

# DSE NEWS



47th Year

March 2013

## DOUBLE DIPSEA IS SATURDAY, JUNE 29

Janet Nissenson

This will be the 44th running of our largest and one of our very oldest races. Last year we had close to record high attendance and expect a similar number this year. During the month of March, we will be contacting those of you who graciously volunteered at the race over the past few years to see if you can help us out again. We need well over 100 volunteers to put on a safe, well organized race. Once the returning volunteers have indicated their preference of volunteer assignments, we will then open it up to new volunteers. Please look for our volunteer sign-up board at the weekly DSE races sometime in late March.

The Double Dipsea is not only our largest race but our primary fundraiser that allows us to hold such events as our annual Gala Dinner and Volunteer Picnic and also to pay for things like refreshments at our weekly races. Please support this event by volunteering this year and encouraging others to do so. As our primary club fundraiser and largest race, we strongly encourage our members to volunteer that day and preferably not run the race in order to help out.

We will have additional articles in the next few monthly newsletters about the race and our ongoing volunteer needs. This is an easy way to get your required volunteer hours out of the way, as working a full four-hour shift at the Double Dipsea will satisfy ALL of your hours for the entire year.

### PREVIEW:

Carol Pechler is traveling in Asia this month, including a visit to Hong Kong to run the marathon, which took place on February 24. She has promised an article for the DSE News after she returns.

Here is her view of Hong Kong, including the marathon finish area.



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## From the President's Desk

GEORGE SACCO

### 2013 BAY AREA A-LIST CONTEST UPDATE

If you believe the SF 49er rally call, "Who's got it better than us? Nobody!" Then back it up by casting your vote before the 3/10/13 contest closes. Our third place ranking (as of 2/22) isn't acceptable! Please go to: <http://sf.cityvoter.com/> click onto the "Fitness" category; click onto "Running Club" and cast your vote for the DSE Runners.

### CHANGES TO THE FEMALE AND MALE AGE DIVISIONS

New age divisions: the Female 40-49 division has been split into 40-44 and 45-49 divisions, and the Male 30-39 changed to 30-34 and 35-39 divisions. Janet did a lot of work to make these changes. If you're in these age categories please come out and run.

### RACE SCHEDULE STATUS

The 2013 race schedule is being finalized with the agencies that issue our permits and they are subject to change. It is important to make sure that you check with the monthly newsletter, website or hotline to keep up with any possible changes — that is, if you want to be at the right place on Sunday mornings.

### WEEKLY ATTENDANCE UP THIS YEAR — VOLUNTEERS NEEDED

The weekly race attendance in January averaged 280 participants. We continue to grow and need to make sure we have sufficient volunteers to support the large number of runners at our runs. For those of you who attended the Gala remember what Janet said: "Our

volunteers seem to be getting older with an average age of 70. We need some younger volunteers."

#### RACE SCHEDULE FOR MARCH

On March 3, the Great Highway 4M run parallels the beach.

On March 10, the St Patrick's Day 5K takes us back to Crissy Field (note this is the start of daylight savings — set your clocks ahead so that you will be on time).

No run is scheduled for March 17, so that DSE members can run the Across the Bay 12K.

On March 24, the Walt Stack 10K is a flat fast course (except for going up and down the Fort Mason hill).

On March 31, we end the month with the aptly named Easter Roller Coaster 5K, which will have you will be running up and down and up and down in the Presidio.

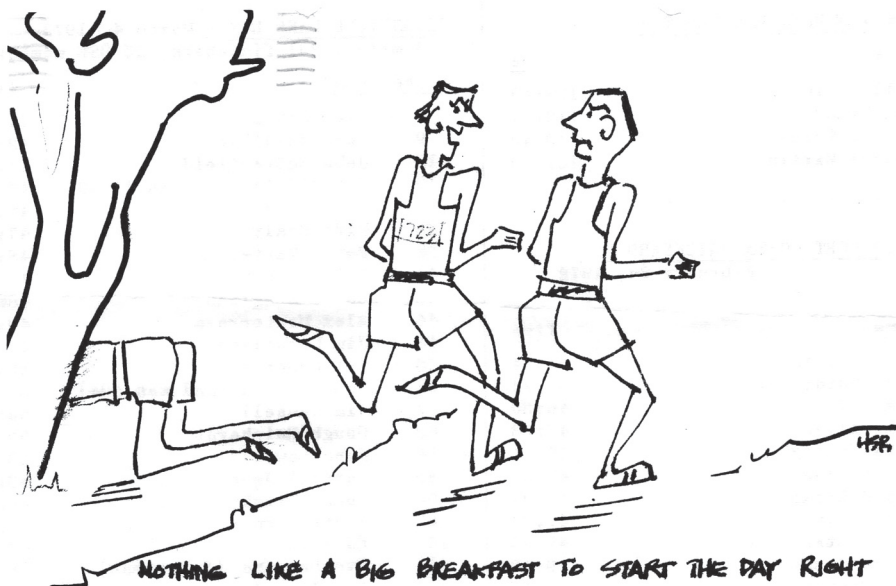
#### NEXT BOARD MEETING

The board is planning to meet on March 31 after the Easter Roller Coaster 5K. If you have any topics that you would like us to cover please let me know at [gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com). DSE members are also welcome to attend.

