

January 2013

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

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

Thanks to outgoing officers Ky Faubion, Noe Castanon, Leo Rosales and Maria Pantoja and continuing officer Chikara Omine for a job well done.

Kevin Lee

Pick up the DSE Gala Invitation Flyer at the weekly DSE Races or online at www.dserunners.com.

| | |
|---|-----|
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On **January 13** we will have the **Ballpark 5K** and run around the home of the 2012 World Series champions San Francisco Giants.

The **Waterfront 10M/5K** on **January 20** has a new home at **Sierra Point Marina in Brisbane**. We will start at the same 8:00 AM time as in previous years.

KAISER PERMANENTE HALF MARATHON

Mark your calendars for February 3. We need volunteers for the DSE water stop at the Kaiser Permanente Half Marathon. I know it is Super Bowl Sunday, but you will have plenty of time afterwards to see the game.

LONG MAY YOU RUN CONCERT

RRCA is sponsoring a special afternoon of music on January 26 in Washington, D.C., a benefit concert to promote runner and pedestrian safety in loving memory of Karen Dubin. Karen, a DC area runner, was hit and killed in 2011 while out on a run due to the actions of a careless driver who failed to observe a pedestrian crossing sign. While it's a bit far away for most DSE members, you can make a donation at www.longmayyourun.net.

BE CAREFUL OUT THERE!

At least four club members have been hit by cars while running. I am one of the them; I was hit in August 2011.

So we should take care even when in a crosswalk.

Editors note: In my experience

CLASSIC STU-PEDS by Stu Ruth



crosswalks are the most dangerous places for runners and walkers. Whether you run in the street or on the sidewalk, you are in the street when you are in a crosswalk and drivers, especially when making turns or approaching stop signs, often don't bother looking to see if anyone is out there. I haven't been hit by a car but I have had some near misses in crosswalks, never while running in the street.

THANK YOU FOR YOUR DONATIONS

Noe Castanon

The first week of November I posted on the DSE Facebook page about a new project to take running gear to runners in need in Mexico. The DSE family was immediately involved and didn't hesitate to help me.

Eduardo Vazquez and I drove for two days a van full of shoes, shirts, shorts, jackets, etc.

I originally thought I would get at least 30-40 pairs of shoes. The result was very impressive. I got hundreds of shoes and other running stuff.

The day of the event in Zacatecas was a success. o many runners, kids, women and families gathered to listen to a message from the Bay Area running community.

Thanks so much, DSE members, for your support and for helping my people!



Above: Noe and Eduardo speaking to the community

Next page:

Top: Community members lined up for the running gear

Bottom: Row and rows of donated shoes

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egrop 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

JOHN BOITANO, 1921 - 2012

Cammie Dingwall

John Boitano, of the famous running family, died on Monday, December 17.

He was 91 years old, a WWII veteran (101st Airborne Division).

He and his wife Mary were avid promoters of running for decades. John and his running family were instrumental in starting both the DSE and the Pamakids. He competed in over 40 marathons with his best time 3 hours and 26 minutes. He also placed 35th in the Dipsea Race.

His face and name are indelible to me as BIG when I first started running many moons ago.

You can read his obituary at www.legacy.com/obituaries/sfgate/obituary.aspx?n=john-norman-boitano&pid=161844506#fbLoggedOut.



NEW AND IMPROVED WATERFRONT 10

Kenneth Fong

Welcome 2013 and welcome to DSE's new and improved Waterfront 10 on January 20. Our new version begins at Sierra Point Marina in Brisbane and follows the flat, fast and beautiful Bay Trail south to our turnaround. You'll find plenty of parking, bathrooms and a certified 10-mile course. A fast 5K will also be offered. In addition to three-deep age division awards, a new course means new course records.

So if you need a Kaiser Half Marathon training run, or you like age group medals and course records, or you want to be where the party is, then sign up soon. Applications must be received by January 8, 2013 to get your early registration discounted price.

For those not running, we are in need of volunteers as usual. This is a good opportunity to fulfill volunteer requirements early in the year. Let us know if you can help. Happy New Year to you all.

Gary, gary@brickley.com and Ken, gnofnek@sbcglobal.net.



The old Waterfront 10 course ran along the Embarcadero and past the ball park. The new course should be even more scenic.

© 2011 Don Watson





DSE RACE RESULTS

Jane Colman, DSE News editor

Pending a decision by the board after the recent poll on whether the results of DSE races should be included within the newsletter, I am continuing to list them separately.

There are three different ways in which you can access the results:

Complete results are available in the Race Results section of the DSE website, www.dserunners.com, a few days after the race.

Race results are also available monthly as a supplement to the *DSE News*.

