

DSE NEWS



47th Year

April 2013

REMEMBERING JIM POMMIER DECEMBER 15, 1932 - FEBRUARY 18, 2013

Wally Rapozo

The DSE and Pamakids just lost a wonderful runner and volunteer and a respected human being. Jim Pommier began his running career in the early 1970s, progressing from short races to marathons and then to ultramarathons, including 24-hour races.

When Jim could no longer compete, he moved on to volunteering. He volunteered for the Double Dipsea, the Dick Collins Firetrail 50M race and the Western States 100M race as well as other ultramarathons. He worked as a crew member for runners in 24-hour races, and regularly volunteered as a lap counter in the DSE 12-hour and 6-hour races.

Jim was also deeply involved in working at the San Pedro Valley Park in Pacifica, clearing trails and doing trail maintenance. Along with running, this was his real love.

The San Pedro Valley Park rangers are holding a picnic in Jim's honor at the San Pedro Valley Park at noon on Saturday, April 20. Anyone wishing to attend is welcome.

Janet Nissenson

I was saddened to learn of the passing of my old friend Jim Pommier on February 18. I first met Jim almost 25 years ago while running in races put on by the City of Pacifica. He was typically 2-3 spots ahead of me at the finish, but we would often run parts of the races together. I was still somewhat new to racing at the time, so Jim would kindly share his experience and advice with me.

When I joined DSE runners in the late 1990s, Jim was one of the few familiar faces in the group. He was a longtime Double Dipsea volunteer, managing the Flying Y area for years. As Jim's running days began to wane, you could still find him self-timing at the DSE races, volunteering at a number of ultra races, and working tirelessly as a volunteer at San Pedro Park in Pacifica, clearing brush and keeping the trails well maintained, machete in hand.

Jim was a kind, caring man who was a good friend to the running community and to the outdoors. I will miss my old friend, and I hope that he is at peace.

From the President's Desk

GEORGE SACCO

JIM POMMIER

Wally Rapozo sent me an email on March 17 informing me that Jim Pommier had passed. He was one of the DSE's premier ultrarunners. I first met him at a Practice Bay-to-Breakers run. When we finished I asked him how he was getting back to the start. He smiled and said, "Run back." He always did more than he had to.

APRIL RACES

The March weekends have been dry. This might mean April showers.

Our April races will start with a return to Golden Gate Park for the Windmill 10K on April 7.



Jim Pommier at the lap counting board for the DSE Distance Classic

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NEW DSE NEWS EMAIL ADDRESS

Please note that there is a new email address for all messages sent to the newsletter. Please start using janecol@lmi.net from now on.

The Bay Trail run at Oyster Point on April 14 is one of my favorite places because of the parking and restrooms, as well as a scenic paved trail with no traffic or street crossings.

There is no DSE run scheduled for April 21. Instead you are invited to return to Golden Gate Park for the Zippy 5K on a course very similar to our Conservatory 5K.

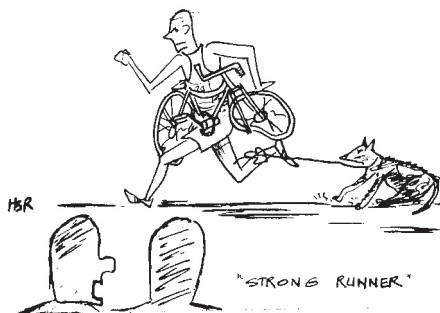
On April 28 we will have the Practice Dipsea, a good start for getting ready for the Dipsea Race in early June and the Double Dipsea in late June.

NEVER TOO EARLY FOR THE DIPSEA

In less than three months the Double Dipsea (DD) will be held. A prelude to the DD is the Practice Dipsea on April 28. I am asking all members to support this race. The one-way course doesn't need as many volunteers as the DD. However, we will need more volunteers than for a normal weekend. Additional volunteers will be needed for course monitors, aid stations and finish line. If you can help please contact Race Director John Blankenship at cartblank@aol.com.

CLASSIC STU-PEDS

by Stu Ruth



2013 RRCA CONVENTION MAY 2-5

This year's convention will be held in Albuquerque, NM. I am pleased to announce that we will be sending two club officers, Senior VP Caron Anderson and Officer at Large Kevin Lee, to the convention. Kevin will be receiving the prestigious RRCA Outstanding Volunteer of the Year award.

2013 BAY TO BREAKERS VOLUNTEERS

If you want to volunteer for Bay to Breakers go to <http://baytobreakers.com/index.php?page=volunteer>. First Street and Howard Drawbridge openings may still be available.

2013 BAY AREA A-LIST RANKINGS

The DSE was ranked second out of 17 running clubs nominated for the best Bay Area running club.

NEW DSE CLOTHING SALES COORDINATOR NEEDED

Calvin Chan, who took over all the DSE clothing sales recently, has decided that it is more than he is willing to handle, so we need someone to sell DSE clothing at the Sunday races. If you can take this on, please contact me at gsgasacco@yahoo.com.

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for the June and July issues as well as the September through December issues. 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@lmi.net (or 510-652-3116 if you don't use email).

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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@lmi.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

LOCAL RRCA NATIONAL WINNERS

George Rehmet

The San Francisco Bay Area saw several RRCA national winners. DSE's Kevin Lee won Volunteer of the Year. He is the third DSE member to win a national award as Janet Nissenson won Volunteer of the Year for 2004 and George Rehmet won Outstanding State Representative for 2001 and 2009.

Napa Valley Marathon (NVM) won Road Race of the Year. This year, NVM was the National RRCA Marathon Championship Race. Joining Pamakids' San Francisco Half Marathon for 2009 and Presidio 10 for 2011, NVM is the third local race in four years to win this prestigious award.

Christine Kennedy was awarded RRCA Masters Female Runner of the Year. In 2012, Christine, age 57, won her age group in 3:00:42 at the Boston Marathon and in 2:56:04 at the Chicago Marathon. She is also the owner of the Athletic Performance, a running store in Los Gatos.

