

DSE NEWS



47th Year

February 2013

2012 DSE GALA REVISTED

Kevin Lee

Every DSE Gala has its own distinct flavor. This year's "Celebrate DSE Style" theme said it all. MCs Leo and Virginia Rosales were back for an encore performance. They didn't disappoint. The gala began with an immediate adrenaline rush from "Endorphin Dude" Tony Nguyen leading a complement of DSE dancers performing their rendition of the famed "Gangnam Style" dance.

Every DSE Gala is about giving back recognition to the club members. DSE President George Sacco began with introducing the new 2013 DSE Board and thanking the outgoing 2012 DSE Board. Kevin Lee and Maria Pantoja followed with presenting the Mongo Trophy winners. Kids' RD Daryl Luppino handed out 11 DSE Kids' Awards to some very excited DSE kids. George Sacco returned to the podium to present the King and Queen of the Gala award. This honor is bestowed on the oldest active male and female club members who qualify for the Mongo Trophy. This year's honorees are Co-Kings Robert Theis and Wally Rapozo (they share the same birthday) and Queen Liese Rapozo.



Gary Brickley and Ken Fong had the honor of presenting the Distinguished Men category to six classy individuals: Bill Woolf, Robert Theis, Bobby Marty, Dennis Hassler, Wally Rapozo and Henry Nebeling.

Ultramarathoner Noe Castanon presented two Top Five categories — Total Miles and Race Miles. Calvin Chan

followed with reading the names of the top five Race Points winners.

Gary and Jared Chan made a special presentation to Chikara Omine. On December 30, 2012, Chikara reached a milestone of collecting the most Top Five place ribbons, a total of 204. He accomplished this task in 13 years; former champion Pete Nowicki received 203 Top Five place ribbons over 25 years.

Getting back his composure, Chikara presented the next award, the top five in Race Participation. After a one-year hiatus, Janet Nissenson returned to close out the runners' achievement awards with Volunteers and Age Divisions.

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From the President's Desk

GEORGE SACCO

I guess the DSE motto "Start slowly and taper off" does not apply to the DSE President. January was a busy month. We held our first Board meeting on the 13th, the new Waterfront 10 mile/5K on the 20th, and the Gala on the 25th. Also, with very limited notice I took over the position of captain of the DSE water stop for the Kaiser Permanente Half Marathon and 5K on Super Bowl Sunday.

SUMMARY OF DSE BOARD MEETING (with input from DSE secretary Diann Leo)

The first board meeting of 2013 took place following the Ballpark 5K on January 13. The board approved a compensation program for the new position of Race Equipment Manager and canceled the mileage expense program. The board approved matching last year's funds in support of four teams for the Relay event.

Gala coordinator Kevin Lee reported that a new awards category will honor the club's oldest woman and man who qualify for the Mongo trophy. Additionally, this year's ceremony will honor six distinguished men, to complement 2012's honor of six distinguished women.

Two new initiatives regarding the club's young runners emerged. Effective immediately, the board approved a motion to allow runners up to the age of 12 (instead of 11) to run free in Sunday races. Noe Castanon will chair a new race program for the ages of 13-18; this will be separate from the kids' races already in place.

The board discussed the

development of a new club website, and tabled it for a meeting of its own. Per the results of last month's ballot, race results will continue to be omitted from the mailed newsletters. The race results are still available online as well as in hardcopy form as a newsletter insert if specifically requested to editor Jane Colman.

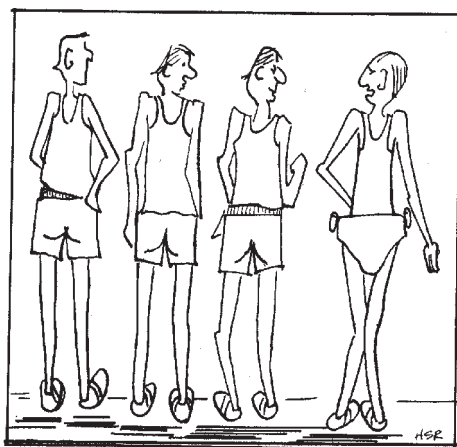
UPCOMING RACES

On February 3 there is no DSE run. If you are not running the Kaiser Permanente Half Marathon or 5K, you can still volunteer for the water station. Email me at gsgasacco@yahoo.com.