#### REPAVING THE SIDEWALK AREA ALONG MARINA BLVD

The city is repaving the sidewalk area along Marina Blvd, and they intend

## CLASSIC STU-PEDS



to stripe the pavement separating bike and pedestrian lanes (which includes walkers and runners). The pedestrian lane will be very small in width and may cause problems for running groups. I personally do not see why the city would want to restrict pedestrians and runners. If you also have a problem with these separations please contact George Rehmet with your concerns. He is our representative for the SF Running Coalition at [coastalcalifornia@rrca.org](mailto:coastalcalifornia@rrca.org).

## FOLDING SESSION HOSTS NEEDED

The DSE News needs folding session hosts for the rest 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](mailto: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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com). Or just check the website on folding session day.

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

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

#### Mail/Phone/Email Address

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

#### Articles and Photos

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

#### Letters to the Editor

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

#### Submission Deadline

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

### ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

#### Mail

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

#### Telephone

Hotline: 415-978-0837

#### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)

WEBMASTER: Natalie Nissenson

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

## YOUTH RUNNING PROGRAM

Noe Castanon

March is here and a new running program is here too, the DSE youth races. This new project is created to involve those energetic teens from age 13 to 17. They will run and test their limits once a month, following the same route of the regular DSE race, but they will run only a mile. Why? because the kids' races are too short for them and a 5K distance is too long, so I think a mile is the ideal distance.

These runs are starting on March 10 at the East Beach at Crissy Field, the same place as the St Patrick's Day 5K. For the rest of this year the youth program will be the same day as Daryl Luppino's kids' races, but they will start at 8:40 AM, 20 minutes before of the regular DSE race. Registration will start at 8:15 AM.

There are not many rules for these runs, but is very important to follow them:

- The runners will run on the same course as the adult race, but a shorter distance.
- A parent or tutor must be present to sign a waiver.
- This is a fun run. The first race will not be timed, but depending of the assistance and interest of the runners these races could be timed and awards given to the winners.
- The mile distance is not officially certified, but I personally will measure it using a 'walking measure wheel'.
- This runs start at 8:40 AM, so the audience will have time to cheer these talented runners before the 9:00 AM DSE race.
- And the best part of all, it is FREE!

I'm looking forward to see you and those warriors at this races and little by little making this event a success. Don't forget the date; March 10 is the inaugural DSE youth race.

## OHANA DINNER DANCE

Bill Dake

Ohana RRCA invites everyone who has ever been a member, volunteer or sponsor to the

### The 2013 Ohana Dinner Dance

5:00 PM, Saturday, March 9, 2013

~ City Forest Lodge ~

254 Laguna Honda Blvd, SF, CA 94116

415-753-8326

Social Hour at 5:00 PM

Dinner at 6:00 PM

Dancing until 9:00 PM

The David Hardiman Dance Quintet

Menu: Filet Mignon, Salmon or Vegan Stuffed Bell Pepper

Includes beverages, appetizers and dessert

Members and volunteers are free,

first guest is \$25, additional guests are \$60.

Fill in choices and how many.

\_\_\_\_ Fillets, \_\_\_\_ Salmons, \_\_\_\_ Vegan Bell Pepper

The total of \$ \_\_\_\_ is included

RSVP by March 4th: to [billdake@sbcglobal.net](mailto:billdake@sbcglobal.net). Mail form with checks payable to Ohana RRCA to 528 Larch Ave, South San Francisco, CA 94080 ~ 650-291-8531

There will be an Ohana General Meeting at 3:30 PM.

## A CAPITAL RUN ON CHRISTMAS DAY

Jim Buck

In training for a possible marathon in February 2013, my long-distance schedule for Christmas week called for a 14-mile run. Being in the Washington, D.C. area, I elected to run along the Capitol Mall on Christmas Day 2012. The weather couldn't have been better, 45 degrees and loads of sunshine.



Dressing for the occasion, I donned shorts and a green turtleneck, slipping over it a red Wayne Rooney Manchester United soccer shirt. To top it off I added a red Santa's hat and green gloves. The perfect geezer elf!

After a one-mile jaunt down North Capitol Street I reached Capitol Hill and began a circle of the Capitol building. The grounds were mostly

deserted of the usual tourists and politicians — the politicians having fled the area with their fiscal cliff homework. From there I skirted the Capitol Hill reflecting pool and took the path heading west along the left side of the National Mall — the tall obelisk of the Washington Monument straight ahead.

