

May 2013

Carol Pechler and Wendy Newman

“During the marathon, we are one family.
We cheer for each other,
We carry each other across the finish lines.
And when tragedy strikes,
We are also one family.
We hurt together,

continued on page 2

◆ ◆ ◆ GEORGE SACCO

SPECIAL OLYMPICS

I received a flyer from Bill Woolf regarding the Special Olympics. The flyer stated in part, "Hello potential volunteers! I wanted to apprise you of our SFUSD Program Special Olympics Track and Field Meet at Kezar Stadium in San Francisco's Golden Gate Park on Friday, May 10, from 10 AM - 1PM.

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Volunteer sign up and orientation will be at 9:00. Many of you have volunteered before and know how much joy you bring to the hundreds of participants." I am going to be there at 9:00 AM. How about you?

UPCOMING DSE RACES

We start out the month on May 5 with the Lake Merced 4.5M run, starting this time at the Boathouse, not at the Sunset Blvd parking lot.

On May 12 we celebrate Mother's Day with a flat, fast 5K starting at the Little Marina Green and running along both the Marina Green and Crissy Field.

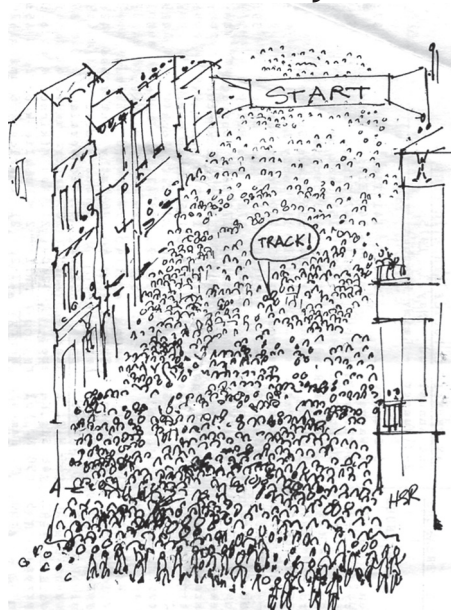
There is no DSE run on May 19, so you can run or watch the Bay to Breakers — or if you prefer a smaller tougher race in the East Bay, you can choose from the Tilden Tough Ten in Berkeley or the Ohlone Wilderness 50K in Fremont (Ohlone registration is closed, but you are welcome to volunteer).

The Lindley Meadow Cross Country 4M course is certified, something a bit unusual for DSE races. Come and get a head start preparing for the PA/USATF cross country series that will start in August.

The Thursday Night Summer Race Series at Lake Merced begins on May 30. This series of 4.5M loop runs starts

CLASSIC STU-PEDS

by Stu Ruth



at the Sunset Blvd parking lot. See the article on page 4 for details.

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.

SECOND BOARD MEETING OF 2013

The second Board meeting of 2013 was held after the Easter Roller Coaster 5K. Treasurer Chikara Omine reported

that the Club's financial status is good. The Board decided to move forward with the design of the new web page spearheaded by Maria Pantoja. Members should expect a more modern website that is more accessible to mobile device users. George Baptista presented a formal safety policy for race participants and permit compliance. George additionally suggested an audit policy for the tracking of the Club's financial records. The 2013 6-hour Classic run has been renamed "Jim Pommier 6-hour Classic" run and special ribbons have been ordered with Jim's name. Kevin Lee and George Sacco will represent the Club at the annual RRCA convention. (*minutes prepared by DSE secretary Diann Leo*)

DSE Runners Reflect on Boston 2013 continued from page 1

We help each other together."

Asked to reflect a few days later, some of our DSE Boston runners probably spoke for most: "I definitely want to run Boston again next year!"

Our DSE runners* included:

RUNNER	NET FINISH TIME
Kenley Gaffke	2:58:01
Ian Macnider	3:04:32
Riya Young Suising	3:26:01
Elaine Mah	3:44:43
Judith Taksa Webb	
Sandy Sigurdson	
Sam Roake	
Theo Jones	

We DSE members in San Francisco... We're your family as well.