For readers of the electronic version, the race results supplement can be found and downloaded from the Newsletter page of the DSE website along with newsletter inserts.

For readers of the printed newsletter, the race results supplement is included with the newsletter, **BUT ONLY FOR THOSE MEMBERS WHO HAVE EXPRESSED THEIR INTEREST IN RECEIVING IT.** So far, only ten people have asked me for it, so there are well over a hundred DSE members who have not, either from lack of interest or other reasons.

If you are not receiving the race results and would like to, you can add yourself to the list in several ways:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an email message at janecol@earthlink.net.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609.

December 2 2012

Ferry Building 4M

Race Director: Jacquelyn Omotalade

Volunteers: George Sacco, Geores Buttner, Pat Geramoni, George Baptista, Phyllis Nabhan, Vince French, Kevin Lee, Caron Anderson, Calvin Chan, Stephanie Polverari, Bobby Marty, Jimmy Yu



Race Director Jaquelyn Omotalade

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Heavy rain and wind.

Total Men: 28, Total Women: 12, Total Racers: 40, Self-Timers: 2



**Phyllis Nabhan enjoys the rain.
So do the seagulls.**

2012 Don Watson



RACE REPORT: DSE FERRY BUILDING 4M. "IT'S ONLY WATER."

Julie Bernstein

Yesterday Ziggy and I walked out our front door to a storm of high winds and heavy rain. I was expecting this given the weather forecast, but was sorely tempted to turn around and go right back to bed. Ziggy had no choice, needing to head to work, but I was only going to run a four mile race along the Embarcadero with my running club. I wasn't pre-registered; should I really brave this weather to go run? Would anyone show up?

I steeled myself and kept walking. I was tired of being soft, turning down opportunities for self improvement just because they happened to be physically uncomfortable. I channeled my idol Dean Karnazes: "Somewhere along the line we confused comfort with happiness." I thought about Dean racing through Death Valley (in the middle of summer) and Antarctica; this weather was a light breeze by comparison.

As I walked down the steep Hyde Street hill to the starting line, a strong gust of wind nearly blew me off my feet. I steadied myself against a wall before continuing. I knew that once I got back to flat ground I would be perfectly safe. There was no lightning (which would indeed have kept me inside). And as for the rain? When running in the rain I always remember a scene from a reality show where the contestants were army-crawling through mud while hoses were turned on them, the boot camp instructors shouting, "It's only water." I said this phrase to myself and out loud several times, trying to ignore that the wind on this particular day was just as challenging to deal with.

I arrived at Aquatic Park to find a handful of runners huddled under a tent. I wrote my name on my soggy race tag with some effort. I jumped up and down to keep warm as others arrived and crowded under the tent. I chatted with a nice woman visiting from Seattle, who assured me that despite the small field I would not come in last, as I feared; her pace was

a good minute per mile slower than mine.

The race director led us out into the downpour and we took off. Once I was moving, I felt much better. I started to smile, then beam, then laugh. I passed the window of a bakery, inhaled the fresh aroma, looked inside and caught the eye of a baker, and grinned maniacally at him before passing by. I wonder if in that half-second he saw me and thought "WTF is this crazy person doing running outside in this weather?" Probably not, but I sure hope so.

I slogged through huge puddles, my feet already being soaked completely through. After about fifteen minutes the wind and downpour let up some, but the rain continued steadily. I figured there would be no mile markings as the flour or chalk would have washed away, but the volunteers put some birdseed or something at the turnaround line just past the Ferry Building, which I crossed in about 20 minutes.

Heading back, I tried to keep a steady pace, more to finish quicker so I could get home and dry than to achieve any particular goal time. Not having raced or trained for the four mile distance, I figured 40 minutes would be reasonable. And indeed, I crossed the finish line in 40:09, for a 10:02 pace.

Collecting my finisher's ribbon, I was amazed to learn from the volunteers that I was the third place woman! I had never placed in a DSE club race before; not even close. But at 40 runners, this was by far the smallest field I'd seen at a Sunday race; we normally have 200 or more. So I stuck around, shivering under the tent and chatting with the woman from Seattle and her daughter, until the top five men and women were announced. Woohoo!