As I jogged along, giving and receiving a "Merry Christmas" greeting from those I passed, there on my left were the various buildings of the Smithsonian, including the modern Air and Space Museum and the red sandstone gothic-style Smithsonian Castle.

Because of construction on the mall a circuit of the Washington Monument was not possible. Detouring to the left, I headed cross-country, over the grass to the D.C. World War I memorial. The white marble domed structure lists the names of D.C soldiers killed in the War to End All Wars. The memorial was recently closed for about a year and several million dollars were spent to clean up the structure after decades of neglect. The marble is now a gleaming white.

After pausing to check out the building and pay my respects,

*continued on page 9*





## 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](http://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](mailto: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.

February 10, 2013

Golden Gate Vista 10K

**Race Director:** George Sacco

**Volunteers:** George Sacco, Paul Mosel, Bill Marlow, Jimmy Yu, Bobby Marty, George Baptista, Jennifer Walker, Henry Nebeling, Vince French, Tony Nguyen, Caron Anderson, Sam Roake, Michael Gulli, Geores Buttner, Maria Saguisag-Sid, Phyllis Nabhan, Brie Reybine



Race Director George Sacco  
© 2013 Paul Mosel

Sunny and cold.

238 Runners (132 Men + 106 Women),  
11 Self Timers



It looks easy at the finish line, but the Golden Gate Vista 10K, beautifully scenic as it is, is really a grueling hilly course, and runners are happy to get to the finish.

© 2013 Don Watson

February 17, 2013

Spreckles Lake 1M & 5K

**Race Director:** Nakia Baird

**Volunteers:** George Sacco, Calvin Chan, Vince French, Jimmy Yu, Bobby Marty, George Baptista, Eduardo Vazquez, Geores Buttner, Michael Gulli, Caron Anderson, Kenley Gaffke, Wally Rapozo, Liese Rapozo, Diane Okubo-Fong



Diann Leo assisting Race Director Nakia Baird with the awards ceremony  
© 2013 Don Watson

Weather: clear, mild.

Mile: 66 Runners (48 Men + 18 Women), 0 self timers

5K: 180 Runners (97 Men + 83 Women), 18 self timers



The tail end of the Spreckles Lake runners heading out for the 5K

© 2013 Don Watson

February 24, 2013

Fort Point 5M

**Race Director:** George Baptista

**Volunteers:** George Sacco, Jimmy Yu, Bobby Marty, Keiko Baptista, Vince French, Caron Anderson, Phyllis Nabhan, Calvin Chan



Race Director George Baptista

© 2013 Paul Mosel

Shortened from 10K because of construction.

Sunny and breezy

Total Participants = 257; Racers = 244  
(142 Men + 102 Women), 13 Self Timers



Back-of-the-pack Fort Point runners heading out past the Warming Hut

© 2012 Paul Mosel

## 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](mailto:janecol@earthlink.net).

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Resolution Run 5K, Santa Rosa, January 1</b>					
150	Joseph Connelly	51	21	M50-59	26:18
<b>Crystal Springs Trail Run 5M, Woodside, January 5</b> (I reported this race in the February column, but missed Joe.)					
36	Joseph Connelly	51	3	M50-59	48:25
<b>Get Healthy 5K, Marshall, TX, January 13</b>					
9	Joseph Connelly	51	8		28:52
<b>LMJS 4th Sunday Runs, Oakland, January 27</b>					
<b>5K</b>					
8	Tim McMenomey	51	1	M50-59	19:27
13	Edward Hung	35	4	M30-39	21:18
20	Marie Appel	48	1	F 40-49	22:55
<b>10K</b>					
1	Adam Littke	38	1	M30-39	36:27
<b>15K</b>					
9	Jared Chan	12	1	M <20	71:18
<b>Jed Smith 50K, Sacramento, February 2</b>					
1	Chikara Omine	30	1	M30-39	3:10:37
6	Nakia Baird	37	3	M30-39	3:48:16
15	Jason Reed	34	7	M30-39	3:57:58
21	Jerry Flanagan	47	7	M40-49	4:11:00
48	Hans Schmid	72	1	M 70+	5:05:02
79	Noe Castanon	42	16	M40-49	6:06:57
82	William McCarty	65	6	M60-69	6:31:41
90	Kat Powell	62	2	F 60-69	7:08:37
96	Alva Fong	41	13	F 40-49	8:09:50
<b>Kaiser Permanente Half Marathon, February 3</b>					
28	Tim Comay	28	13	M25-29	1:16:49
54	Adam Littke	38	5	M35-39	1:19:43
90	Peter Hsia	52	2	M50-54	1:22:49
123	Roy Clarke	57	2	M55-59	1:24:25
175	John Branderhorst	34	39	M30-34	1:26:35
285	Tim McMenomey	51	10	M50-54	1:29:45
292	Kenley Gaffke	34	58	M30-34	1:29:57
302	Jamie Yang	29	15	F 25-29	1:30:13
387	John Harper	38	51	M35-39	1:32:41
410	Steve Snyder	50	17	M50-54	1:33:11
418	Riya Susing	45	4	F 45-49	1:33:26
425	Michael Trembley	35	56	M35-39	1:33:34
533	Brian Hutto	48	47	M45-49	1:35:38
558	Bob Anderson	65	2	M65-69	1:36:03
632	Leopoldo Rosales	58	12	M55-59	1:37:34
687	Rafael Sands	16	16	M 2-19	1:38:02
722	Mark Orders	54	47	M50-54	1:38:36
757	David Breslin	33	127	M30-34	1:39:13
795	Niall Kavanaugh	31	131	M30-34	1:39:43
908	Edward Hung	35	112	M35-39	1:41:33
910	Kenneth Fong	51	61	M50-54	1:41:34
949	Gene French	66	5	M65-69	1:42:01