On February 10 at the Golden Gate Vista 10K, we no longer stage the registration tables in front of the USSF San Francisco Monument. The registration tables will be in the lower parking lot near the entrance. It's one of our toughest 10K runs, but it's a very scenic route, especially at the turnaround when you see the Golden Gate Bridge.

On February 17, we are putting on the San Francisco mile and Spreckles Lake 5K. If you want to run both of these races you need to bring an extra \$2.00.

CLASSIC STU-PEDS by Stu Ruth



WHAT MAKES YOU THINK I'M NERVOUS ?

The last race of the month is the Fort Point 10K on February 24. The old fort is always a welcome sight as you reach the finish line.

IN CLOSING

Thank you to everyone who volunteered for the half marathon water stop, and a special thank you to Fred Haber for your advice, encouragement and help on the water stop. I hope to see all of you on February 3.

RRCA State Representative George Rehmet presented three RRCA Volunteer Recognition certificates. This year's winners were Sandy Baumgarten, Letty Garbisch and Brierly Reybine, all longtime Double Dipsea volunteers. George Baptista, last year's Walt Stack Award recipient, presented to Jim Kauffold the 2012 Walt Stack Award.

Calvin Chan presented the 2012 DSE Lifetime Service Award to George Sacco.

Barbara Robben presented the Eco-Awards. Every club member who commuted to the DSE in a green way is a winner. This year's Eco-Award was a mini solar flashlight.

Leo expressed gratitude for the opportunity to be of service to a wonderful club and community of runners, closed the awards portion of the DSE Gala and announced it was time to party and dance!

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for all of 2013, starting with the May issue. Folding sessions can be scheduled for any weekday evening except Wednesday 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 folding the newsletters, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware. If you are willing to host a session, please contact me at janecol@earthlink.net (or call 510-652-3116).

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. 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

YOUTH RUNNING PROGRAM

Noe Castanon

During my two years on the board, I talked with other runners about many topics. One of them was the necessity to have youth races in San Francisco, a city of almost a million people. Here, the city offers running programs for youth runners, tournaments, meets, cross-country, etc., but these are only in high schools. There are very few or no races for those runners between 13 and 18 yrs old. Now that I'm no longer on the board, I have decided to make a step forward to make this happen, by putting youth races on the DSE calendar.

The new board has given me the green light to start this program, on the same days as Daryl Luppino's kids' races. Following the same course as the kids' race but starting before 9:00 AM, these will not interfere with the kids' races. The youth runners will run one mile.

The youth races will begin in March. I will post the details in the March *DSE News*, so start bringing those new great talents to run.



Ohana RRCA will most likely close this March. I wanted Ohana (Family in Hawaiian) to be a vehicle generating income for needy charities. Conducting running events for charity without sponsor income is difficult. I do not know of anyone else in the country that has been successful at it, so I expected resistance. I got more than resistance; I got resentment and animosity. I got the feeling that people resented my efforts to address societal wrongs and care for the needy. I have this feeling that my support for ending the War on Drugs has caused some people to make a cross with their fingers and back away as if I were a vampire. Drug laws have caused much of the violence that we blame on society's mental and emotional problems along with guns. Illegal profits fuel violent gangs and global wars, but without enough public interest to end the war on drugs, these problems will not go away as there is way too much money to be made on both sides, both legal and illegal. Ohana did its best to address these challenges and made some headway, but never succeeded in attracting Bay Area clubs to support real charitable events.

If you are interested and would like to support charitable events email me at billdake@sbcglobal.net to show your interest — and if there is enough interest we will restructure and go on from this point. I do not have the time to run a club, do a newsletter and all the other chores and still conduct events for charity. I will try a couple of events as People Events (sole proprietor) and do a similar thing for charity.

Thanks,

Bill Dake, Ohana President and DSE Member

P.S. We intend a celebration to show appreciation for Ohana members and volunteers (past and present), so email me your info so that I can make a list.

2013 BAY AREA A-LIST CONTEST

Kevin Lee

The SF Dolphin South End Runners Club (DSE) is the largest and BEST running club in San Francisco. DSE is a low-key, affordable running club that stages 43 races per year, with 150–300 weekly race attendance. Our Mission Statement is, "The DSE is a club that encourages runners and walkers of all levels to compete, socialize, have fun and improve ourselves." Our club motto is "Start Slowly & Taper Off."

In 2012, DSE received the top ranking as the #1 Bay Area Running Club. Please cast your vote again in 2013. There's nothing wrong with repeating as #1 Best Bay Area Running Club for 2013.