Julie shows off her third-place ribbon

© 2012 Noe Castanon

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.

| PL | NAME | AGE | A.G. | PL | AGE GROUP | TIME |
|----|------|-----|------|----|-----------|------|
|----|------|-----|------|----|-----------|------|

Ancil Hoffman XC Challenge, 6K

Women

| | | | | | | |
|----|-----------------|----|--|--|--|-------|
| 43 | Louise Stephens | 47 | | | | 24:28 |
|----|-----------------|----|--|--|--|-------|

Masters Men

| | | | | | | |
|----|----------------|----|--|--|--|-------|
| 7J | Joe Wehrheim | 40 | | | | 20:41 |
| 15 | Jerry Flanagan | 46 | | | | 21:26 |
| 45 | Hans Schmid | 72 | | | | 24:15 |
| 75 | Jim Flanigan | 63 | | | | 27:30 |

Open Men

| | | | | | | |
|----|---------------|----|--|--|--|-------|
| 23 | Chikara Omine | 30 | | | | 19:29 |
|----|---------------|----|--|--|--|-------|

LMJS 4th Sunday 10K, Oakland, October 28

| | | | | | | |
|---|------------|----|---|-------|--|-------|
| 5 | Jared Chan | 12 | 2 | M <20 | | 43:49 |
|---|------------|----|---|-------|--|-------|

Bummer Half Marathon, Lake Merced, October 28

| | | | | | | |
|--|---------------|--|--|--|--|---------|
| | Kitzzy Aviles | | | | | 2:36:16 |
| | Tony Nguyen | | | | | 3:38:43 |

Lazarus Marathon, Lake Merced, October 29

| | | | | | | |
|--|---------------|--|--|--|--|---------|
| | Kitzzy Aviles | | | | | 5:28:24 |
| | Bill McCarty | | | | | 5:35:42 |
| | Tony Nguyen | | | | | 7:23:41 |

Monster Madness, Lake Merced, October 30

Half Marathon

| | | | | | | |
|--|-------------|--|--|--|--|---------|
| | Tony Nguyen | | | | | 3:58:12 |
|--|-------------|--|--|--|--|---------|

Marathon

| | | | | | | |
|--|-----------------|--|--|--|--|---------|
| | William McCarty | | | | | 5:49:11 |
|--|-----------------|--|--|--|--|---------|

Lake Chabot Trail Runs, Castro Valley, November 3

5M

| | | | | | | |
|---|------------|----|---|--------|--|-------|
| 4 | J.R. Mintz | 46 | 1 | M40-49 | | 33:15 |
|---|------------|----|---|--------|--|-------|

Half Marathon

| | | | | | | |
|-----|-----------------|----|----|---------|--|---------|
| 99 | David Klintobe | 51 | 7 | M50-54 | | 2:23:04 |
| 153 | Christine Clark | 40 | 13 | F 40-44 | | 4:06:43 |

Marathon

| | | | | | | |
|----|----------------|----|---|---------|--|---------|
| 18 | Gregg Whitnah | 62 | 1 | M60-69 | | 4:48:06 |
| 37 | Gary Brickley | 59 | 3 | M50-59 | | 5:47:25 |
| 43 | Margie Whitnah | 64 | 1 | F 60-69 | | 6:46:26 |

US Half Marathon, November 4

| | | | | | | |
|------|---------------------|----|-----|---------|--|---------|
| 9 | Maninder Sohal | 21 | 7 | M20-29 | | 1:21:13 |
| 199 | Rafael Sands | 16 | 2 | M01-19 | | 1:40:01 |
| 302 | Leopoldo Rosales | 58 | 16 | M50-59 | | 1:44:26 |
| 1364 | Keith Johnson | 74 | 1 | M70-74 | | 2:04:50 |
| 1729 | Lucille Wing | 50 | 23 | F 50-59 | | 2:12:19 |
| 1824 | Jim Ruppert | 50 | 78 | M50-59 | | 2:12:53 |
| 2837 | Martha Arnaud | 42 | 265 | F 40-49 | | 2:33:00 |
| 2996 | Julie Bernstein | 42 | 281 | F 40-49 | | 2:27:33 |
| 3115 | Jaqueline Omotalade | 33 | 515 | F 30-39 | | 2:41:34 |
| 3205 | Virginia Rosales | 48 | 309 | F 40-49 | | 2:45:00 |

John Lawson Tamalpa Challenge XC, 4.25M

Women

| | | | | | | |
|----|--------------|----|--|--|--|-------|
| 97 | Amy Sonstein | 42 | | | | 31:56 |
|----|--------------|----|--|--|--|-------|

December 9 2012

Golden Gate Park 10K

Race Directors: Bill Hamilton and George Sacco

Volunteers: George Baptista, Peggy Kang, Diann Leo, Liese Rapozo, Wally Rapozo, John Weidinger, Mort Weisberg, Pat Geramoni, Danni Baird, Ryan Baird, Vince French, Bobby Marty, Phyllis Nabhan, Noriko Bazeley, Jane Lee, Judith Jarosz, Bill Woolf, David Guerrero, Yong Cholee Haber, Joseph Connelly, Kevin Lee



Race Directors Bill Hamilton
and George Sacco

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Total Participants = 355; Racers = 336
(181 Male; 155 Female); Self Timers: 19



Ready, Set, Go!