# DSE AID STATION AT THE KAISER PERMANENTE HALF MARATHON, FEBRUARY 3

*Jane Colman*

A loyal and energetic group met early on half marathon morning to set up the DSE aid station on Kennedy Drive near the buffalo paddock.

As a runner, I found it a very welcome sight when I came by and saw all the familiar faces. And I was especially grateful to Tom Pang, who was standing a bit ahead of the tables and gave me water there, enabling me to avoid the crowds farther on.

Quite a number of DSE members volunteered for other positions at the race, but unfortunately I do not have a list of them. Nor do I have photos, since neither of our DSE photographers was there. Paul Mosel celebrated his comeback to running after an injury layoff by running the 5K, and Don Watson stayed warm in our car waiting for me to finish.

Thanks to Phyllis Nabhan for providing me with a copy of the volunteer sign-up sheet. Below are the volunteers listed there.

George Sacco, captain  
George Baptista  
Jimmy Yu  
Calvin Chan  
Robert Brizuela  
Gracie Castillero  
Wally Rapozo  
Mitchell Sollod  
Brierly Reybine  
Yong Cholee Haber  
Fred Haber  
Russell Breslauer  
Kevin Lee  
Patrick Lee  
Jane Lee  
Michael Gulli  
Kitzzy Aviles  
Thomas Pang  
Caron Anderson  
Chikara Omine  
Judith Jarosz

1038	Jeffrey Norris	55	20	M55-59	1:43:10
1071	David Brownstein	50	64	M50-54	1:43:52
1120	Diann Leo	25	65	F 25-29	1:44:01
1391	Theodore Jones	74	2	M70-74	1:47:25
1392	Jared Chan	12	27	M 2-19	1:47:26
1403	Wayne Plymale	61	8	M60-64	1:47:33
1434	Oscar Osorio	36	169	M35-29	1:47:45
1464	Matthew Cox	39	179	M35-39	1:48:13
1538	Mark Prichard	57	30	M55-59	1:48:59
1621	Maria Pantoja	32	125	F 30-34	1:49:58
1887	Julia Mutere	23	58	F 20-24	1:52:55
1933	Andrea Lambert	40	72	F 40-44	1:53:20
2076	Akemi Ilzuka	48	54	F 45-49	1:54:42
2093	George Musante	58	48	M55-59	1:54:50
2307	Leland Faust	66	12	M65-69	1:56:35
2347	Samuel Roake	76	1	M75-59	1:57:01
2430	Alyssa Yell	30	212	F 30-34	1:57:49
2520	Julie Munsayac	35	153	F 35-39	1:58:29
2672	Hannah Lieberknecht	31	237	F 30-34	2:00:11
2681	Sandra Sigurdson	56	14	F 55-59	2:00:16
3089	Joseph Connelly	51	159	M50-54	2:04:41
3238	Pauline Tang	30	314	F 30-34	2:06:49
3266	Melissa Cheung	27	270	F 25-29	2:06:39
3321	Aura Cardona	43	161	F 40-44	2:07:19
3358	Naomi Nakamura	38	226	F 35-39	2:07:55
3409	Phaidra Garcia	42	168	F 40-44	2:08:37
3410	Patricia Geramoni	64	5	F 60-64	2:08:37
3519	Jon Sieker	41	321	M40-44	2:09:56
3699	Michael Gulli	53	182	M50-54	2:12:31
3729	Suzana Seban	59	28	F 55-59	2:12:52
3850	Gary Brickley	60	43	M60-64	2:14:45
3894	Carolyn Dingwall	49	164	F 45-49	2:15:30
3930	Rubi Kawamura	50	78	F 50-54	2:15:55
3962	Rene Rodriguez	42	211	F 40-44	2:16:15
3965	Wendy Newman	62	11	F 60-64	2:16:17
4085	Elizabeth Hoch	35	288	F 35-39	2:17:39
4087	Rebecca Miller	49	177	F 45-49	2:17:40
4112	Mort Weisberg	76	2	M75-79	2:17:55
4116	Joana Mendoza	25	377	F 25-29	2:17:58
4349	Michael Rouan	49	295	M45-49	2:21:50
4431	Alicia Loh	28	423	F 25-29	2:23:21
4374	Gary Aguiar	57	97	M55-59	2:22:19
4487	James Golden	61	50	M60-64	2:24:26
4499	Carol Pechler	72	1	F 70-74	2:24:47
4533	Alfred Palma	51	214	M50-54	2:25:38
4594	Julie Bernstein	43	274	F 40-44	2:26:47
4595	Jane Colman	69	4	F 65-69	2:26:50
4624	Henry Nebeling	80	1	M80-84	2:27:39
5022	Jackie Woo	30	531	F 30-34	2:39:01
5089	Virginia Rosales	49	256	F 45-49	2:41:37
5261	Kelly Daikoku	53	132	F 50-54	2:49:46
5412	Amelia Mutere	52	145	F 50-54	2:58:53
5643	Bill Woolf	77	6	M75-59	3:22:47
5650	Mary Jean Pramik	64	43	F 60-64	3:23:27
<b>Kaiser Permanente 5K, February 3</b>					
71	Kurt Gantert	37	33	M19-39	23:37
84	Amy Sonstein	43	4	F 40-49	24:08
92	Patrick Lee	65	3	M60-99	24:33
128	Lenny Rachitsky	31	52	M19-39	25:35
178	Vanessa Miller	9	5	F 6-12	26:22