Go to <http://sf.cityvoter.com/> and follow the Fitness link to Running Club. You can vote as many times as you want through March 10.



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:

February 10	Golden Gate Bridge Vista 10K
February 17	Spreckles Lake 5K/1M
February 24	Fort Point 10K
March 3	Great Highway 4M
March 10	St. Patrick's Day 5K
March 24	Walt Stack 10K
March 31	Easter Roller Coaster 5K
April 7	Windmill 10K

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

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

We are still in need of Race Directors for many of our events this year, in particular the events on February 17, March 24, and April 7. Please contact Jim Kauffold at jekauffold@gmail.com to sign up.



DSE RACE RESULTS

Jane Colman, DSE News editor

Based on the poll included in the December DSE election, the DSE Board has decided that we should continue to list the race results separately as an optional insert.

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 23, 2012

Mission Rock 5K

Race Director: Richard Finley

Volunteers: George Sacco, Pat Geramoni, George Baptista, Jim Kauffold, Jimmy Yu, Calvin Chan, Bobby Marty, Vince French, Geores Buttner, Jack Bascom, Diane Okubo Fong, Tim Conroy



Race Director Richard Finley

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Total Men: 66, Total Women: 33, Total Racers: 99, Self-Timers: 0



Above: It was a wet day for the runners.
Below: Jason Reed was one of several who ran backwards for the entire race.

2012 Noe Castanon



Meanwhile, the volunteers gathered under the DSE tent.

© 2012 Don Watson

December 30, 2012

Golden Gate Bridge Vista 6.0M

Race Directors: Michael, Sheri and Kevin Dunn

Volunteers: George Sacco, Paul Mosel, George Baptista, Bobby Marty, Geores Buttner, Henry Nebeling, Tony Nguyen, Caron Anderson, Vince French, Phyllis Nabhan, Michael Gulli, Peggy Kang, Denise Leo, Jimmy Yu, Calvin Chan, Kevin Lee



Race Directors Michael and Sheri Dunn

© 2012 Paul Mosel

Weather: sunny, clear, but quite cool.
207 Runners (123 Men+ 84 Women),
12 self timers



Geores Buttner directing the runners

© 2012 Paul Mosel

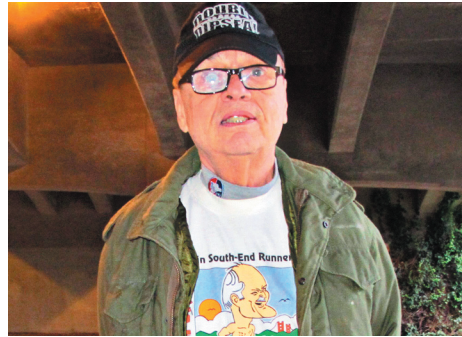


George Baptista, Tom Pang, Jim Kauffold, Mort Weisberg, Bill Woolf, Wendy Newman and Caron Anderson on December 30 at their last brunch at the Thai restaurant where for years DSE members have been eating after the races and which is now closed.

January 1, 2013
Hangover Fun Run 4M

Kevin Lee	Alicia Loh
Edmund Wong	Jerry McGowan
Geores Buttner	Milinda Lommer
Pat Geramoni	Edward Haack
George Baptista	Margaret Haack
Rick Nippes	Ella Haack
Richard Finley	Jim Kauffold
George Sacco	Helen Kauffold
Tom Pang	Patrick Lee
Jeannette	Jane Lee
Cammie Dingwall	Keith O. Johnson
Jeff Houston	Marcia Martin
Mike Hung	Marcus Johnson
Dee Farkas	Denise Fritz
Dana Farkas	Gragg Wilson
Brian Hartley	Illegible
Yong Cholee Haber	Rebecca Miller
Christy Colcord	Brian Dierking
Mike Delgado	Megumi Kawahata
Scott Bradley	Jacqueline Mertz
J.R. Mintz	Karen F.
Charlie Wicke	Wally Rapozo
Kai Wicke	Liese Rapozo
Kenneth Fong	Pauline Dake
Diane Okubo Fong	Bill Dake
Jane Friesen	Susan Herder
James Friesen	Avan Bourg
Amy Sonstein	Phyllis Nabhan
Rebecca Sonstein	Bob Theis
Becky Rozewicz	Mort Weisberg
Jane McFarland	Bill Woolf
Jim Buck	Wendy Newman
Caron Anderson	Jack Bascom
Bobby Marty	Jill Bascom
Cristian Alvarez	J. Heuke
Marcial Saavedra	Len Goldstein
Pedro Alvarez	Carol Pechler
Seth Ducey	Cara Hanson
Mari Almeida	Nika Hanson
Renata Carvacho	Hugh Lan
Denise Leo	Suzana Seban