Rebecca and Amy Sonstein
lead a pack of runners

Photos © 2012 Don Watson

| | | | |
|-----|-------------|----|-------|
| 114 | Marie Appel | 48 | 34:20 |
|-----|-------------|----|-------|

Masters Men

| | | | |
|-----|---------------------|----|-------|
| 13 | Joe Wehrheim | 40 | 25:01 |
| 50 | Steven Pitsenbarger | 44 | 28:17 |
| 51 | Paul Zager | 55 | 28:22 |
| 109 | Russ Kiernan | 74 | 38:30 |

Open Men

| | | | |
|----|---------------|----|-------|
| 29 | Chikara Omine | 30 | 23:55 |
|----|---------------|----|-------|

South San Francisco Thanksgiving Turkey Run, 5K, November 17

| | | | |
|-------------------|---|---------|-------|
| George Rehmet | 2 | M40-49 | 19:47 |
| Joseph Connelly | | | 22:15 |
| Gregory Brown | | | 25:45 |
| Patricia Geramoni | 1 | F 60-69 | 28:18 |
| Brian Hartley | | | 36:26 |
| Jim Kauffold | 3 | M70-79 | 37:04 |
| George Baptista | | | 42:22 |

PA XC Championship, November 18

Women, 4.0M

| | | | |
|-----|----------------|----|-------|
| 135 | Erika Kikuchi | 34 | 30:07 |
| 154 | Amy Sonstein | 42 | 31:23 |
| 155 | Fiona McCusker | 48 | 31:24 |
| 170 | Marie Appel | 48 | 32:38 |
| 199 | Barbara Robben | 78 | |

Masters Men 6.0M

| | | | |
|-----|----------------|----|-------|
| 33 | Jerry Flanagan | 47 | 38:01 |
| 65 | Cliff Lentz | 47 | 41:03 |
| 85 | Hans Schmid | 72 | 43:20 |
| 92 | George Rehmet | 45 | 43:52 |
| 117 | Jim Flanagan | 63 | 49:03 |
| 127 | Samuel Roake | 76 | 51:41 |
| 128 | Russ Kiernan | 74 | 51:56 |
| 138 | Keith Johnson | 74 | 56:00 |

Open Men 6.0M

| | | | |
|----|----------------|----|-------|
| 49 | Chikara Omine | 30 | 34:30 |
| 57 | Maninder Sohal | 21 | 35:12 |
| 84 | Kenley Gaffke | 34 | 39:21 |
| 87 | Jason Reed | 33 | 40:28 |

Run Turkey Run, Sacramento

Day 1, November 23

5K

| | |
|---------------|-------|
| Kitzzy Aviles | 58:47 |
|---------------|-------|

Half Marathon

| | |
|-----------------|---------|
| J.R. Mintz | 1:48:51 |
| Tony Nguyen | 5:23:31 |
| Jennifer Walker | 5:23:54 |

50K

| | |
|-----------------|---------|
| William McCarty | 6:23:26 |
|-----------------|---------|

Day 2, November 24

Half Marathon

| | |
|-----------------|--|
| Tony Nguyen | |
| Jennifer Walker | |

50K

| | |
|-----------------|---------|
| William McCarty | 7:26:12 |
|-----------------|---------|

Day 3, November 25

Half Marathon

| | |
|-----------------|---------|
| Tony Nguyen | 6:04:28 |
| Jennifer Walker | 6:04:28 |

Marathon

| | |
|------------|---------|
| J.R. Mintz | 4:18:36 |
|------------|---------|

50K

William McCarty

7:21:03

Oceanside Turkey Trot 5K, November 22

| | | | | | |
|-----|--------------|----|---|---------|-------|
| 264 | Amy Sonstein | 42 | 3 | F 40-44 | 21:43 |
|-----|--------------|----|---|---------|-------|

Walnut Creek Turkey Trot 10K, November 22

| | | | | | |
|----|------------|----|---|--------|-------|
| 51 | J.R. Mintz | 46 | 7 | M45-49 | 42:27 |
| 65 | Jared Chan | 12 | 1 | M10-12 | 43:33 |

Quarry Lakes Turkey Trot, Fremont, November 24 Half Marathon

| | | | | | |
|-----|------------------|----|----|---------|---------|
| 8 | Cristian Alvarez | 33 | 2 | M30-34 | 1:29:32 |
| 11 | J.R. Mintz | 46 | 1 | M45-49 | 1:34:37 |
| 35 | Leopoldo Rosales | 58 | 2 | M55-59 | 1:43:09 |
| 106 | Maria Pantoja | 32 | 2 | F 30-34 | 1:56:33 |
| 128 | Rocco Mullinax | 38 | 10 | M35-39 | 2:00:34 |
| 157 | Tony Nguyen | 39 | 13 | M35-39 | 2:06:21 |
| 217 | Karen Tancuan | 35 | 14 | F 35-39 | 2:17:29 |