Oakland's Len Goldman of Lake Merritt Joggers & Striders won the Browning Ross Spirit of the RRCA Award. This award recognizes lifetime volunteer service over a period of many years to the running community. Len Goldman was a key organizer of the very successful 2009 RRCA National Convention in San Francisco.

All award winners will be honored at the RRCA National Convention in Albuquerque, New Mexico in early May. Another Californian, Meb Keflezighi, will be a keynote speaker. More information is at www.rrcaconvention.org.

LOCAL RACES TO CHECK OUT or "What the Hell Was I Thinking!?"

George Rehmet

I remember that when I got into the high 80s count for my Alcatraz swims, I got into a frenzy to get to my 100th Alcatraz swim. So too was my pathway to get to my 100th marathon. After taking several months off, I completed a marathon, a 50 miler, and another marathon in three consecutive weekends. As I write this article, my body is screaming out in pain and asking, "What the hell was I thinking!?"

The Lost Dutchman Marathon – February 17

Phyllis Nabhan and I flew out to Arizona to run my first marathon of the year. Mike Taheny had always bugged me about doing this race that he helped out. Boy, I was not disappointed! In the darkness of early morning, a bus deposited us to the starting area which was lit by bonfires to keep us runners warm. Runners made their way through the town of Gold Canyon to finish in Apache Junction in the shadows of the Superstition Mountains. I was awed by the sight of the huge cacti. I was informed that cactus grows its first "arm" at



continued on page 7

DOUBLE DIPSEA VOLUNTEER UPDATE

Janet Nissenson

Thanks to everyone who has stepped up to volunteer so far for this year's Double Dipsea race, to be held on Saturday, June 29. With pre-registration numbers at all-time highs, we are expecting a large crowd on race day and need more volunteers than ever to ensure that everyone has a safe and enjoyable race. The Double Dipsea is by far our largest and most profitable race, so we strongly encourage as many DSE members as possible to take this one day out of the year to give back to the club by volunteering. This is the one race each year that we do encourage our members NOT to run, but rather to give up their race for the day and please volunteer instead. By working a full shift at Double Dipsea, you will fulfill ALL of your volunteer hours for the entire year.

We still need volunteers to assist at the following assignments/locations:

- Course Monitors: Top of the Dipsea Steps, Flying Y, Upper Windy Gap, Lower Windy Gap, new trail section between Lower Windy Gap and Mailboxes, Mailboxes near Muir Woods, Panoramic Highway near Stinson Beach
- Aid Stations: Mill Valley, Muir Woods, Insult Hill
- Finish Line Area: finish line, refreshments
- Trail Sweep
- Miscellaneous: equipment transport, truck unloading, post-race clean-up and truck reloading

If you are able to assist at any of the above locations, please contact Janet Nissenson, Volunteer Coordinator, at jlnissenson@aol.com.

REVISED 2013 RACE SCHEDULE

Janet Nissenson

Please note the following changes to the 2013 race schedule (copy enclosed with this newsletter and also available for print on the DSE website).

May 26 – this week's race will be the Lindley Meadow Cross Country 4M, with start/finish at Lindley Meadow across from Spreckles Lake. It replaces the previously scheduled Rainbow Falls 5K.

July 21 – this week's race will now be the Coastal Trail Challenge 10K, replacing the previously scheduled San Bruno Mountain 5K/12K. Please note that the start time for the Coastal Trail 10K will be 8:00 AM.

October 20 – the San Bruno Mountain 5K/12K races have now been moved to this date.

November 3 – the Rainbow Falls 5K will now be held on this date instead of the previously scheduled Lindley Meadow XC 4M.

There are still a couple of races we have not yet received final permit approval for, though we expect to hold these races on the originally scheduled dates. Please check this newsletter, the DSE website, and the DSE Facebook page for any additional updates.



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@lmi.net.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609.

March 3, 2013

Great Highway 3.94M

Race Director: Caron Anderson

Volunteers: George Sacco, Rubi Kawamura, George Baptista, Calvin Chan, Jimmy Yu, Bobby Marty, Geores Buttner, Brie Reybina, Mort Weisberg, Michael Gulli, Phyllis Nabhan, Kenneth Fong, Paul G.



Race Director Caron Anderson

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| | |
|--------------------|-----|
| Male Racers | 110 |
| Female Racer | 67 |
| Total Racers | 177 |
| Self Timers | 19 |
| Total Participants | 196 |



Jerry McGowan checks his watch just before reaching the Great Highway finish line.

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March 10, 2013

St. Patrick's Day 5K

Race Director: Jim Kauffold

Volunteers: George Sacco, Bobby Marty, Peggy Kang, Calvin Chan, Jimmy Yu, George Baptista, Vince French, Noe Castanon, Pat Geramoni, Michael Gulli, Phyllis Nabhan, Geores Buttner, Yong Cholee Haber, Brierly Reybina, Janeth Badaracco, Kathleen Lail, Kevin Lee

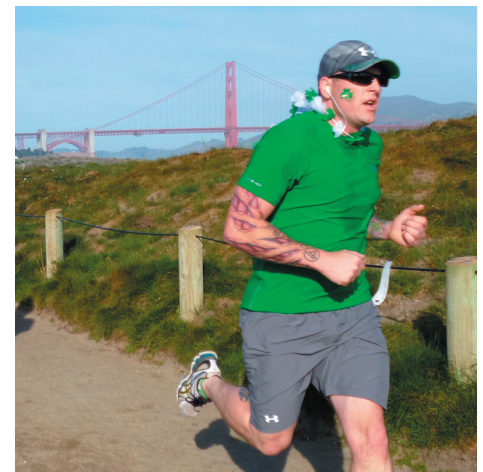


Race Director Jim Kauffold

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Weather: Sunny, clear

349 Runners (153 Men+ 196 Women),
13 self timers, 28 kids



Even though it was a week early, many runners wore St. Patrick's Day green

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March 24, 2013

Walt Stack 10K

Race Director: George Sacco

Volunteers: Peggy Kang, Jimmy Yu, Bobby Marty, Michael Gulli, George Baptista, Geores Buttner, Bruce Leary, Calvin Chan, Vince French, Jim Kauffold, Phyllis Nahban, Bill Woolf, Jacqueline Mertz, Liese Rapozo, Wally Rapozo



Race Director George Sacco

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A bit longer than 10K because of detour around construction.