**All DSE runners had passed the 40K mat before the explosion. Four had already finished, and the others were expected to finish shortly after four*

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

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

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

Mail/Phone/Email Address

The DSE Newsletter mailing address is Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@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

ANTHONY JOHN STRATTA, 1930-2013

Valerie Stratta Trenev

Anthony John Stratta, 82, of Santa Maria, originally of San Francisco, California, passed away Good Friday, March 29, 2013.

Tony was born on May 24, 1930 in San Francisco, CA to Laura Nadine (Vezzani) and Dominic Anthony Stratta. He is a graduate of Daniel Webster Elementary School and Lowell High School, class of '47, and attended CCSF and USF.

Tony is survived by his loving wife of 53 years, Mary of Southbridge, Massachusetts, and three children that adored him, Valerie Stratta Trenev, of Santa Maria, David Anthony Stratta and James Dominic Stratta both of San Francisco; loving grandchildren, Anthony Ryan and Laura Marie Trenev; sister, Beatrice Cull and uncle Arnold Vezzani; nieces, Adrienne Trinei, Susan and Ellie Mitchell, nephew Steve Mitchell.

Tony was a veteran — serving four years in the U.S. Navy, 1950 to 1954. He served in submarine repair and on the U.S.S. Nereus.

Our wonderful Tony was a joy to us. He was very knowledgeable about sports statistics and significant dates. He remembered birthdays and loved to reminisce about the old-time tennis players and runners. Numerous facts and figures were on the tip of his tongue. He was a very avid athlete, competitive in long distance running and tennis for the better part of 60 years. He played tennis at Golden Gate Park, San Francisco, for three decades, and counted among his good friends Rosie Casals, a world class tennis champion. He was very involved in the Bay Area Tennis League and brought his team to victory countless times. His collection of trophies, medals and T-shirts is overflowing.

His running career included 59 Dipsea Races, 174 marathons (over 50 of those 50 milers, and the SF Marathon 18 times), and he first ran the Cross City Race, later to become the Bay to Breakers at the age of 16 in 1946. He entered the Western States 100 miler three times with his best finish 86 miles. He ran around Lake Tahoe twice in the Pepsi 72 Miler. He ran the Bay to Breakers over 60 times and was a member

of the San Francisco DSE Running Club, Pamakids Running Club and the Northern California Veteran Boxers Association. He was instrumental in having the field at Jackson Park in the Potrero district of SF named for Tony Lazzeri, an Italian American baseball legend. He also worked tirelessly to have another SF baseball legend, Lefty O'Doul, honored in Cooperstown. He loved to run around Lake Merced in San Francisco in his later years, with our neighbor's dog, Gable. His last five years were spent in Santa Maria, living with his daughter, Valerie. He enjoyed countless outings and was always volunteering to "go for a ride." He was a loving husband, a devoted father, a caring grandfather and always, always optimistic and pleasant. We'd like to thank Dr. William Oklerblom and staff for their care and support. Also, thank you to the staff of Central Coast Medical Oncology. We had five extra years with Tony thanks to Dr. Brian DiCarlo, back in 2008.

Of all the races, he loved the Dipsea Race, held in Marin County, the most. This race is 7.2 miles long and is considered the toughest cross country race in the nation and the oldest. Back in the day it had 671 steps (now there are 676). Tony and his father won the father-son cup five times back in the late '40s and early '50. They say, "Old runners never die, they just reach the 672nd step." Daughter Valerie, son James and grandchildren Laura and Anthony Ryan will run the Dipsea on June 9 this year. We love you dad. You will always be with us.

Services were held in Santa Maria, From there, Tony was brought home to San Francisco and interned at the Italian Cemetery in Colma on Friday April 5 in a private ceremony.

There will be a memorial to Tony in San Francisco, June 8, 2013, at noon at the South San Francisco Elks Club, 920 Stonegate Drive, South San Francisco, CA 94080.

Contributions can be made to the HeathWell Foundation 9801 Washington Blvd., 9th fl., Gaithersburg, MD, 20878 or The Dipsea Kidz, c/o Dipsea Foundation, P.O. Box 10, Mill Valley, CA 94942.