400	Geores Buttner	76	6	M60-99	29:59
603	Tracy Hathaway	50	68	F 40-59	31:58
976	Barbara Robben	78	7	F 60-99	35:32
1018	Jacqueline Mertz	60	10	F 60-99	35:54
1068	Xavier Miller	7	33	M 6-12	26:27
1069	Stephen Miller	45	133	M40-59	36:27
1361	Ann Agbayani	52	241	F 40-59	40:35
1381	Roxanna Pezzy	54	246	F 40-59	40:54
1434	Alice Miller	53	265	F 40-59	41:39
1515	Dan Murphy	52	179	M40-59	43:07
1699	Jesse Agbayani	61	37	M60-99	46:37
1724	Paul Mosel	71	39	M60-99	47:12
2098	Peggy Kang	77	53	F 60-99	57:53

#### **Davis Stampede 10K, February 3**

668	Brian Hartley	59	22	M55-59	1:08:10
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#### **Superbowl 3K Run, Santa Cruz, February 3**

21	Neal Ashton	56	2	M55-59	15:33
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#### **Surf City Marathon, Huntington Beach, February 3**

2291	Gregory Brown	63	55	M60-64	7:05:40
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#### **Half Marathon**

8989	Sheri Dunn	45	544	F 45-49	2:30:43
8991	Michael Dunn	51	4343	M50-54	2:30:43
13061	Kevin Dunn	12	148	M01-017	3:11:51

#### **Mount Shasta Snowshoe Race, 11.6K, February 3**

Jim Kauffold	2:03:58
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*qualified for national age group 75-59 snowshoe race*

#### **Los Gatos All-Comers Track Meet 1M, February 9**

Jared Chan	12	5:54
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#### **Cupid's Chase 5K, Santa Fe, NM, February 9**

32	Brian Hartley	59	3	M55-59	35:49
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#### **Love 'Em or Leave 'Em Valentine's Day Dash 5K, February 10**

28	Amy Sonstein	43	3	F 40-44	23:09
245	Barbara Robben	78	1	F 75-79	37:42
252	Roxanna Pezzy	54	9	F 50-54	38:28
304	Peggy Kang	77	3	F 75-59	50:54

#### **Golden Gate Trail Runs, Sausalito, February 10**

##### **5M**

4	Lisa Penzel	47	1	F 45-49	38:27
53	Joseph Connelly	51	2	M50-54	55:56

##### **Marathon**

17	Noriko Bazeley	54	3	F 50-59	
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#### **Bay Breeze Quarry Lakes Runs, Fremont, February 16**

##### **Half Marathon**

38	Leopoldo Rosales	58	2	M55-59	1:40:05
158	Rocco Mullinax	39	21	M35-39	1:59:20
245	Phaidra Garcia	42	5	F 40-44	2:13:55
246	Pat Geramoni	65	1	F 65-69	2:13:55

##### **Half Marathon Hikers**

3	Virginia Rosales	49	1	F 40-49	2:38:58
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##### **10K**

36	Kelly Emo	48	1	F 45-49	48:34
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##### **5K**

13	Lisa Penzel	47	1	F 45-49	20:58
56	Neal Ashton	56	3	M50-59	27:50ß
233	Tony Nguyen	39	20	M35-39	34:39
286	Barbara Robben	78	1	F 75-79	37:09

## ◆◆◆ 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:

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
April 14	Bay Trail 4M

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

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

We are still in need of Race Directors for many of our events this year. Please contact Jim Kauffold at [jekauffold@gmail.com](mailto:jekauffold@gmail.com) to sign up.