January 6, 2013
Golden Gate Park 10K
Race Director: George Sacco
Volunteers: Peggy Kang, Caron Anderson, Vince French, Gary Brickley, Jim Kauffold, Bobby Marty, Michael Gulli, Jack Bascom, Mort Weisberg, Geores Buttner, Denise Leo, Phyllis Nahban, Bill Woolf, Jane Lee



Race Director George Sacco
 © 2013 Paul Mosel

Total Men: 156, Total Women: 110,
 Total Racers: 266, Self-Timers: 10



Marian Lyons is back after a long layoff
 © 2013 Don Watson

Hangover runners gather for the annual photo after running across the Golden Gate Bridge and back
 © 2013 Paul Mosel



January 13, 2013
Ballpark 5K
Race Director: Jim Kauffold
Volunteers: George Sacco, Bobby Marty, Richard Hannon, Gregory Brown, Geores Buttner, George Baptista, Pat Geramoni, Barbara Robben, Phyllis Nabhan, Griffin Hoffman, Vladimir Hoffman, Jakob Lail, Michael Gulli, Noe Castanon, Kevin Lee, Bill Woolf



Race Director Jim Kauffold
 © 2013 Paul Mosel

Weather: cold (for SF!)
 267 Runners (146 Men+ 121 Women),
 18 self timers



Shannon Luppino sprinting to the finish followed by Virginia Rosales and Peter Flessel
 © 2013 Don Watson



January 20, 2013

Waterfront 10M/5K

Race Directors: Kenneth Fong and Gary Brickley

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Caron Anderson, Janet Nissenson, Barbara Robben, George Baptista, Bobby Marty, Geores Buttner, Steve Nissenson, Martha Arnaud, Diane Okubo Fong, Jim Kauffold, Vince French, Maria Saguisag-Sid, Denise Leo, Kevin Lee, Erika Kikuchi



Race Directors Gary Brickley and Kenneth Fong

© 2013 Paul Mosel

Weather: sunny, clear, mild.

10M: 125 Runners (82 men, 43 women),

5K: 120 runners (61 men, 59 women),

12 self timers (both races)



Above: Ready for the 10M start

Below: Chikara Omine running toward the 10M finish line.
He won by more than two minutes.

© 2013 Paul Mosel



January 27, 2013

Rainbow Falls 5K

Race Director: George Baptista

Volunteers: George Sacco, Peggy Kang, Calvin Chan, George Baptista, Kiiko Baptista, Jimmy Yu, Bobby Marty, Geores Buttner, Sam Roake, Michael Gulli, Jane Lee, Yong Cholee Haber, Denise Leo, Gregory Brown, Jim Buck, Paul Mosel, Kevin Lee, Fred Haber



Race Director George Baptista

© 2013 Paul Mosel

Total Participants = 340; Racers = 298
(160 Male; 138 Female); Self Timers:
23; Kids: 19



Paul Mosel says, "This has got to be DSE's greatest living runner, Greg Brown.

He is currently injured, like I am, and walked the Rainbow 5K course, as I did."

© 2013 Paul Mosel



Three older runners — Barbara Robben, DSE News editor Jane Colman and DSE Senior Vice President Caron Anderson, after the Rainbow Falls 5K. It was Caron's first DSE run after a long injury layoff.

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DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results. The only way to guarantee being included, even for local races, is to notify me at janecol@earthlink.net.