10K

| | | | | | |
|----|------------|----|---|--------|-------|
| 22 | Peter Hsia | 52 | 2 | M50-54 | 45:42 |
|----|------------|----|---|--------|-------|

5K

| | | | | | |
|-----|------------------|-----|-------------------|---------|-------|
| 13 | Lisa Penzel | 47 | 3rd woman overall | | 21:16 |
| 36 | Judith Waitz | 52 | 1 | F 50-54 | 24:17 |
| 93 | Sandra Sigurdson | 56 | 2 | F 55-59 | 28:41 |
| 268 | Darci Baird | 8 | 2 | F 2-8 | 36:35 |
| 269 | Danni Baird | 29 | 14 | F 25-29 | 36:44 |
| 270 | Barbara Robben | 78 | 1 | F 75-59 | 36:50 |
| 516 | Ryan Baird | 375 | 34 | M35-39 | 53:14 |
| 520 | Riley Baird | 6 | 22 | M 2-8 | 53:26 |

Quadruple Dipsea, 28.4M, Mill Valley, November 24

| | | | | | |
|-----|---------------|----|--|--|---------|
| 15 | Jason Reed | 33 | | | 5:12:49 |
| 32 | Nakia Baird | 37 | | | 5:42:22 |
| 63 | Erika Kikuchi | 34 | | | 6:14:40 |
| 67 | Hans Schmid | 72 | | | 6:20:27 |
| 97 | Bob Cowdrey | 68 | | | 6:48:46 |
| 108 | Jim Ruppert | 50 | | | 6:56:59 |
| 169 | Kenneth Fong | 50 | | | 7:32:15 |
| 180 | Gary Brickley | 59 | | | 7:53:47 |

Run Wild for a Child 5K, November 25**5K**

| | | | | | |
|-----|---------------------|--|----|---------|-------|
| 1 | Chikara Omine | | 1 | M30-39 | 16:15 |
| 15 | Paul Zager | | 1 | M50-59 | 19:15 |
| 25 | Mike Welsh | | 6 | M20-29 | 19:43 |
| 37 | Louise Stephens | | 4 | F 40-49 | 20:23 |
| 43 | Steve Snyder | | 5 | M50-59 | 20:53 |
| 54 | Edward Hung | | 8 | M30-39 | 21:10 |
| 56 | Sandor Mandoki | | 9 | M20-29 | 21:14 |
| 60 | Bob Anderson | | 1 | M60-69 | 21:19 |
| 75 | Jason Bryant | | 16 | M30-39 | 22:02 |
| 118 | Patrick Lee | | 3 | M60-69 | 23:41 |
| 131 | Amy Sonstein | | 10 | F 40-49 | 23:59 |
| 141 | Jim Buck | | 1 | M70-79 | 24:19 |
| 151 | Joseph Polverari | | 25 | M40-49 | 24:35 |
| 187 | Vanessa Miller | | 2 | F 6-9 | 25:27 |
| 193 | Rene Rodriguez | | 13 | F 40-49 | 25:38 |
| 207 | Wayne Plymale | | 4 | M60-69 | 26:09 |
| 239 | Jackson Polverari | | 19 | M10-14 | 26:40 |
| 339 | Rubi Kawamura | | 12 | F 50-59 | 28:47 |
| 360 | Gregory Brown | | 9 | M60-69 | 29:09 |
| 368 | Jeanie Kayser-Jones | | 1 | F 70-79 | 29:22 |

◆◆◆ 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:

| | |
|-------------|------------------------------|
| January 6 | Golden Gate Park 10K |
| January 13 | Ballpark 5K |
| January 20 | Waterfront 10M/5K |
| January 27 | Rainbow Falls 5K |
| February 10 | Golden Gate Bridge Vista 10K |
| February 17 | Spreckles Lake 5K/1M |
| February 24 | Fort Point 10K |
| March 3 | Great Highway 4M |

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.

| | | | | |
|------|---------------------|----|---------|---------|
| 373 | Henry Nebeling | 1 | M80-99 | 80:99 |
| 381 | Steve Miller | 63 | M40-49 | 29:40 |
| 382 | Xavier Miller | 9 | M 6-9 | 29:40 |
| 370 | James Golden | 10 | M60-69 | 29:27 |
| 401 | Alfred Palma | 32 | M50-59 | 29:55 |
| 414 | Dana Farkas | 14 | F 50-59 | 30:12 |
| 448 | Pauline Tang | 45 | F 30-39 | 30:57 |
| 453 | Mike Hung | 17 | M60-69 | 31:06 |
| 581 | Alexandra Polverari | 28 | F 10-14 | 34:06 |
| 668 | Barbara Robben | 3 | F 70-79 | 36:12 |
| 962 | Dee Farkas | 1 | F 80-99 | 52:33 |
| 1088 | Peggy Kang | 12 | F 70-79 | 1:02:40 |