Total Men: 110, Total Women: 81,

Total Racers: 191, Self-Timers: 15



Everyone had to pass the finish line to head out from Crissy Field to the Marina Green

Above: Daryl Luppino

Below: Henry Nebeling

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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@lmi.net.

| PL | NAME | AGE | A.G. PL | AGE GROUP | TIME |
|--|------------------|-----|---------|-----------|-------|
| Campbell Valentine's Day 5K, February 9 | | | | | |
| 5 | Lisa Penzel | 47 | 1 | F 40-49 | 19:33 |
| 35 | Kelly Emo | 48 | 3 | F 40-49 | 22:49 |
| 60 | Sandra Sigurdson | 56 | 1 | F 50-59 | 25:19 |

Lost Dutchman Marathon, Apache Junction, AZ, February 17

Half Marathon

| | | | | | |
|-----------------|----------------|----|---|---------|---------|
| 567 | Jane McFarland | 63 | 4 | F 60-64 | 2:18:41 |
| Marathon | | | | | |
| 18 | George Rehmet | 46 | 4 | M45-49 | 3:19:49 |
| 166 | Jim Buck | 70 | 1 | M70-74 | 4:17:46 |

NorCal Half Marathon, Fremont, February 24

| | | | | | |
|-----|------------------|----|----|---------|---------|
| 5 | Peter Hsia | 52 | 1 | M50-54 | 1:25:54 |
| 30 | Bruce Leary | 61 | 2 | M60-64 | 1:36:34 |
| 108 | Alfred Hu | 52 | 12 | M50-54 | 1:48:06 |
| 195 | Sandra Sigurdson | 56 | 3 | F 55-59 | 1:58:38 |
| 256 | Karen Pinckard | 53 | 4 | F 50-54 | 2:07:07 |
| 507 | Mary Gray | 51 | 18 | F 50-54 | 3:09:07 |

San Bruno Mountain Ultramarathons, Daly City, February 24

50M

| | | | | | |
|----|------------------|----|--|--|----------|
| 20 | Oscar Osorio | 36 | | | 11:56:32 |
| 25 | George Rehmet | 46 | | | 12:28:29 |
| 27 | Leopoldo Rosales | 58 | | | 13:09:15 |

50K

| | | | | | |
|----|------------------|----|--|--|----------|
| 2 | Jerry Flanagan | 47 | | | 5:38:19 |
| 4 | Hans Schmid | 72 | | | 6:43:02 |
| 7 | Bob Cowdrey | 68 | | | 7:33:00 |
| 14 | Virginia Rosales | 49 | | | 11:36:30 |

Marathon

| | | | | | |
|---|--------------|----|--|--|---------|
| 1 | Kenneth Fong | 51 | | | 5:39:00 |
|---|--------------|----|--|--|---------|

Half Marathon

| | | | | | |
|----|------------------|----|--|-----------|---------|
| 1 | Nakia Baird | 37 | | | 1:43:16 |
| 3 | J.R. Mintz | 46 | | | 2:13:19 |
| 4 | Cristian Alvarez | 34 | | | 2:14:02 |
| 7 | Alyssa Yell | 30 | | 1st woman | 2:22:19 |
| 8 | Marcial Saavedra | 20 | | | 2:22:47 |
| 17 | Joseph Connelly | 51 | | | 2:42:43 |
| 21 | Alisyn Gularte | 33 | | | 2:56:13 |
| 25 | Martha Arnaud | 42 | | | 3:10:22 |

Hong Kong Marathon, February 24

| | | | | | |
|------|---------------|--|--|--|---------|
| 4722 | Carol Pechler | | | | 5:46:39 |
|------|---------------|--|--|--|---------|

Hellyer Runs, San Jose, March 2

Half Marathon

| | | | | | |
|-----|------------------|----|----|---------|---------|
| 9 | Cristian Alvarez | 34 | 2 | M30-34 | 1:28:19 |
| 32 | Leo Rosales | 59 | 2 | M55-59 | 1:38:27 |
| 66 | Alfred Hu | 52 | 5 | M50-54 | 1:47:52 |
| 150 | Ryiah Nevo | 39 | 15 | F 35-39 | 2:02:27 |
| 173 | Phaidra Garcia | 42 | 9 | F 40-44 | 2:07:26 |

Half Marathon Hikers

| | | | | | |
|---|------------------|----|---|---------|---------|
| 3 | Virginia Rosales | 49 | 1 | F 40-49 | 2:39:25 |
|---|------------------|----|---|---------|---------|

◆◆◆ 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:

| | |
|----------|------------------------------|
| April 7 | Windmill 10K |
| April 14 | Bay Trail 4M |
| April 28 | Practice Dipsea |
| May 5 | Lake Merced 4.5M |
| May 12 | Mother's Day Marina Green 5K |
| May 26 | Lindley Meadow XC 4M |

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. Please contact Jim Kauffold at jekauffold@gmail.com to sign up.

We are in need of extra volunteers for the Practice Dipsea on April 28. Volunteers needed included help at registration, course monitors, and finish line.

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

10K

| | | | | | |
|-----|-------------|----|---|---------|---------|
| 24 | Kelly Emo | 48 | 1 | F 45-49 | 47:54 |
| 277 | Darci Baird | 8 | 1 | F 01-08 | 2:27:59 |

5K

| | | | | | |
|----|-------------|----|---|---------|-------|
| 7 | Lisa Penzel | 47 | 1 | F 45-49 | 20:21 |
| 64 | Neal Ashton | 56 | 3 | M55-59 | 26:36 |