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
LMJS 4th Sunday 10K, Oakland, December 23						
7	Jared Chan	12	1	M	<20	46:16
Across the Years 48 Hour, Glendale, AZ, December 30-January 1						
20	William McCarty	65				100.78M
Brazen New Year's Day Trail Races, Castro Valley, January 1						
Half Marathon						
10	Jason Reed	33	2	M	M30-34	1:45:09
44	Leopoldo Rosales	58	2	M	M55-59	2:01:43
45	Erika Kikuchi	34	2	F	F 30-34	2:20:24
10K						
32	Kelly Emo	48	2	F	F 45-49	57:58

5K

5	Lisa Penzel	47	1	F 45-49	21:53
144	Danni Baird	29	10	F 25-29	37:04
216	Barbara Robben	78	1	F 75-79	41:24
348	Darci Baird	8	8	F 01-08	1:00:28
367	Ryan Baird	35	15	M35-39	1:10:10
370	Riley Baird	6	13	M01-08	1:12:19

**Crystal Springs Trail Run, Woodside, January 5
5M**

4	J.R. Mintz	46	2	M40-49	34:37
5	Lisa Penzel	47	1	F 40-49	35:11

Half Marathon

38	Erika Kikuchi	34	4	F 30-39	2:09:51
72	David Klinetobe	52	7	M50-59	2:39:33
74	Alisyn Gulate	33	11	F 30-39	2:41:32
99	Danni Baird	29	8	F 20-29	3:14:38

The Dam Run 5K, Orinda, January 19

	Lisa Penzel	47	1	F 45-49	20:11
	Jim Flanigan	63	1	M60-64	23:05
	Barbara Robben	78	1	F 75-79	36:34

**Triple Crown, Lake Merced, January 19-21
Marathon, January 19**

	William McCarty	65			5:22:01
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10K, January 20

	Kitzzy Aviles				1:15:41
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10K, January 21

	J.R. Mintz	46			45:39
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Marathon, January 21

	William McCarty	65			5:43:12
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Tinkerbell Half Marathon, Disneyland, January 20

1459	Michael Dunn	51	309	Men	2:11:46
2679	Sheri Dunn	45	189	F 45-49	2:24:40

Arizona Rock 'n' Roll Half Marathon, Tempe, January 20

893	Jared Chan	12	6	M12-14	1:42:59
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Coyote Hills Run, Castro Valley, January 26**5K**

7	Lisa Penzel	47	1	F 45-49	22:39
24	Kelly Emo	48	2	F 45-49	26:51
238	Barbara Robben	78	1	F 75-59	42:57

Half Marathon

15	George Rehmet	46	1	M45-49	1:37:28
32	Jason Reed	34	4	M30-34	1:41:30
43	Leopoldo Rosales	58	1	M55-59	1:44:30
238	Rocco Mullinax	39	29	M35-39	2:14:11
316	Ryiah Nevo	39	16	F 35-39	2:26:17
361	Tony Nguyen	39	36	M35-39	3:01:23

Half Marathon Hikers

6	Virginia Rosales	49	2	F 40-49	2:45:05
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Steep Ravine Trail Run, Stinson Beach, January 27**7M**

4	Lisa Penzel	47	1	F 40-49	1:02:27
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Half Marathon

22	J.R. Mintz	46	5	M40-49	2:26:34
92	Margie Whitnah	64	2	F 60-69	4:27:20

50K

33	Gregg Whitnah	62	1	M60-69	7:19:49
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New Members**BENICIA**

Mindy Geller

BRISBANE

Maria Saguisag-Sid

Joe Sid

Joseph Sid

Regina Sid

DAILY CITY

Lidia Ochoa

MILLBRAE

Elaine McCracken

MONTEREY

Joseph Jackson

OAKLAND

Jackie Mertz

Ryiah Nevo

PACIFICA

Leah Davis

SAN FRANCISCO

Ken Allen

Misa Allen

John Branderhorst

Monique Brookins

Marion Cohen

Kristen DiLandro

Cristy Estillore

Nicole Harper

Brian Hutto

Christina Knudson

Hannah Lieberknecht

Adam Littke

Alicia Loh

Patricia McFadden

Laura Pauli

Elizabeth Valdellon

Jennifer Yasis

SAUSALITO

Jamee Sue Cochary

SOUTH SAN FRANCISCO

Gerardo Briones

Aura Cardona

Angelina Madrid

Aura Madrid

Pamela Miller

SUNNYVALE

Jodie Aquino

VALLEJO

Laura Keller

WESTERN SPRINGS, IL

Matt Voss

AMERICA'S GREATEST RUNNING CARNIVAL: SAN FRANCISCO'S BAY TO BREAKERS 12K. COMING UP: MAY 19, 2013, THE 102ND

Carol Pechler

"Where are the crowds?" I wondered, as I rushed with my friend through quiet pre-dawn streets on May 20, 2007. Alongside our feet scurried a few crumpled papers, blown by a light wind that also pushed San Francisco fog through our thin clothes. But when we rounded the corner from Mission Street, we gasped. Spear Street, several blocks long, was completely filled by a multitude of people, all standing quietly.