Double Dipsea volunteer recruiting has officially begun! Please contact Janet Nissenson at [jLnissenson@aol.com](mailto:jLnissenson@aol.com) to sign up. Returning volunteers will get first choice of assignments.

# DSE AT THE BEAR VALLEY SNOWSHOE STOMP, FEBRUARY 23

Wendy Newman

It's 8:30 AM. on Saturday morning. It's lightly snowing, overcast and 27 degrees as the race registration opens. Bri Reybine, Pat Geramoni and I are the first to arrive at the desk to check in. It's a familiar feeling, only DSE is not sponsoring the race. And it's not your ordinary run. Pat and I are a bit nervous, as we've never even been on snowshoes before. There are three categories of races, a one-miler, 5K and 10K. "We're runners, we can do a 10K," ....uuh, we think! We sign up, get our great goody bags and confirm that the start is at 10 AM. The race director advises us it will probably be more like 10:15 because they will be waiting for a Jason Reed to arrive and he might be late! That got some big laughs from Pat, Brie and me.

So, it's 8:40 and we have a lot of time to freeze before the race start. We seem to use all of it strategizing our wardrobes. We arrive at the start and Jason is already there, booting up in his spiffy racing snowshoes. We have "cloggers" — big mistake! Announcements are made while we freeze to death. We discover that DSE represents four out of the 11 participants in the 10K event. We are finally on our way. That's the last we see of Jason for a while — or of anyone, for that matter. What might seem easy is not.

Running in truck-size snowshoes is challenging. You need to pick your feet up high or you might step one shoe on top of another and find yourself on the ground. Also, one foot often hits the other, whether you want it to or not. So we walk a little, run a little — and so it went. Within the first mile, every article of clothing I thought I needed was peeled off; hand warmers discarded — all stuffed into my daypack that I carried. I wouldn't exactly use the word "enjoy" for the actual experience. The course was beautiful, the snow, mountains and trees totally magical. But both Pat and I were wishing we could abandon our "cement-block" feet for the freedom of just a pair of running shoes, or at least be on cross-country skis. We did tough it out and finished the course. I must admit that once my feet were all blistered, I seriously considered breaking the rules, taking off the snowshoes and running. I bent down twice to unleash myself from the "painful prisons" and, feeling guilty, resisted that route and plodded on. By that time, Pat had pulled ahead and I was alone. It was great to arrive at the finish line, finishing in 1:55. Just five minutes later Brie finished up and everyone (Pat, Jason, Bri, finish-line people and me) headed to the "pizza place" for post-race festivities. We were all in good spirits, happy for the experience.

The after-race party was a hoot! The race benefited the Vallecito Middle School Music Booster Club and they were passionately performing great oldies. There was a yummy lunch buffet, really friendly people and an awards ceremony. All DSE participants got age-group medals, Jason missing out on the overall men's category due to missing a turn on the course!

It was truly a great day. Think about it for next year!

## Lost Dutchman Marathon, Apache Junction, AZ, February 17

166	Jim Buck	70	1	M70-74	4:17:56
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### Half Marathon

567	Jane McFarland	64	4	F 60-64	2:18:41
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## Chinese New Year Runs, February 17

### 5K

5	Lisa Penzel	47	1	F 40-49	19:44
95	Judith Waitz	53	2	F 50-59	25:58
233	Marian Lyons	65	4	F 60-69	29:28
354	Dana Farkas	53	15	F 50-59	32:25
373	Brian Hartley	59	27	M50-59	32:52
496	Barbara Robben	78	1	F 70-98	36:44
598	Paul Mosel	71	5	M70-98	40:54
766	Normita Etzler	64	27	F 60-69	50:06
842	Dee Farkas	85	10	F 70-98	55:57
850	Stu Etzler	66	29	M60-69	56:27
938	Sherrill Golden		15	F 70-98	1:26:48

### 10K

1	Adam Littke	38	1	M30-39	36:13
5	Peter Hsia	52	2	M50-59	38:52
73	Elaine Mah	50	2	F 50-59	52:29
164	DP Fu	72	1	M70-98	1:00:24
201	James Golden	61	9	M60-69	1:04:04
221	Michael Rouan	49	34	M40-49	1:06:06
222	Brian Dierking	48	35	M40-49	1:06:06
267	Mike Hung	62	13	M60-69	1:12:36

## Pasadena Rock 'n' Roll Half Marathon, February 17

358	Jared Chan	12	1	M12-14	1:41:59
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## President's Day 10K, San Mateo, February 18