Norcal John Frank Memorial 10M Run, Redding, March 2

| | | | | | |
|-----|----------------|----|---|---------|---------|
| 15 | Chikara Omine | 30 | 4 | M30-34 | 54:56 |
| 31 | Joe Wehrheim | 41 | 5 | M40-44 | 59:08 |
| 42 | Cliff Lentz | 48 | 4 | M45-49 | 1:00:34 |
| 48 | Markham Miller | 48 | 7 | M45-49 | 1:02:18 |
| 52 | Jason Reed | 34 | 7 | M30-34 | 1:02:46 |
| 54 | Kenley Gaffke | 34 | 8 | M30-34 | 1:02:53 |
| 64 | Roy Clarke | 57 | 5 | M55-59 | 1:03:55 |
| 107 | Hans Schmid | 73 | 1 | M70-74 | 1:11:45 |
| 126 | Erika Kikuchi | 34 | 6 | F 30-45 | 1:14:35 |
| 165 | Russ Kiernan | 75 | 1 | M75-59 | 1:22:41 |
| 188 | King Wayman | 63 | 7 | M60-64 | 1:27:54 |
| 289 | Dina Kovash | 74 | 5 | F 70-74 | 2:31:28 |
| 5K | | | | | |
| 116 | Bob Kovash | 74 | 2 | M70-74 | 33:12 |
| 131 | Dennis Hassler | 79 | 1 | M75-59 | 37:14 |

Little Rock Marathon Runs 5K, March 2

| | | | | | |
|--|---------------|--|--|--|-------|
| | Gregory Brown | | | | 29:18 |
|--|---------------|--|--|--|-------|

Marathon, March 3

| | | | | | |
|------|---------------|----|-----|--------|---------|
| 1533 | Gregory Brown | 63 | 25 | M60-64 | 5:14:28 |
| 2107 | Tony Nguyen | 39 | 187 | M35-39 | 6:10:45 |

Napa Valley Marathon, Calistoga, March 3

| | | | | | |
|------|---------------------|----|----|---------|---------|
| 90 | Nakia Baird | 38 | 18 | M35-39 | 3:09:27 |
| 372 | George Rehmet | 46 | 53 | M45-49 | 3:43:56 |
| 624 | Norbert Castellanos | 29 | 44 | M25-29 | 4:00:20 |
| 799 | Stephen Seymour | 51 | 55 | M50-54 | 4:12:59 |
| 1394 | Suzana Seban | 59 | 24 | F 55-59 | 4:56:53 |

5K

| | | | | | |
|----|-----------|--|---|--------|-------|
| 18 | J R Mintz | | 1 | M40-49 | 20:16 |
|----|-----------|--|---|--------|-------|

Razorback 100M, San Martin, March 9-10

| | | | | | |
|----|-----------------|--|--|--|----------|
| 14 | William McCarty | | | | 31:32:37 |
|----|-----------------|--|--|--|----------|

100K

| | | | | | |
|---|------------------|--|--|--|----------|
| 1 | Cristian Alvarez | | | | 12:49:38 |
| 2 | Oscar Osorio | | | | 14:37:49 |
| 5 | Marcial Saavedra | | | | 15:34:56 |
| 7 | Danni Baird | | | | 17:37:27 |

50K

| | | | | | |
|---|---------------|--|--|--|---------|
| 8 | Kitzzy Aviles | | | | 7:10:17 |
|---|---------------|--|--|--|---------|

Half Marathon

| | | | | | |
|---|------------|--|--|--|---------|
| 5 | Ryiah Nevo | | | | 2:21:91 |
|---|------------|--|--|--|---------|

6 Hour

| | | | | | |
|---|------------|--|--|--|-------|
| 1 | J.R. Mintz | | | | 40.4M |
|---|------------|--|--|--|-------|

Badger Cove Runs, Livermore, March 16

Half Marathon

| | | | | | |
|-----|------------------|----|----|---------|---------|
| 14 | Peter Hsia | 52 | 1 | M50-54 | 1:43:56 |
| 18 | Cristian Alvarez | 34 | 7 | M30-34 | 1:48:16 |
| 29 | Leopoldo Rosales | 59 | 2 | M55-59 | 1:57:27 |
| 112 | Rocco Mullinax | 39 | 16 | M35-39 | 2:22:10 |
| 297 | Ryiah Nevo | 39 | 13 | F 35-39 | 2:56:36 |

Half Marathon Hikers

| | | | | | |
|---|------------------|----|---|---------|---------|
| 4 | Virginia Rosales | 49 | 1 | F 40-49 | 2:59:33 |
|---|------------------|----|---|---------|---------|

Beyond Limits 100M, March 16-17

| | | | |
|----|-----------------|----|----------|
| 19 | William McCarty | 65 | 28:48:47 |
| 27 | Tony Nguyen | 39 | 31:42:23 |