"You told me that 65,000 runners had registered for this race," I said to my friend Gloria, "but I had no idea! So many, but so quiet, we came upon them so suddenly, and look, they pack several blocks!" I wondered, what am I doing here anyway? Newcomer to running; all these people probably know what they're doing...look like experienced runners.

Gloria said, "If we could see around the corner on Hayes — it's just as crowded, and the elites are up front, running for the purse. It's the nation's largest foot race, and you'll see that San Francisco knows how to make it a moving carnival."

"Wow, they're so quiet, so packed, but they're playing Frisbee with tortillas! Look!"

Hundreds of raw corn tortillas sailed silently over the thousands of heads, forming little arcs. An arm reached above the heads; a tortilla was re-tossed. At the end of the arc, another arm reached up. We shuffled our way into the crowd, and others closed in behind us. We had become part of the multitude.

"What a teeming humanity," I said. "Do you notice that we're warmer inside the crowd?" "Yeah, must be 20 degrees warmer in here!"

Gloria pointed. "See those large repent signs? They're here every year. They bob up and down above the heads, and you can't see the observers holding them until you get real close."

"I can't read the smaller words underneath; what do they say?"

"'Greed, lust, fornication, sloth, envy.' Sins to repent from." She laughed.

I wondered if could I repent from sloth? Could my old, overweight body hold up to complete this run? Would I be grossed out seeing a lot of naked old men running? — I've heard about them. And was Gloria right, that this will be a major happening?

Just before eight o'clock, that tremendous crowd opened up with a thunderous count of "10, 9, 8...zero!" But I was surprised with what followed: just a very slow shuffle toward the start line.

Immediately on crossing the start line, we could finally start running. The pack thinned out and I saw more people, most of them wearing normal running clothes, but "Wow, Gloria, you're right about the costumes!" It seemed that tutus were worn by more men than women, and many of those men were partnered with women in tuxedos. The few nudes, most of them gray-haired men, carried shorts, some under their baseball caps, some tied around their ankles above their shoes. And every couple of blocks, bands played.

Just after that level first mile, we turned onto Hayes Street, and I was awed by our new perspective: looking up the long hill, I could see several blocks ahead, where the runners

had become a unit, a viscous liquid like a lava flow, but flowing up the hill. The flow leveled out at each cross street, then it continued uphill to the next cross street. I was a part of it, and we were all headed over the crest. Then we would flow downward toward the Pacific Ocean and the finish line.

Gloria noticed me gasping for breath. "You've got courage; keep it up!" "But this hill is a walker!" Gloria responded, "It's okay to walk the hills, and you can still call your experience a run. Come on, we'll walk together."

At the top of the hill, we caught a glimpse of some of the costumed runners, including those several-person "caterpillars" who pulled over to the official judges of best costumes.

At mile three, marked by a sign, I said, "Hey, Gloria, we'll get a contact high here! Phew!" as Fulton Street spectators called out to the runners, "Wanna hit? Wanna hit?"

Now on the downhill toward the Pacific Ocean, I was able to talk again. "Gloria, I used to love to run; I mean, all little kids love to run, don't they? But my 'sitz bones' — sharp pains — I'm becoming an invalid!"

"You'll be fine after you finish, honest, and you'll see the finish in five minutes."

"I mean, I love everything here: the carnival, the race, sharing with you, beautiful San Francisco. That is, everything except, oh, the pain!"

"Yeah, pain's no fun, but most of it will be gone a few minutes after you stop running. Soreness for a couple of days..."

"So how can I overcome the pain?" And I wondered, is it possible to really run again? Or is running behind me, forever? Maybe I'm too old, after all.

"I'll show you, my dear. Gradual buildup; that's the key!"

Past mile seven and close to the finish, we ran downhill past the Dutch Queen Wilhelmina Windmill, and then we picked up our pace to a sprint. We turned left around the corner onto the Great Highway and another 200 meters to the finish. Under the balloon arc, the time clock showed...I squinted, was that ...1:30:44? It's taken one hour and a half. Is that all? Such a short time...such a long time!