William McCarty	59:58
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Gregory Brown	1:00:20
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## Montara Mountain Runs, Pacifica, February 24

### 10K

3	Lisa Penzel	47	1	F 40-49	45:11
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*course record!*

### Half Marathon

16	Erika Kikuchi	34	1	F 30-39	2:08:41
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### Marathon

12	Noriko Bazeley	54	1	F 50-59	5:05:47
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Brie, Jason, Pat and Wendy  
after the snowshoe race



I headed along Independence Avenue looking for the relatively new Martin Luther King Memorial. Sure enough, a half mile



or so down the road and across the street was the reverend himself, standing tall — 30 feet to be exact. The posted sign said “No Running” so I paused for a moment, tipped my Santa hat to Martin and strode out of the memorial.

As I left, I noted that MLK was staring out across the Tidal Basin to the Jefferson Memorial on the far bank. Seeing the footpath that circles the basin under the cherry trees, I decided to take that route and say hello to our third president. On my way I high-fived another Santa hat wearer and paused once more to check out a memorial I hadn’t seen before.

About a quarter mile from Mr. Jefferson was a larger-than-life bronze statue of George Mason, depicting him relaxing on a bench, a pile of books at his side. George was one of the founding fathers and a delegate to the Constitutional Convention. After sitting with him for a couple of seconds, it was off to see that president.

Although probably a little smaller than the Lincoln Memorial, Jefferson’s shrine is very impressive. The dome and columns are somewhat reminiscent of Jefferson’s home at Monticello. After a circle around the building to take it all in, I mounted the steps to the interior for a closer look at the statue. I didn’t linger long but did take time to read a few lines from the Declaration of Independence.

As I headed out north along the Potomac bike trail, I passed a family leaving the Jefferson Memorial. As I trotted by I heard the man shout out “Hey, there goes Wayne Rooney!” Somebody knows his English soccer. I acknowledged with a raise of the arm. No time for chatting. I was on my way to the Arlington Memorial Bridge and across the Potomac. All this and I still had clocked only about five of the 14 miles I needed. The route was interesting even though I was making it up on the fly.

The impressive Memorial Bridge leads directly to the entrance to Arlington National Cemetery. After a little cross-country run up the hill to the entrance, I was again headed west, this time across the Potomac to the National Cemetery nearly a mile away. On reaching the entrance I reversed course, returning on the opposite side of the street. On a hunch, I took a bike trail to the left and continued along the outside perimeter of the cemetery. Here I was presented with a stirring view of row upon row of gravestones, most with Christmas wreaths laid at their base. I ran up to the fence and paused for a minute, reading names from graves nearby.

Continuing along the trail, my hunch was rewarded with a direct connection to the Marine Corps Iwo Jima Memorial at the top of an Arlington hill. The midday sun shone brightly as the marines in bronze raised the stars and stripes. I took a few minutes to study their faces, check out their WW II weapons and circle the monument, reading the long list of battles the marines participated in through history.

And now it was time to turn this journey around and head back to the start. As I reversed course to the Arlington

Cemetery trail, I came across the Netherlands Carillon — a bell tower, guarded by two stone lions. This was donated to the U.S. in recognition of what the U.S. did for their country in WWII. As I stopped to read the plaque, the bells tolled the Westminster Chime and then the twelve gongs for noon. In an added surprise, as I continued along the trail, the carillon played the hymns of the five services. As I ran, I heard the strains of the Coast Guard Hymn fading out behind me. All this was very inspiring, taking my mind off the pounding of my feet.

And so I went, back across the Memorial Bridge, the Lincoln Memorial lying straight ahead. (Note: As I typed the last line, the TV to my right, which is showing the Cowboys-Redskins game, suddenly displayed a live nighttime view of the Lincoln Memorial, honest Abe sitting, contemplating. Coincidence?) Approaching the memorial from the rear, I circled around and still had the energy and inspiration to run the steps to the top. Hundreds of tourists crowded the steps and interior of the building. After a brief stroll through the crowd, I paused to read the Gettysburg Address etched on the wall to Lincoln’s right. It’s always inspirational.

I paid my respects to Mr. Lincoln and took off down the steps and along the left side of the recently renovated reflecting pool, heading once again for the Washington Monument.

But before reaching the obelisk there was one more memorial to visit. At the far end of the reflecting pool sits the National



WWII Memorial. The memorial, with its fountains, arches and granite slabs inscribed with inspirational quotes is dedicated to those Americans who gave their lives in that war. I didn’t linger here, taking just a quick pass along the eastern edge. My legs were beginning to feel the distance now.

The final few miles of this trek carried me along the eastern side of the mall, past the fenced-off Washington Monument toward Capitol Hill. A left turn for the final mile up North Capitol Street and it was all over. The overall pace of the run (9:45 per mile), with all the stops and strolls was not the greatest but this was by far my most enjoyable-ever 14-mile run. Even better was the fact that, according to my Garmin GPS, I had only run 13.6 miles.