San Francisco Giants Spring Training Run, 5M, Scottsdale, AZ, March 16

| | |
|--------------|-------|
| Pat Geramoni | 45:57 |
|--------------|-------|

Emerald Across the Bay 12K, March 17

| | | | | |
|------|-------------------|-----|---------|---------|
| 23 | Chikara Omine | 4 | M30-34 | 40:51 |
| 54 | Cliff Lentz | 3 | M45-49 | 43:39 |
| 55 | Joe Wehrheim | 6 | M40-44 | 43:39 |
| 78 | Jerry Flanagan | 11 | M45-49 | 45:41 |
| 85 | Markham Miller | 12 | M45-49 | 46:00 |
| 100 | Kenley Gaffke | 13 | M30-34 | 46:34 |
| 118 | Roy Clarke | 5 | M55-59 | 47:44 |
| 175 | Peter Hsia | 10 | M50-54 | 51:00 |
| 189 | Hans Schmid | 1 | M70-74 | 52:04 |
| 191 | Riya Suising | 5 | F 45-49 | 52:15 |
| 206 | Louise Stephens | 6 | F 45-49 | 53:02 |
| 247 | Brian Hutton | 38 | M45-49 | 54:52 |
| 283 | Diann Leo | 19 | F 25-29 | 56:26 |
| 306 | Denise Barchas | 9 | F 35-39 | 57:21 |
| 321 | Fiona McCusker | 9 | F 45-49 | 57:50 |
| 328 | Amy Sonstein | 6 | F 40-44 | 57:59 |
| 398 | Akemi Iizuka | 11 | F 45-49 | 1:00:08 |
| 408 | George Musante | 22 | M55-59 | 1:00:18 |
| 421 | John Stenson | 45 | M45-49 | 1:00:58 |
| 436 | Russ Kiernan | 1 | M75-59 | 1:01:09 |
| 539 | Sam Roake | 3 | M75-59 | 1:03:52 |
| 545 | Bill Hamilton | 16 | M60-65 | 1:03:56 |
| 554 | Patrick Lee | 9 | M65-69 | 1:04:22 |
| 576 | Jamee Sue Cochary | 7 | F 55-59 | 1:04:46 |
| 666 | Bob Cowdrey | 10 | M65-69 | 1:06:38 |
| 724 | Oscar Osorio | 56 | M35-39 | 1:07:41 |
| 735 | Rocco Mullinax | 57 | M35-39 | 1:08:01 |
| 817 | Wayne Plymale | 24 | M60-64 | 1:09:24 |
| 826 | Keith Johnson | 7 | M70-74 | 1:09:33 |
| 852 | Kat Powell | 9 | F 60-64 | 1:09:53 |
| 884 | Mitchell Sollod | 9 | M70-74 | 1:10:19 |
| 961 | Joseph Connelly | 62 | M50-54 | 1:11:31 |
| 979 | Jon Sieker | 70 | M40-44 | 1:1:52 |
| 1010 | Marian Lyons | 2 | F 65-59 | 1:12:22 |
| 1075 | Gary Brickley | 31 | M60-64 | 1:13:26 |
| 1117 | Michael Rouan | 93 | M45-49 | 1:14:02 |
| 1157 | Henry Nebeling | 1 | M80-84 | 1:14:50 |
| 1208 | Chad Armstrong | 87 | M40-44 | 1:17:06 |
| 1272 | Wendy Newman | 14 | F 60-64 | 1:17:00 |
| 1363 | Gary Aguiar | 57 | M55-59 | 1:18:55 |
| 1707 | Mort Weisberg | 9 | M75-79 | 1:26:23 |
| 1785 | Carol Pechler | 6 | F 70-74 | 1:28:32 |
| 1794 | Brian Hartley | 79 | M55-59 | 1:28:58 |
| 1825 | Barbara Robben | 1 | F 75-59 | 1:29:48 |
| 1889 | Paul Mosel | 11 | M70-74 | 1:32:11 |
| 1911 | Dana Farkas | 86 | F 50-54 | 1:32:49 |
| 2020 | Amelia Mutere | 93 | F 50-54 | 1:36:21 |
| 1960 | Laura Keller | 54 | F 55-59 | 1:34:28 |
| 2059 | Marcia Martin | 35 | F 60-64 | 1:38:03 |
| 2232 | Dennis Hassler | 11 | M75-59 | 1:48:56 |
| 2261 | Dan Murphy | 115 | M50-54 | 1:50:33 |
| 2269 | Mary Jean Pramik | 41 | F 60-64 | 1:51:19 |

LOCAL RACES TO CHECK OUT

continued from page 3

age 75 years. So I figure that some of this prickly green stuff was a couple of hundred years old. I crossed the line in 3:19:49 – a personal record for my age.

During my stay, I enjoyed visiting the ghost town of Gold Field in which visitors can experience actors recreating gun battles. Also, former Pamakid Rick Hardina was a gracious host as well.

For more info: <http://www.lostdutch-manmarathon.org/>



San Bruno Mountain Ultramarathons – February 24

The race consisted of five ten-mile loops on the Summit Loop and then the Ridge Trail which extended down towards Brisbane. To be honest, I had not trained for a 50-miler and my legs were still beat up from running a fast marathon the week before. But having enough experience running this distance, I knew to go out conservatively and take frequent walking breaks.

The sight of the bay was breathtaking and so were the hills (10,000 feet elevation)! By the time I got to the last loop, my legs were so beat up that running downhill was painful. After nearly 12 and a half hours, I finished!



It was wonderful to see other DSE members out there and doing well.

Leo Rosales finished his first 50-miler in gutsy style. Ken Fong won the marathon. Jerry Flanagan took second at the 50K. Virginia Rosales raced this as well. Nakia Baird and J.R. Mintz took first and third, respectively, in the half marathon. Joining them were Martha Arnaud and Joe Connelly.

I was most appreciative that it took me less than 10 minutes to get back home. So if you want a local trail race with great views, this race is worth considering.

Napa Valley Marathon – March 3

#89! This marathon is one of my favorites as I broke three hours on this scenic course in 1999. I finished in 3:44 this year and I was pleased to see fellow DSE member Suzana Seban finish her first marathon while being supported by Vince French, Janice Rensch, Wendy Newman and Bill Woolf. I highly recommend this scenic race which has a fast course due to the mostly downhill profile.



Another feature of this race is the Marathon College in which the sport's celebrities are brought in as guest speakers on a panel. This year the theme was Women in Marathoning as the following women wowed the audiences: Joan Benoit-Samuleson, 1984 Olympic Marathon Gold Medalist; Lorraine Moller, 1992 Olympic Bronze Medalist; Nina Kuscsik, 1972 Boston and New York Marathons winner; and Jacqueline Hansen, 1973 Boston Marathon winner who lobbied successfully to add women's events for the 5,000 meters, the 10,000 meters and the marathon in the Olympics.

| | | | | |
|------|---------------|-----|---------|---------|
| 2298 | Dina Kovash | 9 | F 70-74 | 1:54:12 |
| 2324 | William Woolf | 12 | M75-59 | 1:56:19 |
| 2524 | Michele Sims | 101 | F 55-59 | 2:21:35 |
| 2525 | Dee Farkas | 1 | F 85-89 | 2:21:40 |

Dublin Shamrock 5K, March 17

| | | | | | |
|-----|----------------|----|---|---------|-------|
| 178 | Jim Buck | 70 | 1 | M70-79 | 24:53 |
| 339 | Jane McFarland | 63 | 1 | F 60-69 | 27:42 |

Go Green St. Patrick's Day Half Marathon, Los Gatos, March 17

| | | | | | |
|----|--------------------|----|---|---------|---------|
| 41 | Stepanie Polverari | 47 | 3 | F 40-49 | 1:48:59 |
| 82 | Sandra Sigurdson | 56 | 3 | F 50-59 | 1:59:14 |