Tony at Cardiac Hill on the Double Dipsea
Photo courtesy of Bill Woolf

Letters

Last month, Bill Woolf, Liese and I sponsored a DSE folding session at the Presidio Sports Basement. It was very successful. One of the main reasons was the cooperation of the Sports Basement employees. They were so happy that we were there! A section of the building was roped off for our event. They even donated a cooler full of sports drinks and beer. They stated that they would welcome our club at any time.

If anyone would like to host a folding session, I would recommend that you contact the employees of Sports Basement to set it up. Parking facilities are great. They may even donate a cooler full of drinks. You would not have to use your home or apartment. Sports Basement is fairly convenient for most runners, close to the Marina Green.

We would urge all DSE members and friends to patronize the store. Besides giving DSE members a 10% discount on purchases, there is also a sizable sales section. If you have any questions, e-mail me at runnersmate@att.net.

Wally Rapozo

SUMMER EVENING RACE SERIES BEGINS THIS MONTH!

Janet Nissenson

Our 12-week series of Thursday evening races at Lake Merced returns for our sixth consecutive year starting on May 30, and continues each week through August 22 (NOTE: NO RACE on July 4). Start time for all races is 6:30 PM, and fees are \$1 per runner. **ABSOLUTELY NO COINS ACCEPTED!** Please be considerate of this stipulation since race receipts are deposited via ATM which does not accept coins. The race starts and finishes at the Sunset Blvd parking lot and is one 4.5-mile paved loop around the lake. Come on out and enjoy the fun in the sun (or more likely, the fog). **THERE IS A ONE HOUR TIME LIMIT** to complete the timed race. We will close the course each week at 7:30 PM so please plan to self-time if you will take over 60 minutes to finish.

Walkers and non-timed runners are welcome to join in as well and should plan on starting between 6:00 and 6:15 PM. There is no fee for self-timers provided you do not want your name listed in the results. If you do want your name listed under self-timers, then you will need to pay the \$1 entry fee.

Since the entire \$1 entry fee gets paid to San Francisco Parks and Recreation Department, we need ongoing donations in order to provide post-race snacks each week. Please contribute as you are able to our snack fund, either with a small monetary donation or by bringing some snacks to share with others.

We always need and welcome volunteers to assist with registration and especially with the finish line. Volunteering at one of the summer series races will be counted towards your volunteer hours to qualify for year-end awards.

The Summer Series has its own age division awards, and runners accrue points in the same manner they do at the weekly Sunday races. The exceptions with the Summer Series are that ALL runners are eligible to receive points (not just DSE members), and that runners must compete in a minimum of six races in order to be eligible for an award at the end of the series.

We are looking forward to our biggest and best season of summer runs yet!

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for the July issue 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 TRAFFIC SAFETY

George Baptista

A dangerous traffic situation has been identified at some of our races, in that participants have been loitering in the lanes of traffic prior to and after races. This is a hazardous situation and could jeopardize our race permits, cause injury and/or result in road rage. And it seems that any excuse to deny race permits is the new game in town. Therefore, the DSE executive board has implemented a policy to address this situation. Whenever possible, registration, announcements and refreshments will be away from roads. Course monitors will be in front of and at the rear of the group at the starts of the races.

Volunteers will keep runners from loitering on the streets before and after the races. This was implemented at the Windmill 10K and was effective. Coincidentally, a park ranger stopped by to view our permit, and fortunately no one was loitering on the street at the time.

It will require the cooperation of all of us to make our races safer, keep our permits safe, and engender good will.

DSE TRAFFIC SAFETY POLICY

George Baptista

Purpose:

The purpose of this policy is to aid in the safety of the participants of San Francisco Dolphin South End events. Also, to ensure that DSE race permits are not jeopardized.

Background:

At some of the DSE races, there have been problems with participants loitering in the lanes of traffic before and after the races. This is a safety issue. It also interferes with traffic, and generates poor public relations. Traffic complaints about our runners obstructing traffic have resulted in denials of subsequent race permits in the past. Also, Road Rage is a very real potential.