The run was completely unscripted, with lots of memorials and other sights still unseen. I highly recommend such a journey to anyone visiting the Capitol. But beware, the outdoor water fountains are turned off this time of year. It’s astonishing how close many of these memorials are for a person travelling on foot. An automobile ride to these would have taken all day and caused untold frustration. Let’s see, next time there’s the White House, the Korean War Memorial, etc., etc.

# ◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at [www.active.com](http://www.active.com) by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (12 and under) and kids' runs 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.

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**For 24-Hour race information call the DSE Race Hotline at 415-978-0837**

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## **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.

## **Sun Mar 10\*                      St. Patrick's Day 5K**

START/FINISH: East Beach at Crissy Field; enter at Old Mason Street

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

**(First day of Daylight Savings Time — Set clocks ahead one hour!)**

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

## **Sun Mar 17                      NO DSE RUN**

Opportunity to run Across the Bay 12K — [www.rhodyco.com](http://www.rhodyco.com)

## **Sun Mar 24                      Walt Stack 10K**

START/FINISH: Yacht Rd parking lot, 1 block north of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to start. Then run left along diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Ft. Mason path. Turn around at vertical wood posts at east end of Ft. Mason Hill and return same way to finish.

## **Sun Mar 31\*                      Easter Roller Coaster 5K**

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

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

## **Sun Apr 7                      Windmill 10K**

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection just before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com).
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—Yoppi Frozen Yogurt, 101 California Street, San Francisco. Open to all ages and levels. We typically have a short and long route. These routes range from 3 - 6 miles and change every week.  
[www.sfurbanrun.blogspot.com/](http://www.sfurbanrun.blogspot.com/)

## Membership ♦♦♦ ♦♦♦ Information

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

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

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

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

## Folding ♦♦♦ ♦♦♦ Session

DATE: Friday, March 29, 2013  
TIME: 7:00 PM  
HOST: Bill Woolf  
Wally and Liese Rapozo  
Presidio Sports Basement  
610 Old Mason St (Crissy Field)  
San Francisco

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

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

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

Unless a March Miracle develops after mid-month or April comes in like December, this winter could be very dry, indeed. It will be dry the first few days of the month with important rains around the March 6 and 7. It will turn dry again until around mid-month, when there should be more rain, and there should be some showers around March 21. One more front should come through around March 27.

If these are strong storms, we could have near-normal rain for March. The January–February period was the driest on record.

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



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ANGELICUS  
Walt Stack

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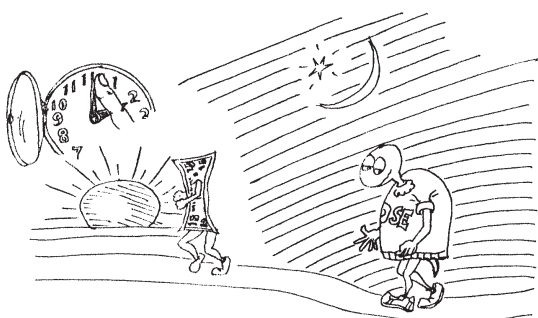
Paul Mosel and Don Watson



## SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday! ◆◆◆◆◆◆◆◆◆◆ March

1	Richard Nippes
	David Picariello
	Leo Rosales
	Jim Stratta
	Laurie Torelli
2	Sherrill Golden
	Leah Hellerstein
	Ken Nichols
	Clare Senchyna
	John Weidinger
3	Alisyn Gularte
5	Jason Bryant
6	Norbert Castellanos
7	Alfred Palma
9	James Alfieri
10	Diego Patrick McManus
11	Michael Gama
12	Beth Hoch
13	Richard Bruce
	Susan Kreusch
	Kelly Murphy
16	James O'Donnell

17	Marie Brizuela
	Markham Miller
	Joey Trevino
18	Markus Guittap
19	Alicia Loh
	John Soler
21	Bertrand Newson
	Leslie Okamoto
22	Daniel Brownstein
	Ed Navarro
	Rafael Sands
23	Helen Brownstein
24	Ed Kinchley
26	Dana Farkas
27	Marian Lyons
27	Denise Rouan
	Terrence Ryan
29	Sheri Dunn
	Marky Enriquez
	Keith Johnson
	Angelina Madrid
30	Carole Mawson
31	Salena Copeland

## New Members

**OAKLAND**  
Molly Shannon

**SAN FRANCISCO**  
Kitzzy Aviles  
Denise Barchas  
Johanna Baumann  
Jason Buckner  
Nicole Harper  
Jamie Martyn  
Sonia Medina  
Rebecca O'Kusky  
Alfred Palma, Jr.  
Colleen Welch  
Craig Welch