We shuffled behind other finishers, and each stopped at a footstool where a volunteer snipped the straps of the time chips off our shoelaces. We pushed through the now-milling throng of finishers and saw our friends waiting, searching for us. Suddenly, I surprised myself by bursting into tears. I laughed at my foolishness and wiped my eyes. "I don't even know why I'm crying!" Gloria smiled and squeezed my shoulder as we continued walking. "I hadn't realized it would be such a big experience. It was so hard, so painful. And, and...I feel so changed! So is that why I'm blubbering?"

"Sure, a lot of people cry, especially finishing for the first time. And maybe because you overcame some doubt?"

"Maybe...Maybe that's why I feel so...so elated!"

"Oh, I'm delighted for you!" She squeezed my arm.

"I hadn't known about this world. Thousands right here in San Francisco so passionate about running!"

"And thousands more came to watch us as well, and then all the volunteers; maybe two hundred thousand people in total out for our beloved Bay to Breakers."

ACROSS THE YEARS 48 HOURS RACE REPORT

William McCarty

My main running goal for 2012 was to run four 100-mile footraces and do them as a fundraising vehicle for two charities. The following is a brief report on 100-miler # 4 which I completed at the end of the year.

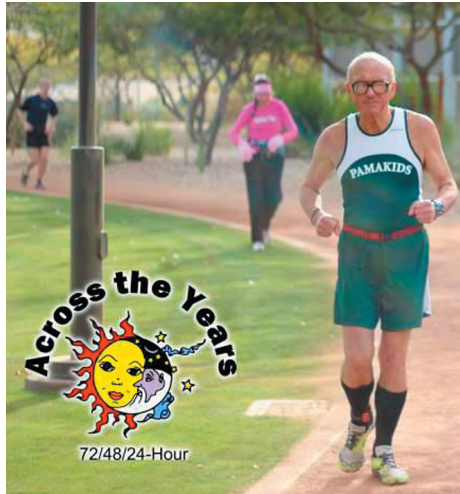
Across The Years is an event that has been going on for almost two decades. It is held at the end of the year and continues on through New Year's Day, hence the name. Many legends of the ultrarunning community were regulars in the past, including Anne Trason and Yianis Kourous.

The race gives runners the choice to run up to 24 hours, 48 hours or 72 hours. I registered for the 48-hour event. The race takes place in Glendale, Arizona at Camelback Ranch which is the spring training camp of the Los Angeles Dodgers and the Chicago White Sox. The 1.05-mile loop is mostly on dirt and small gravel. There is an asphalt section that is just longer than a football field. There is also a 150-foot section of concrete. The loop snakes around on the outside and between a number of baseball fields on the complex and even has a pond and a small waterfall. Near the start/finish is a large lawn area where individual tents are set up for the runners.

My goal going in to the event was to try to run the full 48 hours, interrupted only by three or four hours of sleep each night, and to see how many miles I could run/walk. While registering for the event runners were given the chance, for an additional fee, of renting a large or a small tent. As I did not have a pacer I chose to rent a small tent and not a large one. Then I purchased a sleeping bag from Sports Basement.

So, I took a cab from the motel I stayed at the night before to Camelback Ranch, took all my stuff out of the cab, got my bib, timing chip, goodie bag and tent assignment. I took all my stuff to my tent, put everything in and then I started thinking, "Hey, I am missing something..... what is it?" Then it dawned on me....my sleeping bag! I left it at the motel! OK..on to plan B...I would just run/walk straight through with no sleep and see how far I can go!

It was quite cold at the beginning of the race and I wore on top a singlet with a long-sleeved shirt over that and then a sweatshirt over that. Below I had running shorts, Injinji toe socks and compression socks over the toe socks. As the day warmed up I first took off the sweatshirt and then the



long-sleeved shirt. For a few hours the temperature was really quite pleasant. Alas, it did not last long enough. Towards evening I had to put the long-sleeved shirt and sweatshirt back on. Then I made mistake #2 (#1 was forgetting my sleeping bag). In my tent were race warmup pants but I thought, "I do not want to take time off from getting miles in to take a break to put on my warmups." That was a big mistake! The temperature kept going down all night and hit a low point of around 26 degrees at around 4:00 AM. Who would have guessed that the coldest I ever was in 2012 was the night I spent running loops in the Arizona desert!

At the 24-hour point I had covered 75 miles which is the smallest number of miles I have ever run for that period of time. But on the good side, I was around 20th out of 45 runners.