LMJS 4th Sunday Runs, Oakland, November 25

5K

| | | | | | |
|----|----------------|----|---|-------|-------|
| 52 | Geores Buttner | 76 | 2 | M 70+ | 30:04 |
| 93 | Judy Jarosz | 72 | 2 | F 70+ | 45:14 |

15K

| | | | | | |
|---|------------|----|---|-------|-------|
| 6 | Jared Chan | 12 | 1 | M <20 | 70:47 |
|---|------------|----|---|-------|-------|

California International Marathon, Folsom to Sacramento, December 2

| | | | | | |
|------|---------------------|----|-----|---------|---------|
| 31 | Chikara Omine | 30 | 10 | M30-34 | 2:36:19 |
| 114 | Cliff Lentz | 47 | 5 | M45-49 | 2:51:29 |
| 205 | Peter Hsia | 52 | 6 | M50-54 | 2:59:37 |
| 231 | Markham Miller | 48 | 18 | M45-49 | 3:01:23 |
| 313 | Kenley Gaffke | 34 | 63 | M30-34 | 3:05:11 |
| 318 | Alyson Barrett-Ryan | 33 | 12 | F 30-34 | 3:05:36 |
| 327 | Andrew Macnicher | 24 | 16 | M20-24 | 3:06:09 |
| 464 | Jerry Flanagan | 47 | 44 | M45-49 | 3:12:34 |
| 965 | John Fenwick | 35 | 146 | M35-49 | 3:29:08 |
| 971 | Rafael Sands | 16 | 9 | M01-19 | 3:28:46 |
| 1379 | Diann Leo | 25 | 67 | F 25-29 | 3:40:39 |
| 1474 | Catherine Melton | 28 | 74 | F 25-29 | 3:42:55 |
| 1582 | Hans Schmid | 72 | 2 | M70-74 | 3:46:16 |
| 3948 | Alyssa Yell | 30 | 265 | F 30-34 | 4:42:03 |
| 3969 | James Flanigan | 63 | 72 | M60-64 | 4:43:05 |
| 4811 | Gregory Brown | 63 | 99 | M60-64 | 5:06:12 |
| 5163 | Jane Colman | 69 | 11 | F 65-69 | 5:16:53 |
| 5825 | Danni Baird | 29 | 330 | F 25-29 | 5:51:01 |
| 5915 | Diane Lucas | 54 | 261 | F 50-54 | 5:57:35 |

Las Vegas Rock n Roll Half Marathon, December 2

| | | | | | |
|-----|------------|----|---|--------|---------|
| 759 | Jared Chan | 12 | 5 | M12-14 | 1:45:49 |
|-----|------------|----|---|--------|---------|

College of Marin All-Comers Track Meet, December 9

3000m

| | | | | | |
|------------|----|--|--|--|-------|
| Jared Chan | 12 | | | | 11:33 |
|------------|----|--|--|--|-------|

Tucson Half Marathon, December 9

| | | | | | |
|------|-------------|----|---|---------|---------|
| 1134 | Dina Kovash | 74 | 2 | F 70-74 | 3:09:55 |
|------|-------------|----|---|---------|---------|

ZombieRunner Bay Trail Runs, Palo Alto, December 15

5M

| | | | | | |
|----|------------------|----|---|---------|-------|
| 15 | Kelly Emo | 48 | 1 | F 45-49 | 35:50 |
| 37 | Sandra Sigurdson | 56 | 1 | F 55-59 | 41:24 |

Half Marathon

| | | | | | |
|-----|-----------------|----|----|---------|---------|
| 349 | Mary Gray | 50 | 15 | F 50-54 | 3:11:12 |
| 365 | Jennifer Walker | 30 | 29 | F 30-34 | 4:3:19 |

Marathon

| | | | | | |
|----|----------------|----|---|---------|---------|
| 3 | Nakia Baird | 37 | 1 | M35-39 | 2:59:36 |
| 45 | Gregg Whitnah | 62 | 1 | M60-64 | 4:24:52 |
| 78 | Margie Whitnah | 64 | 1 | F 60-64 | 6:26:48 |