Wine Country 5K, Paso Robles, March 17

| | | | | | |
|----|-------------|----|---|--------|-------|
| 34 | Neal Ashton | 56 | 3 | M55-59 | 26:34 |
|----|-------------|----|---|--------|-------|

Oakland Running Festival, March 24 Marathon

| | | | | | |
|-----|----------------|----|----|---------|---------|
| 67 | Riya Suising | 45 | 2 | F 45-49 | 3:24:31 |
| 147 | George Rehmet | 46 | 15 | M45-49 | 3:43:15 |
| 169 | Noriko Bazeley | 54 | 3 | F 50-54 | 3:46:43 |
| 440 | Elaine Mah | 50 | 10 | F 50-54 | 4:25:14 |
| 496 | Amber Wipfler | 32 | 38 | F 30-34 | 4:33:04 |
| 719 | Gregory Brown | 63 | 16 | M60-64 | 5:11:57 |
| 843 | Mary Gray | 51 | 25 | F 50-54 | 6:27:29 |

Half Marathon

| | | | | | |
|------|-----------------|----|-----|---------|---------|
| 1507 | Tony Nguyen | | | | 2:09:44 |
| 1982 | Alfred Palma | 52 | | | 2:19:30 |
| 2582 | Salena Copeland | 34 | 342 | F 30-34 | 2:37:23 |
| 2862 | Marian Lyons | 65 | 10 | F 65-69 | 2:52:55 |

5K

| | | | | | |
|-----|----------------|----|---|---------|-------|
| 108 | Kelly Emo | 48 | 2 | F 45-49 | 23:44 |
| 874 | Barbara Robben | 78 | 1 | F 70+ | 34:56 |

Canyon Meadow Trail Runs, Oakland, March 24

5M

| | | | | | |
|----|------------------|----|---|---------|-------|
| 7 | Lisa Penzel | 47 | 1 | F 40-49 | 37:35 |
| 26 | George Durgerian | 46 | 5 | M40-49 | 47:53 |

Half Marathon

| | | | | | |
|----|-----------------|----|---|---------|---------|
| 20 | Louise Stephens | 47 | 1 | F 40-49 | 1:54:45 |
| 22 | Steve Snyder | 50 | 4 | M50-59 | 1:44:43 |
| 49 | Akemi Iizuka | 49 | 7 | F 40-49 | 2:09:37 |
| 57 | Fiona McCusker | 48 | 8 | F 40-49 | 2:12:44 |

30K

| | | | | | |
|----|----------------|----|---|---------|---------|
| 24 | Jim Flanigan | 63 | 2 | M60-69 | 3:16:59 |
| 45 | Danni Baird | 29 | 3 | F 20-29 | 4:36:38 |
| 49 | Margie Whitnah | 64 | 2 | F 60-69 | 5:18:31 |

Marathon

| | | | | | |
|----|----------------|----|---|---------|---------|
| 24 | Alisyn Gularte | 33 | 3 | F 30-39 | 5:50:15 |
|----|----------------|----|---|---------|---------|

50K

| | | | | | |
|----|----------------|----|----|--------|---------|
| 4 | Jerry Flanagan | 47 | 2 | M40-49 | 4:21:57 |
| 45 | Gregg Whitnah | 62 | 1 | M60-69 | 6:01:39 |
| 47 | Noe Castanon | 42 | 14 | M40-49 | 6:08:02 |

HONG KONG MARATHON 101, FEBRUARY 24, 2013

Carol Pechler

The breeze was very mild but felt refreshing, the smog level was low and the temperature high was a moderate 71 degrees. On this seventeenth marathon, Standard Chartered Hong Kong Marathon organizers and runners were relieved and happy at the outset. The three beautiful bridges we runners crossed were on full display, especially the Tsing Ma Bridge. (http://en.wikipedia.org/wiki/Tsing_Ma_Bridge). When it was finished in 1997, it was the second longest span suspension bridge in the world; now, it's the ninth longest. (The Golden Gate now has the 11th longest span, and had the longest from 1937 to 1964.) And the Tsing Ma Bridge has two decks, the lower for railway, making it the longest suspension bridge for both cars and rail traffic. You runners would want to know that the climb to the middle of the bridge roadway is around 250 feet, versus a 270 foot climb to the middle of our Golden Gate Bridge roadway.



The top 20 invitees were Kenyans and Ethiopians, the top finisher purses were a modest US \$25K, and the biggest celebrity of all was 101-year-old Mr. Fauja Singh of Punjab, India and now England. (More about him later.)

The defending women's champion, Misiker Demissie of Ethiopia, placed first again, but 36 seconds behind her 2012 finish of 2:30:12. The first place male was Julius Maisei of Kenya, at 2:14:17 (and who came in second last year in 2:11:29, behind Dereje Abera Ali of Ethiopia, at 2:11:27). In all, 13,500 runners finished the full marathon and about 20,000 finished the half, among them Joan Benoit Samuelson, who at age 55 finished 59th overall in 1:25:53. (You'll remember that in 1984 she earned the Olympics gold medal for the very first women's marathon, in Los Angeles.) Back to Hong Kong — both the full and the half marathon started in Kowloon and finished on Hong Kong Island. Meanwhile, 53% of the total 72,000 registrants ran the 10K, which started and finished at everyone's finish in Victoria Park.

More than 99% of the runners were young and Asian, most of them Hong Kong residents, and 95% of all were men. After I registered, on the first day, October 24, 2012 (and the 72,000 spaces were filled within 3 hours), I became worried that I'd be the last finisher. In fact, many finished behind me. But worse, more than 500 runners needed medical attention (all survived), despite water, energy drinks and wet sponges every two kilometers. The next day I read in the Hong Kong Standard that this number was an improvement over 2012, when medics treated more than 2,000 runners. The problem each year? Apparently, the humidity. Even though the temperature wasn't terrible, the dew point was right up there with the temperature, so sweat didn't evaporate and therefore bodies didn't cool down.

I wrote earlier that the breeze felt refreshing, but a lot of runners suffered from overheating. I heard many ambulance sirens, and I saw ambulances and filled sweep buses coming from behind.

