heckman
Phil McGrew
Joey Trevino
Jackie Woo