It finally started to warm up around 10:00 on day two and I was able to stop shivering. Eventually I was warm enough to take off my sweatshirt but I kept on my long sleeved shirt. I kept slowly completing loop after loop. My pace kept getting slower and slower in the afternoon (which was not surprising considering that I had gotten no sleep). I started hearing from various people that the temperature on night two was supposed to be even colder than on night one. That is when I made the decision to stop my race once I hit the 100 mile mark. After all, I would be accomplishing my goal of completing four 100-mile footraces in 2012 while raising a decent amount of money for charity. I reached mile 100.78 in a little over 33 hours and I finished something like 30th out of 45 runners.

Would I do it again? Absolutely, but without those two stupid mistakes!

PRESENTATION AT THE GALA

Jared Chan

After going through every race ever run and recorded on the DSE website, my Dad and I tallied virtually every winner and placer from 42 years of results history. I learned that from years 1980 to 2005, Mr. Pete Nowicki earned 203 Top Five honors, which was more than any other runner ever.

Recently, on December 30 of last year at the Golden Gate Vista 10K, Chikara Omine earned a second place finish. That place gave Chikara number 204 in his career Top Fives and broke Mr. Pete Nowicki's amazing record. This now makes Chikara the number ONE Top Five Placer in ALL-TIME DSE history!

A certificate, compiling a memorable listing of DSE Legends (the all-time Top 30 Male and Female Career performers), was presented to Chikara to acknowledge his newest place in DSE history. It is my honor to congratulate Chikara Omine!

Editor's note: Jared provided me with lists of the 30 men and 30 women with the all-time most Top Five wins, but unfortunately there isn't enough room in the newsletter.

I felt like an invalid, but I knew I wanted to run again.
P.S. In the years since, I've learned that the Bay to Breakers has launched many participants into becoming regular runners.

P.P.S. Matier and Ross, on page C1 of the 1/28/13 San Francisco Chronicle, state that Zazzle has pulled out their top sponsorship of this year's race. Nevertheless, the race will go on, and registration is still open. They're looking for another top sponsor, who will pay between a quarter and a half million dollars; the whole event costs around \$1 million.

◆◆◆ 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 (12 and under) are free. 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 Feb 3 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon water station — www.pamakids.org

Sun Feb 10 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 Land's 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.

Sun Feb 17 Spreckles Lake 5K & San Franciscan Mile

REGISTER: Both races at Kennedy Drive/36th Avenue across from Lindley Meadow

ENTRY FEES: one race: \$3 members, \$5 nonmembers; two races: \$5 members, \$7 nonmembers
1M:

START: Kennedy Drive near Spreckles Lake, FINISH: Kennedy Drive near Transverse

STARTING TIME: 8:45 AM

1M COURSE DESCRIPTION: Run eastbound (uphill) along Kennedy Drive from start to finish

5K:

START/FINISH: Kennedy Drive near Spreckles Lake

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

5K COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Transverse, right onto Middle Drive West, right onto Bernice Rogers Drive, right onto Kennedy Drive to finish near Spreckles Lake.

Sun Feb 24 Fort Point 10K

START/FINISH: Fort Point National Historic Museum. Parking lot under GG Bridge at north end of Long Ave.

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

COURSE DESCRIPTION: Run southeast on Golden Gate Promenade/Crissy Field, exit Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd and traverse uphill/downhill on Ft. Mason Path. Turnaround at vertical wood posts at east end of Ft. Mason Hill and return same way to finish.

Sun Mar 3 Great Highway Run 4M

START/FINISH: Lincoln Way & Lower Great Highway path

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

COURSE DESCRIPTION: Run south on entire Great Hwy pedestrian path to Sloat Blvd, left turn to Lower Great Hwy turnaround and return same way to Lincoln Way/Lower Great Hwy path finish.

◆◆◆ 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, February 28
TIME: 7:00 PM
HOST: Bill and Pauline Dake
528 Larch Avenue
South San Francisco
650-583-6268

Come out and join the newsletter folding session — a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

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

January was the third driest since records began in San Francisco in 1849. My forecast was for at least normal rainfall, which obviously didn't come to fruition.

The long-range forecast for February shows at least normal rainfall for the month. We will see. Some rain is likely around the 8th of February, then models show dry weather again with high pressure over northern California. The second and third weeks of February might be wetter, with rain around mid-month and at the end of the third week. Dry weather is expected the last week of the month and for the Napa Valley Marathon in early March.

♦♦♦ Club Officers & Coordinators ♦♦♦



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