Probably not all of those sitting in the buses were injured: five checkpoints had been announced in advance, with deadlines, and participants not reaching those points in time were led into the buses. I was happy to escape those predator buses, though I did glance down at my watch at each checkpoint for reassurance. You know the feeling, right? When you see a highway patrolman in your rearview window, you might check all your driving behavior, figuring you're doing fine, but you might still worry that he's coming after you! Apparently no one achieves a PR in this event; I was a half hour slower than usual.

Next day in our hotel I met Kit, a young staff member, who had run the full, his first, and had come in around the same time as I had. He said, "So sore! I must train better for next year!" His colleague, Iris, had been on a running team in high school, and she said several times "I really want to run next year!" She asked many questions about training, and she borrowed my marathon booklet overnight to read it carefully. What fun it was for me to meet two more young people just starting out on endurance running.



And, we 72,000 participants got to share this Hong Kong experience with the world record holder for oldest marathoner. Mr. Fauja Singh, at age 100 a year and a half ago, ran the Toronto Marathon, earning the world record for oldest finisher. By now aged 101, almost 102, he had gotten international press for his intention to run this full marathon as his last. (You'll remember him, that he ran his first marathon at age 89 as a way to handle the loss of his wife and a son — http://en.wikipedia.org/wiki/Fauja_Singh.) A few days in advance of the Hong Kong Marathon, he reduced his goal to the 10K and said that this would be his last organized race. He finished in 1:32:28, and afterward, with



dozens of journalists clamoring after him, he said, "We old people are like children; we like attention." He added, "I hope that people won't forget me after this." We won't, will we! I'm counting on at least one DSE member to beat his record.

GOING FOR GOLD AT THE LOST DUTCHMAN MARATHON

Jim Buck

The town of Apache Junction, Arizona, located east of Phoenix at the foot of Superstition Mountain, once again hosted the Lost Dutchman Marathon. This year's 26.2 mile trek through the desert, along dirt roads and local highways began at 7 o'clock, just as the sun peeked over the top of the mountain, on the 45-50 degree morning of February 17, 2013. Fewer than 400 runners had left the relative comfort of the open campfires to directly confront the early morning chill.



The first six miles of this marathon are along a well-maintained dirt road in Gold Canyon that eventually leads out to the local streets and highways. Along the route, with the mountain at our backs, we passed through a beautiful desert landscape populated with giant saguaro cactus on both sides. Here I kept an eye out for prospectors, burros and Apache Indians but, apparently, either they were hiding from the cavalry, or they just had the common sense not to be roaming about at this hour.



There were a few more rolling hills in this course than I had envisioned and I'm sure my finishing time reflected this. But an interesting phenomenon occurred along this rolling dirt road that was evident to all. Many times as the road dipped into small depressions for 50 to 200 yards or so, the air temperature dropped noticeably, perhaps by as much as 10 degrees. I heard other runners remark on this. The chill on my hands and shoulders had me wishing for a pair of warm gloves and maybe a Mexican serape. As we rose out of these depressions the warmth in the air was equally noticeable — but also very welcome.

The remainder of the marathon took us along local highways and the back streets of local communities. We were heading generally northwest toward the other end of Superstition Mountain. Its rugged peaks were never out of our sight for very long.

This marathon course fooled me. Although it finishes about 500 feet lower in elevation than the start, those rolling hills and long straightaways did me in. Of course, peak



performance requires good conditioning. Injuries in that final month leading up to the race severely curtailed my training regimen, eroding any stamina I might have had for the long run. In my years of running I've come to realize that, with age, it takes longer to establish a certain



level of fitness but, conversely, that level of fitness dissipates much quicker with inaction than in the days of our youth. Nevertheless, this race venue was very appealing and I was determined to participate, even if I had to walk the entire course — and I did much of that anyway. My finishing time was 4:17:56, my first race over four hours. Amazingly, it's still a Boston qualifying time! See, there is a benefit to entering a more advanced age category. From mile 10 in this race my quad muscles were talking back to me, balking at every attempt to lift my legs for the next stride. Only a run-walk strategy got me through this. From this point on I'm thinking, "What am I doing out here? If I were running the half marathon, I'd be near home by now!" In the last four miles of the race I noted I was gaining on another gray-haired runner who was obviously in my age group. If only I could keep up with him; not let him pull away. Eventually, it came down to the last half mile. My plan to use a last minute sprint to zip by him was a valid one but only my mind was ready. The legs had other ideas. Instead of sprinting, I slowed to a hobble. A second gray-headed runner went by. Okay, I pulled it together, disregarding the quad talk, and sprinted the last quarter mile. But it was too little, too late. The two competing geezers finished seconds ahead.

Although I discovered no gold along the way, the race did have a silver lining! I found out later that the two geezers finishing in front of me were actually in a younger age group! If these two showed the effects of their age, and they were actually youngsters, what must I look like? Don't answer that! It was a rhetorical question.

I would highly recommend this marathon. It was not only scenic but it was very well supported and orchestrated. The warming fires at the beginning were a nice touch. Temperatures had probably reached the low 60s by the time I finished. Refreshments along the route were plentiful, including water, Gatorade, energy gels and fruit. There was no lack of volunteers. The full marathon had fewer than 400 runners finishing, down from previous years. This is because there are now three marathons occurring in this area within a month. The other Lost Dutchman runs that day, the half marathon, 10K and 8K had over 2,100 total runners.

Now about that lost Dutchman — the general idea I had was of an old, grizzled German prospector arriving in town, with his burro in tow, one day in the late 1800s. In his

saddlebags he carried a sample of remarkably high grade gold nuggets that he had mined from a newly-discovered lode. Naturally, this caused lots of excitement in town. But the prospector loaded supplies on his burro and headed back into the hills to make his fortune. Sadly, he was never seen again. His body and the mine have never been discovered. For well over a hundred years thousands of individuals have roamed the Superstition Mountain chain in search of this lost treasure. Many have died in the process. Wikipedia has some interesting background on all this and a different take on the story. See http://en.wikipedia.org/wiki/Lost_Dutchman%27s_Gold_Mine.