Procedure:

1. The registration tables will be kept away from roadways, whenever possible.
2. The refreshments will be kept away from the roadways, whenever possible.
3. The finish line chute will be directed away from the roadway.
4. The staging area for gathering the runners and announcements will be away from the street, whenever possible.
5. The race director will assign volunteers to keep runners, finishers and others attached to the event from loitering on the roadway. While the runners are gathering at the start line, the volunteers will be stationed at the front and rear to the group to halt any traffic until the race begins. The volunteers will be provided with orange vests and red flags.
6. Award presentations will take place away from the roadway, whenever possible.



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 31, 2013

Easter Roller Coaster 5K

Race Director: George Baptista

Volunteers: George Sacco, Caron Anderson, Peter Flessel, Bobby Marty, Phyllis Nabhan, Bill Hamilton, Jacqueline Mertz, Yong Cholee Haber, Noe Castanon, Kathleen Lail, Joshua Lail, Kevin Lee



Race Director George Baptista

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This race was dedicated to long-time DSE member Tony Stratta.

Male Racers	118
Female Racers	80
Total Racers	198
Self-Timers	9
Kids	24
Total Participants	231



Folks gathering at the registration table

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Start of the kids' run

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April 7, 2013

Windmill 10K

Race Director: Daryl Luppino

Volunteers: George Sacco, Bobby Marty, George Baptista, Peggy Kang, Wally Rapozo, Liese Rapozo, Vince French, Phyllis Nabhan, Kevin Lee, Marian Lyons, Geores Buttner, Michael Gulli, Rubi Kawamura, Bill Woolf, Jim Kauffold, Maria Saguisag-Sid



Race Director Daryl Luppino

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Total Participants = 257 (Racers 117 male + 129 female), 11 Self Timers



Race winner Sloane Cook in the final stretch

© 2013 Don Watson

April 14, 2013

Bay Trail 4M

Race Directors: Leo & Virginia Rosales

Volunteers: George Sacco, Vince French, Jim Kauffold, Bobby Marty, Caron Anderson, George Baptista, Geores Buttner, Michael Gulli, Noe Castanon, Maria Saguisag-Sid, Diane Okubo Fong, Kevin Lee, Jennifer Walker, George Rehmet



Race Directors Leo & Virginia Rosales
© 2013 Paul Mosel

Weather: Sunny, breezy

124 Runners (73 Men, 51 Women), 12 self-timers, 10 kids



Chikara and Sloane in stiff competition right from the start (Chikara finished 4 seconds ahead)

© 2013 Don Watson



Geores Buttner leads a pack on the Bay Trail
© 2013 Don Watson

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
Big Bunny Fun Run 5K, Cupertino, March 30					
75	Sandra Sigurdson	56	2	F 50-59	24:13
Lagoon Valley Runs, Vacaville, March 30					
Half Marathon					
7	Jason Reed	34	2	M30-34	1:41:29
12	J.R. Mintz	46	1	M45-49	1:50:39
26	Leopoldo Rosales	59	3	M55-59	1:59:17
29	Alfred Hu	52	1	M50-54	2:00:43
87	Rocco Mullinax	38	18	M35-39	2:24:01
122	Karen Tancuan	41	6	F 40-44	2:42:23
154	Danni Baird	29	9	F 25-29	3:28:04
157	Mary Gray	51	4	F 50-54	3:41:05
5K					
5	Lisa Penzel	47	1	F 45-49	22:24
22	Kelly Emo	48	2	F 45-49	26:28
Greek Independence Day Run, Oakland, March 31					
5K					
11	Judith Waitz	53	1	F 50-59	23:10
13	Bill Hamilton	60	1	M60-69	24:27
28	Neal Ashton	56	3	M50-59	27:13
58	Barbara Robben	78	1	F 70-79	35:12
64	Joanne Kambur	78	3	F 70-79	38:12
70	Jim Kambur	80	2	M80-99	40:49
71	Dennis Hassler	79	3	M70-79	41:30
10K					
1	Peter Hsia	52	1	M50-59	40:00
13	Geores Buttner	76	1	M70-79	1:06:39
5K Walk					
8	Richard Couvillion	84	1	M80-99	49:03
18	Dee Farkas	85	1	F 80-99	54:46
19	Michele Sims	55	4	F 50-59	54:46
Point Pinole Runs, Richmond, April 6					
5K					
4	Lisa Penzel	47	1	F 45-49	22:14
13	Barbara Robben	78	1	F 75-59	39:00
Half Marathon					
4	J.R. Mintz	46	1	M45-49	1:40:55
Go St. Louis					
5K, April 6					
	Gregory Brown	63			28:09
Marathon, April 7					
1376	Gregory Brown	63	21	M60-64	5:26:30
San Francisco Rock 'n' Roll Half Marathon, April 7					
2725	Michael Dunn	51	80	M50-54	2:18:32
4357	Sheri Dunn	46	205	F 45-49	2:43:36
5046	Kevin Dunn	12	9	M12-14	3:00:44
Santa Cruz Half Marathon, April 7					
71	Riya Young	45	1	F 40-49	1:31:59
Sactown 10M, Sacramento, April 7					
27	Chikara Omine	30	6	M30-34	55:07