FOLDING SESSION HOSTS NEEDED

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

GREAT WALL MARATHON, CHINA: AN ADVENTURE IN MAY

Carol Pechler

"One of the most exciting weeks of my life." That's what Ken Reed told me in 2006 about his 2001 run of the Great Wall Marathon in China. We talked not long after I first joined "Buck's Runners" on Wednesday mornings in Woodside. Eating breakfast at Buck's after our two-hour run, Mort Weisberg, Janice Rensch and John Lang all readily agreed that their experiences as well had been worth the extra effort, the travel costs, and especially those steep and variably sized steps on The Wall. Mort reflected on his very unusual experience there. He sat to rest on a step on the last uphill of The Wall where he had a wide vista of the course he had traveled along, curving up hills and down valleys. He said, "Maybe because I was tired after 35 kilometers of running, but I felt a cosmic connection, an experience that I've never had before or since. I was one with the universe. That place is special." Their reports intrigued me. In May of 2011, my husband, Henk, and I flew to Beijing. We had taken Janice Rensch's advice to book with Kathy Loper Marathon Tours; we had studied Mandarin for a year. (We learned that we were the only ones of the 42 tour members to have worked on the language. The others said they managed fine with English, though I noticed that they were saying 'ni hau', 'xiexie' and 'zaijian' — 'hello,' 'thank you' and 'goodbye' — after a few days.) And I had run a lot of steps at home, on the Peninsula and in San Francisco. In Beijing during those first few days, the sky was blue, a rare sight, we learned, because pollution usually fills it with shades of gray and brown. After our two-plus-hour bus ride into the mountains and the Great Wall, the sky was still blue! We rode up there twice. Our first time, two days before the big event, the Danish organizers of the marathon had us walk — "inspect" — The Wall part of the marathon, five kilometers at the start and the same section again toward the finish. (The middle part coursed along an asphalt road down the river valley, then on earthen trails through villages and farmed fields, before the course looped back up to The Wall.) The organizers wanted us to realize that all of us, even the frontrunners, would be walking a lot of those steps, and that everyone on this adventure marathon would take at least an hour longer to finish than on other marathons. That rural area was so quiet! On The Wall, we were up high enough that we looked down onto tree canopies. Already the middle of May, I was surprised that the trees were just showing new green growth, and many were displaying spring blossoms, attracting little birds. Trees, with a very light mist shimmering just above them, covered hills stretching far to the north. Walking westward along The Wall, we saw it wind up a steep hill and then disappear beyond the ridge. To the south, we looked down into the Yin-Yang Courtyard of the marathon's start and finish, and beyond the courtyard, into the river-formed valley of farmlands and the Village of Huangyaguan ("Yellow

Cliff Pass"). Standing outside one of the many wall towers, I reflected on Mort and Ken and their big experiences here ten years earlier. I had read up on The Wall, which was built over 2,500 years to keep out marauders, to control passage of people and materials and to exact toll. Started around 700 BC, and built in many sections from west to east across the north of the country, it totals around 13,000 miles of wall across its 3,000 plus miles! (China's width and area are about the same as the of continental U.S.) Building The Wall cost as many as a million workers' lives. By the way, the myth doesn't hold up to scrutiny that The Wall would be visible from the moon. I read that a realistic size comparison would be like seeing a human hair from two miles away. Most sections of The Wall are now in disrepair, and only a few short sections have been reconstructed, including our Huangyaguan. The immense construction on very hilly terrain, the opportunity to be on it, to feel it, to wonder about its long, long history... and perhaps the climbing up of some of its steep steps... let me tell you, I took in deep breaths.

With The Wall, China had marked its perimeter to the north. How did China become one country, and remain so, for so long? After all, like every other region of human habitation, people spoke mutually unintelligible languages and fought over territory and resources. One important reason for China's durability is surely early literacy, and with its idea-based characters. Learning to read and write in Chinese is a much bigger undertaking than in almost all other writing systems, which use twenty-plus signs based on sound, and therefore differ across dialects and languages. To read a Chinese newspaper, one needs to know some 10,000 characters. A major upside of this writing system is that it is written identically, countrywide, across all Chinese dialects and languages.

We walked on the wall, and then we walked around in the village, and the local people welcomed us warmly, though — happily for me — not with astonishment. And then while running the marathon on Saturday, the local people appeared to enjoy our event on their territory, even though they seemed somewhat bemused by our run in the heat of the day. They paused their fieldwork to smile and to wave to us. Their children held out their hands to "high five" us.

It was on Saturday, two days later and May 21, 2011, that some 500 of us ran the full marathon, and another 500 ran the half or shorter lengths. As I crossed the finish line, I heard the announcer proclaim, "Here comes Carol Pechler from California, who's 71 years old and our oldest finisher!" What a big adventure we all experienced, and so well organized. If you Google "Great Wall Marathon," you'll find exciting photos and videos. Interested in experiencing it yourself? Registration is still available for May 18, 2013.