And from Jane McFarland:

In my past running years, I've stayed relatively local, traveling to Napa Valley and San Jose for half marathons. They were both fun, interesting and invigorating. Through a DSE friend (who runs "Destination Marathons"), I started keeping my eyes and ears open for a great "get away" half marathon. The opportunity arrived with the somewhat obscure Lost Dutchman Half and Full Marathon in Apache Junction, Arizona on February 17. Set near the beautifully appealing Superstition Mountains with rolling grades of desert land abounding (and saguaro cactus beckoning), the aura for this event began for myself and almost 2,000 people.

Pre-race day had a great low-key expo in an equally stunning desert setting — all I then wanted to do was to get into the desert and explore! There is much to do there with roads leading to ghost towns, saloons and emerald lakes with great paddle wheel boats for excursions. The Lost Dutchman and his donkey did show up for race day with the entire town to cheer all the runners. I kept hearing my name with this loud crowd of well wishers. (It helped that my name had been printed on my race bib!)

I did my PR in this half marathon and appreciated the early start at 7:15 AM even though it was a bit chilly in the desert morning. I also gleaned some valuable lessons for the future "destination" races:

- 1) Get miles under the belt — as many and often as possible.
- 2) Don't eat unfamiliar or rich food the night before the race: anxiety for the race is enough on the stomach.

It was a terrific finish and inspired me for my next "destination" half marathon!!

I recently read an article in the February *Runner's Magazine* listing the 27 BEST half marathons in the United States — and yes, I'm already signed up and training for my next challenge. For the 500 Festival Mini Marathon, I'll travel east to Indianapolis May 4 for a run to and around the infamous Motor Speedway. This race boasts of being the largest half marathon in the country with over 31,000 participants! With 85 entertainment acts, bands, dance troops and cheerleaders, I can already feel the positive energy spurring me on!

In conclusion, I highly recommend the Lost Dutchman race, as not only was the weather inspiring, but there truly is a mystical aura that emanates from the desert canyons and peaks — and added inspiration for the journey. Now on to Indiana.

◆◆◆ 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) 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.

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

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.

Sun Apr 14* Bay Trail 4M

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot which is adjacent to the start/finish (look for signs and/or volunteers to direct you in).

START/FINISH: Oyster Point Marina, South San Francisco

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2 mile mark, a short ways past the second bridge and return same way to finish.

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

Sun Apr 21 NO DSE RUN

Opportunity to run Zippy 5K - www.zippy5krun.org

Sun Apr 28 Practice Dipsea Run 6.8M

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach – Runners need to arrange their own transport back to start.

Check www.dserunners.com for information on public transportation.

STARTING TIME: Runners at 8:00 AM.

ENTRY FEE: \$15

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais.

Sun May 5 Lake Merced Run 4.5M

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

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

Sun May 12* Mother's Day Marina Green 5K

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 east along Crissy Field/GG Promenade, exit right across Yacht Harbor parking lot, veer left along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd, and complete Marina Green rectangle (left at Webster Street par course, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd). Return same way to start. Run west along Crissy Field/GG Promenade; Turn around before fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach 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—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/

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: Monday, April 29, 2013

TIME: 7:00 PM

HOSTS: Daz Lamparas

Elizabeth Valdellon

850 Darien Way

San Francisco

415-584-7088 (Elizabeth home)

415-269-2946 (Daz cell)

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

Above normal rainfall and below normal temperatures are expected for April. After a wet Easter Sunday, rain is again likely at the end of the first week in April. We can expect a week of dry, mild weather before rain develops again around mid-month. Following a few sunny days, the last rain of the month will come on a day or two around April 20. Sunny and warmer weather with little or no fog at the coast is likely the last week and a half of April with mild to warm temperatures in San Francisco.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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KIDS' RACE DIRECTOR

Daryl Luppino

650-757-5247

DOUBLE DIPSEA RACE DIRECTOR

Ken Reed

RunKenRun@aol.com

PERMITS

Pat Geramoni

Janet Nissenson

Suzana Seban

suzana@network172.com

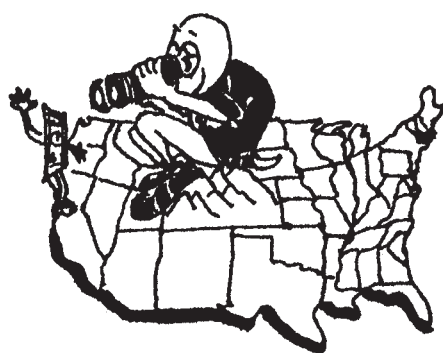
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ◆◆◆◆◆◆◆◆◆◆ April

| | | | |
|----|------------------|----|---------------------|
| 1 | Gerald McGowan | 12 | Gary Aguiar |
| | Joel McKinney | 13 | Ed Powlesson |
| 2 | William Franklin | 14 | Barbara Robben |
| | Arnaud Merceron | 15 | Jacqueline Seymour |
| | Diane Okubo-Fong | 17 | Alexandra Seymour |
| 4 | Joana Mendoza | 19 | Adam Littke |
| 5 | Sandy Baumgarten | | Wendy Newman |
| | Katy Chamberlin | 20 | Xavier Miller |
| 6 | Aaron Brickley | | Mark Orders |
| | Sarah Napolio | 21 | Caron Anderson |
| 7 | Anya Durgerian | 22 | Russell Breslauer |
| | Ken Reed | | Steven Pitsenbarger |
| 8 | Edwin Dunn | 24 | Warren Hahn |
| | Kenley Gaffke | 24 | Diann Leo |
| 9 | Dave Kapp | | Elizabeth Boyd |
| | Steve Seymour | | Samuel Sanchez |
| 10 | Amber Wipfler | 27 | Pat Wellington |
| 11 | Diane Lucas | 28 | Alex Ruppert |

New Members

LIVERMORE

David Ly

MILL VALLEY

Daniel Pagano

SAN JOSE

Eric O'Grey

SAN FRANCISCO

Yvonne Casillas

Ivan Gallo

Kegan Kawamura

Roland Siebelink