49	Joe Wehrheim	41	7	M40-44	57:45
53	Cliff Lentz	48	2	M45-49	58:10
100	Markham Miller	49	10	M45-49	1:02:36
109	Peter Hsia	52	8	M50-54	1:03:26
110	Kenley Gaffke	34	16	M30-34	1:03:32
118	Roy Clarke	57	7	M55-59	1:04:26
164	Alyson Barrett-Ryan	34	7	F 30-34	1:08:31
171	Louise Stephens	47	4	F 45-49	1:09:17
189	Jason Reed	34	27	M30-34	1:11:22
230	Diann Leo	25	12	F 25-29	1:15:05
256	Hans Schmid	73	1	M70-74	1:17:01
375	Erika Kikuchi	34	17	F 30-34	1:22:59
914	Danni Baird	29	55	F 25-29	1:55:38
1084	Dina Kovash	74	4	F 70-74	2:29:53

American River 50M, Sacramento, April 7

41	Jerry Flanagan	47	7	M45-49	8:00:51
97	Nakia Baird	38	11	M35-39	8:39:37
115	Jason Reed	34	16	M30-34	8:45:23
202	Erika Kikuchi	34	8	F 30-34	9:21:07
276	Hans Schmid	73	1	M70-74	9:47:34
445	Stephen Seymour	51	36	M50-54	10:37:28
475	Kenneth Fong	51	42	M50-54	10:44:24
507	Bob Cowdrey	68	4	M65-69	10:52:05
50	Jim Ruppert	50	50	M50-54	10:52:25
535	Karen Tancuan	41	40	F 40-44	11:02:58
601	Gary Brickley	60	11	M60-64	11:29:59
729	Kat Powell	62	4	F 60-64	12:22:15
802	Tony Nguyen	39	87	M35-39	12:57:10

Sequoia Stampede 5K, Redwood City, April 13

121	Neal Ashton	56	9	M50-59	26:41
148	Pat Geramoni		1	F 60-69	27:48

Brickyard Run 4M, Martinez, April 14

I'm sure that other DSE members ran the Brickyard 4M, but since there are no results yet online I am including only those that were sent to me.

Jane McFarland	63	1	F 60-69	38:27
Dee Farkas	85	1	F 80+	1:17:10

Boston Marathon 5K, April 14

4338	Jeanie Kayser-Jones		1	F 75-79	32:27
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Information about DSE members who ran the Boston Marathon can be found on page 2, at the end of the page 1 article.

Ruth Anderson Runs, April 20

50K

4	Jerry Flanagan	43			4:13:24
12	Riya Suising	45			4:37:32
13	Noriko Bazeley	54			4:37:35
17	Erika Kikuchi	34			4:44:06
36	Bob Cowdrey	68			5:56:18
38	Noe Castanon	42			6:11:18
40	Yong Haber	55			6:19:34
41	Tony Nguyen	39			6:22:07
45	Kat Powell	62			6:48:08
47	Kitzzy Aviles	34			6:54:49

50M

16	William McCarty	65			10:23:06
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100K

4	Nakia Baird	38			9:07:16
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Diablo Trails Challenge, Walnut Creek, April 20

50K

53	Leopoldo Rosales	59	2	M55-59	6:52:49
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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:

May 5	Lake Merced 4.5M
May 12	Mother's Day Marina Green 5K
May 26	Lindley Meadow XC 4M
June 2	6-Hour Distance Classic and Crissy Field 5K
June 9	Twin Peaks 4M
June 23	Lake Merced 4.5M

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 will need additional volunteers for the 6-Hour Distance Classic on June 2. We need volunteers for the aid station and to do lap counting/recording. Please contact the Race Directors – Fred and Yong Haber – at haberpainting@gmail.com to volunteer.