The organizers of the Great Wall Marathon ask all the prospective runners to walk the wall, to experience it. Here is Carol during the 2011 "inspection."

◆◆◆ 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 Jan 1 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.

Sun Jan 6 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, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turnaround at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto ML King Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

Sun Jan 13 Ballpark 5K

START/FINISH: Terry Francois & Illinois Streets (off Mariposa)

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

COURSE DESCRIPTION: Run northbound on Terry Francois, right onto Third Street and right turn across Lefty O'Doul Bridge. Upon crossing the bridge, run a double counter-clockwise loop around AT&T Park. Then re-cross the bridge, make a left back onto Terry Francois and return to finish.

Sun Jan 20 Waterfront 10M & 5K

START/FINISH: Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

ENTRY FEES:

Prior to 1/8/13: 10M: \$5 members, \$8 nonmembers; 5K: \$3 members, \$5 nonmembers.

After 1/8/13 and race day: 10M: \$8 members, \$10 nonmembers; 5K: \$5 members, \$7 nonmembers

Age division awards for both races.

STARTING TIMES: 10M: 8:00AM! Course closes at 10:15AM; 5K: 8:10AM

COURSE DESCRIPTION (10M): Run southbound on paved Bay Trail, past Oyster Point, Genentech, and Point San Bruno to the turnaround. Return same way to finish.

COURSE DESCRIPTION (5K): Run southbound on paved Bay Trail towards Oyster Point to the turnaround. Return same way to finish.

Sun Jan 27* Rainbow Falls 5K

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

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

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

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

◆◆◆ Group Runs ◆◆◆

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

Membership ♦♦♦ ♦♦♦ Information

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

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

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

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

Folding ♦♦♦ ♦♦♦ Session

DATE: Friday, February 1
TIME: 7:00 PM
HOST: Amy Sonstein
812 Quarry Road #A
San Francisco
415--563-5316

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



January promises to be very wet beginning at the end of the first week of the New Year. It is tough to pick out the individual dry and wet days during the most active wet periods of the second and third weeks of the month, but expect below-normal temperatures and above-normal precipitation during this period. San Francisco averages above 23 inches of rain for the season and we have already had about half that much rain. Dry weather should return the last week of January.

♦♦♦ Club Officers & Coordinators ♦♦♦



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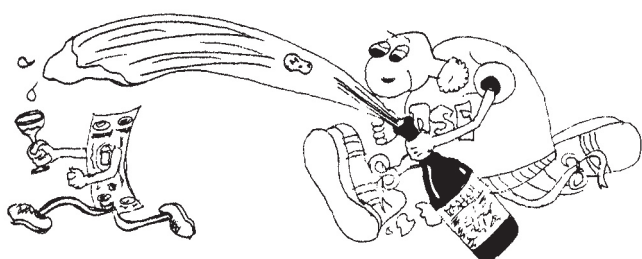
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ♦♦♦♦♦♦♦♦♦♦ January

| | |
|----|----------------------------|
| 1 | Sharon Crost |
| 3 | Jim McBride |
| 4 | Thomas Fitzpatrick McManus |
| | Matt Stringer |
| 5 | Jean Haber |
| | Bernard Langner |
| 6 | Cate Armstrong |
| | Mary Gray |
| | Liz Heidhues |
| | Sten Mawson |
| 7 | Rose Chan |
| | Joanne Kambur |
| 8 | Russ Kiernan |
| | Joshua Lail |
| 9 | Lisa Kelly |
| | Gene Yoshida |
| 10 | Chris Horton |
| | Rivers McKinney |
| 11 | Romelle Guittap |
| | Lina Khatib |
| | Martina Konietzny |
| | Younhee Schwaab |
| 12 | Marie Hogan |

| | |
|----|------------------|
| 13 | Judith Jarosz |
| | Jakob Lail |
| | Renee Taylor |
| 16 | Julia Mutere |
| 17 | Michael Welsh |
| 18 | Steve Kusmer |
| 19 | John Garcia |
| | Michael Rouan |
| 21 | Mari De Almeida |
| 23 | Katelyn Flanagan |
| | Yong Haber |
| | Phyllis Nabhan |
| | Lucy Wing |
| 24 | Miles Orkin |
| 25 | Aaron Bollwinkel |
| 26 | Jason Reed |
| 27 | John Gorenfeld |
| | Maria Pantoja |
| 28 | Gogo Haas |
| 30 | David Duran |
| 31 | Josh Fisher |
| | Cliff Lentz |

New Members

RICHMOND

Ingrid Lemelle

SAN FRANCISCO

Adam French

Elizabeth Longstreth

Samuel Sanchez

Michael Trembely

Gene Yoshida