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.

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

- Course Monitors: Flying Y, Upper Windy Gap, Lower Windy Gap, Mailboxes near Muir Woods, Panoramic Highway near Stinson Beach
- Aid Stations: Cardiac Hill
- Finish Line Area: Registration, Refreshments, Picnic
- Miscellaneous: equipment transport, truck unloading, post-race clean-up and truck re-loading

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

The following areas are at capacity for volunteers and we will not be accepting any additional sign-ups for these areas: Mill Valley Aid Station and Course Control, Top of Dipsea Steps Course Control, Muir Woods Aid Station and Course Control, Insult Hill Aid Station, Finish Line, T-Shirts/Goody Bags.

75	Alfred Hu	52	6	M50-54	7:17:46
127	Karen Tancuan	41	8	F 40-44	8:18:02
157	Virginia Rosales	49	9	F 45-49	10:29:39
158	Ryiah Nevo	39	7	F 35-39	10:34:59

Half Marathon

25	Cristian Alvarez	34	5	M30-34	2:07:13
227	Barbara Robben	79	2	F 75-59	41:39
343	Christine Clark	41	31	F 40-44	58:56

Sweatin' for Sammy 5K, San Jose, April 20

29	Neal Ashton	56	3	M50-59	26:54
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Zippy 5K, Brisbane, April 21

16	Chikara Omine	30			16:09
22	Sloane Cook	23			16:33
36	Joe Wehrheim	41			17:06
37	Cliff Lentz	48			17:08
38	Tim Comay	28			17:09
68	Kenley Gaffke	35			18:17
12	Hans Schmid	73			20:18
128	Louise Stephens	47			20:26
158	Jason Reed	34			21:57
195	Gene French	66			23:35
202	Mark Prichard	57			23:56
220	Jim Buck	70			25:15
251	Pete Hsia				29:00
252	Jane McFarland	63			29:20
257	Tyler Abbott	52			30:03
267	William McCarty	65			31:40
270	James Golden	61			32:13
288	Fredt Recinos	48			36:17
290	Jim Kauffold	75			36:53
291	Barbara Robben	79			36:56
297	Mary Jean Pramik	64			39:23
305	Dina Kovash	74			44:05

Presidio 10, April 21

10M

59	George Rehmet	4	M45-49	1:11:01
265	John Stenson	14	M45-49	1:24:27
745	Alfred Palma	29	M50-54	1:45:49
829	Carol Pechler	2	F70-120	1:53:18
898	Patty Fishburn	3	F 65-59	2:06:40

10K

371	Brian Dierking	12	M45-49	55:34
1270	Paul Mosel	1	M70-120	1:15:23

Run for Recess 5K, April 21

Amy and Rebecca Sonstein	23:15
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LOS ANGELES MARATHON: THE FASTEST WAY TO GET ACROSS LA

George Rehmet

Driving in Los Angeles has a bad reputation. What about running across this southland city? That's where the LA Marathon comes in. Along with 24,000 other runners we started from Dodger Stadium, went through downtown LA, and crossed the various ethnic neighborhoods such as Chinatown, Japan Town, and Thai Town. My favorite part was running through Hollywood and Beverly Hills. The race ended with the view of the Pacific Ocean in Santa Monica.

Believe it or not, I bumped into fellow DSE member Elaine Mah who has run this race several times. In fact, we would see each other again the following week at

BEYOND THE LIMITS 100 MILER

Bill McCarty

I had planned for quite some time to run in the Razorback 100 on March 9 and March 10. What I had NOT planned for was to run in the Beyond The Limits 100 Miler a mere six days later (March 16 and 17). However, I could not resist doing it. Everything I read about this ultra made it something that I had to do! So what follows is a race report of that experience.

The Beyond The Limits 100 Miler took place on Pathfinder Ranch, which is situated on 70+ acres of Wildlife Preserve and surrounding forest meadows south of Palm Springs in the San Jacinto mountains. The elevation is around 3,500 feet. Pathfinder Ranch is run by a nonprofit organization primarily to provide an opportunity to allow inner city underprivileged children the opportunity to see and experience the countryside. On the ranch are horses, sheep, goats, cattle, turkeys, etc. On the ranch are many cabins and a community dining hall.

The runners, as part of their registration fee, had use of the cabins which had bunk beds on the Friday night before the event and were treated to a pasta dinner that night and a large breakfast the next morning in the community dining hall.

The course was a 1.75-mile loop on packed trails except for a .2-mile section of asphalt which had a gravel shoulder to run on if you wished to.

I realized going into the Beyond The Limits 100 Miler that it was going to be a challenge to attempt to complete a 100 miler only six days after having completed another one. For one thing, my feet were showing the effects of the Razorback 100 Miler. I lost two toenails and the new toenails had not had time to grow in yet. I also had no idea what my energy level would be. So, I decided to take a conservative strategy at the beginning and basically power walk with only intermittent bursts of running for the first several miles. As the hours went by, I was being passed by nearly everyone and being lapped

several times by quite a few. At the end of six hours I was in 38th place out of 42 starters of the 100 miler. My sister, who was watching my progress on runner tracking, at that point stopped tracking and later on I found out that she thought, "Well, he is not doing very well!"

There was one aid station which runners passed every lap. It was stocked with the usual assortment of ultra food — potato chips, pretzels, cookies, jelly beans, M&Ms, cut-up bananas, sliced oranges, quartered peanut butter and jelly sandwiches, etc. At different points during the day and evening they had special items like hot dogs, hamburgers, pizza and hot soup.

The sky was clear that first day and it was warm but it was a dry heat. I will have more to say about that later!

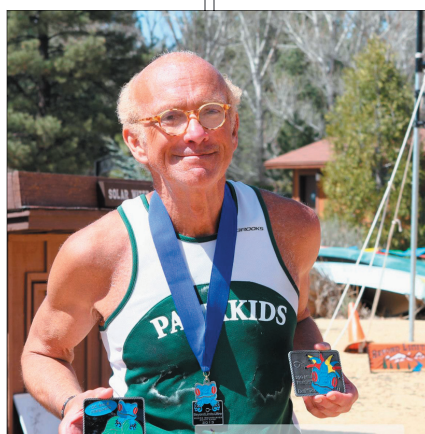
As the day progressed I was in very good spirits and my energy level was high so I gradually reversed my walk/run strategy and began to run the majority of the time interspersed with walk breaks. My time at the 50 mile mark was thirteen and a half hours. As night fell I began to sense fewer runners out on the course doing the 100 miler and I noticed that my standing amongst the runners was improving. It got cold at night but not nearly as cold as it was in Glendale, Arizona where I did the 48-Hour event at New Year's.

As dawn broke the aid station served scrambled eggs, pancakes and coffee (the coffee is what I like the best). That put me in a very good mood, as did the fact that I was now in 19th place.

The second day was a repeat of the first as far as weather — the sky was clear and it was warm. As the second morning progressed my speed was gradually slowing down and I was spending about half my time running and the other half walking. Finally, at 12:48 PM I finished the race. My time was 28:48:47. I finished 23rd out of 31 finishers. Twelve of the original 43 100-mile runners decided sometime during the event to opt for a shorter distance. So I finished 23rd out of 43 starters.

I came away from the race with no real soreness or aches and without losing any more toenails. The only negative had to do with the fact that I forgot to put on sunscreen or wear a hat so that my face got a little sunburned, especially the tip of my nose (say Rudolph, anyone?).

So, my experience at the Beyond The Limits 100 Miler lived up to my expectations and I look forward to doing it again next year!



A smiling Bill McCarty sporting THREE medals!



Drummers on the LA Marathon course

Cheerleader Alley on the marathon course



the Oakland Marathon expo. Because I ran the SF Marathon as well, I earned the LA/SF Challenge medal. I would recommend this race for the scenic and fast course and great crowd support. Plus, I think it was faster to run across LA instead of driving.

◆◆◆ 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 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.**

Sun May 19 NO DSE RUN

Opportunity to run Bay to Breakers — www.baytobreakers.com

Sun May 26 Lindley Meadow Cross Country 4M

START/FINISH: Lindley Meadows (across from Spreckles Lake), GG Park

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

COURSE DESCRIPTION: Double 2-mile XC loop traversing grass, dirt, trails. <http://www.usatf.org/routes/view.asp?rID=206182>

Thursdays (beginning May 30): Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM.

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$1 (no coins please), Race day registration only.

1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30pm.

Finish line closes at 7:30pm.

Sun Jun 2* 6-Hour Distance Classic & Crissy Field 5K

START/FINISH: East Beach at Crissy Field

6-Hour Distance Classic

STARTING TIME: 8:00 AM — finish by 2:00 PM

ENTRY FEES: \$10 members; \$12 non-members

COURSE DESCRIPTION: Run multiple laps. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

Crissy Field 5K

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

ENTRY FEES: \$3/\$5 Normal Fees

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.

◆◆◆ 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.surbanrun.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: Friday, May 31, 2013
TIME: 7:00 PM
HOST: Amy Sonstein
812 Quarry Road #A
San Francisco
415-563-5316

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

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

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

There are at least two prospects for rain in May. Overall, expect above-normal precipitation and near to below-normal temperatures. Rain is possible the first weekend in May. Dry weather is likely for the next two weeks. The fog season in San Francisco will be well entrenched with many days of fog and only a little sun out in the Mission, Bayview and Potrero Districts in the afternoons. Several days of rain are possible in the week prior to the Memorial Day weekend. It does look dry for Memorial Day, but unseasonably cold. There is still a possibility of some light rain at the end of the month.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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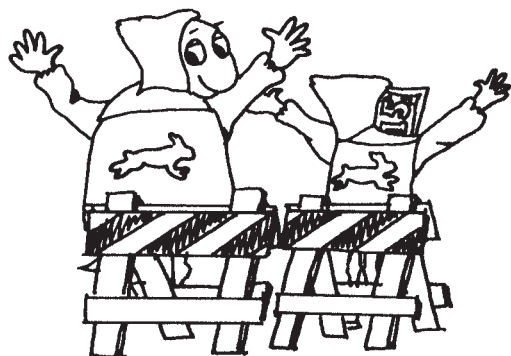
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ May

1	Edward Bruno	14	Rebecca O'Kusky
	Jamie Martyn	15	Mary Jean Pramik
2	Carol Pechler	16	Kristen DiLandro
	Phineas Wehrheim		Marley Miyagishima
3	Paul Kennelly		Mary Orders
	Andrea Lambert		Jackson Polverari
	Ian Macnider	17	Elaine Mah
	Don Watson	18	Soyeun Choi
4	Craig Welch		Steve Snyder
5	Bruce Leary	19	Tiffany Ewing
	William Stephens		Jane Stephens
6	Daniel Pagano	20	Joanne Reed
7	Christy Bentivoglio	21	Marcus Johnson
8	Oscia Wilson		William Woolf
9	Alice Dingwall	23	Pedro Alvarez
	Carolyn Dingwall		Michele Sims
	Richard Finley	24	Mikiko Bazeley
	Maggie Haack		Steve Nissenon
10	Samantha Georges	25	Letty Garbisch
	Michael Melgar		Patricia McFadden
	Rebecca Miller		Thomas Schwaab
11	Danni Baird	27	David Guerrero-Pantoja
13	Tracy Hathaway		Jeff Kramer
	Michael Hope		

New Members

BELMONT

Megan Nguyen

BURLINGAME

Michelle Murphy

FOSTER CITY

Tim Condon

SAN FRANCISCO

Signe Burns

FJ Husic

Frank Husic

Paris Husic

Winston Loh

28	Maria Saguisag-Sid
	Brenda Saldana
	Ceis Wildin
	John Woods
29	Casey Childers
	Ben Osipow
30	Toby Silver