

2013 RRCA CONVENTION

Kevin Lee

George Sacco and I had the good fortune to attend the 55th RRCA Convention in Albuquerque, NM May 3 – 5. This was my first visit to New Mexico; Sacco has been there many times. I welcomed the warm weather and didn't have a problem with being 5000 feet above sea level. Venturing to a new city and place is always an adventure to me. Albuquerque was no different. Thank you Sacco for being there to make sure all our traveling itinerary was confirmed and watching my back. I can honestly say whatever misconnections of RRCA Convention events George and I experienced are water under the bridge. My RRCA Convention experience was memorable and favorable.

Friday was a travel day and uneventful. My RRCA Convention adventure officially began on Saturday morning. Good news — I met up with RRCA State Representative George Rehmet at the morning group run. Bad news — I got lost on return to the finish, thus missing the Burrito Breakfast.

After the run, I reunited with Sacco, ready to take in a full day of RRCA Convention activities.

We decided to attend two morning seminar sessions, Communications Plan for Your Club and Events followed by Developing Your EMT (Emergency Medical Treatment) Plan, and two afternoon sessions, What Runners Want and Emergency CPR Training.

The special highlight of the day was lunch with Meb Keflezighi. Meb shared his poignant tribulations of finishing fourth at the 2012 London Marathon. The second keynote speaker, Navajo code talker Chester Nez, added a local flair.

Seeing that I needed a break from

continued on page 2



George Rehmet and Kevin Lee after Kevin received the Outstanding Volunteer of the Year award

From the President's Desk

GEORGE SACCO

DSE ACTIVITIES SINCE PRESIDENT'S DESK MAY 2013

I have been busy since the May President's Desk article: On April 28th I was a course monitor for the Practice Dipsea. The experience gave me a better appreciation of just how difficult it is to do this run. If it were not for the perseverance of John Blankenship, Ken Reed, Kevin Lee, Bobby Marty and many other special DSE volunteers I am not sure we would have been able to put the race together. After the Practice Dipsea I met with Richard Finley to review the DSE membership records. I was very impressed on how well he is running the Membership program. We plan some minor improvements in the near future.

JUNE AND THE CLUB'S MID-YEAR

June is the halfway point for the 2013 DSE Calendar. It is never too early to start planning for the 2014 Race Schedule, a Fall General Meeting, the August Volunteer Appreciation Picnic, and the Gala. Please be ready to step forward; the Club needs your help to make these programs work.

RACE SCHEDULE FOR JUNE

June has some very special runs.

On June 2, we have the Jim Pommier 6-hour Distance Classic and the Crissy Field 5K, both at Crissy Field. The Distance Classic is on a loop course around the lagoon; you can run any distance you like within the six hours, from a few miles to ultramarathon.

The Twin Peaks 4M is scenic and a great run if you like hills or feel the need for a challenging hill workout.

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The San Francisco Marathon is on June 16, so there will not be a DSE run. If you are not running the marathon or one of the associated shorter races, come out to help at the DSE aid station with captain Fred Haber.

On June 23 we are once again at the Lake Merced 4.5M. Remember, this starts at the boathouse.

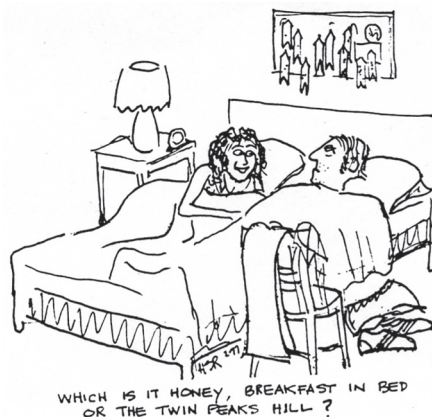
On Saturday, June 29 we will be holding our biggest race of the year, the Double Dipsea at Stinson Beach. I am asking every DSE member to either run or volunteer for this run. Because of the Double Dipsea on Saturday, there is no DSE run on Sunday, June 30.

In June please consider the Summer Evening Race Series on Thursdays at Lake Merced. The races start at 6:30 PM at the Sunset Parking lot.

MEMORIAL FOR TONY STRATTA

If you knew Tony Stratta, don't forget his memorial on Saturday, June 8 at noon at the South San Francisco Elks Club, 920 Stonegate Drive, South San Francisco, CA 94080.

CLASSIC STU-PEDS by Stu Ruth



New Members

MOUNTAIN VIEW
Francine Goodwin
Francesca Phillip

SAN FRANCISCO
Ethan Geiss
Harper Geiss
Matt Geiss
Sandy Groom
James Walter
Katherine Walter
Kristin Walter
Margaret Walter

2013 RRCA CONVENTION
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the convention program, I appreciate Rehmet taking the time to familiarize me with the nearby Old Town location where we were staying. This gave me a chance to do some shopping and see the Rattlesnake Museum.

Fifteen national awards were presented at the Saturday evening RRCA Convention banquet. The program began with a very moving and heartfelt presentation from keynote speaker Brian Boyle aka Iron Heart. The highlight of the convention for me was being presented the Outstanding Volunteer of the Year award. Special thanks to RRCA State Representative George Rehmet, DSE President George Sacco and 2006 RRCA Outstanding Volunteer of the Year recipient Janet Nissenson for placing my name in nomination. I am very honored and proud to accept this special award on behalf of the entire DSE Runners Club.

SUMMER EVENING RACE SERIES HAS BEGUN

Janet Nissenson

Come out and join DSE for our sixth consecutive year of summer evening races at Lake Merced. Races are held on Thursdays, starting at 6:30 PM. The first race was on May 30, continuing each week until August 22 (but no race on July 4). Race day registration only beginning at 5:45 PM, and cost is just \$1 (no coins accepted). We will also be collecting donations each week to fund our post-race snacks. Runners are also encouraged to bring along snacks to share. Volunteers are always needed to help with registration and timing.

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

FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for 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).

SPECIAL OLYMPICS VOLUNTEERS, DSE MEMBERS AND FRIENDS, MAY 10, 2013



Back: Oken Reed, Karl Reed, Jack, Mike;
Front: Annie, George Sacco, Sam Roake,
Brie Reybaine, Mort Weisberg,
Peggy Kang, Caron Anderson

◆◆◆ Volunteers Need

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:

June 2	6-Hour Distance Classic and Crissy Field 5K
June 9	Twin Peaks 4M
June 23	Lake Merced 4.5M
June 29	Double Dipsea 13.7M
July 7	Golden Gate Park 10K
July 14	Coastal Trail 10K

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

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

We are still in need of Race Directors for many of our events this year. 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 VOLUNTEERS STILL NEEDED

Janet Nissenson

With less than a month until this year's Double Dipsea, we are still in need of volunteers to assist with the race. Race date is Saturday, June 29. We still need help at course control at Flying Y, Upper Windy Gap, Lower Windy Gap, and Panoramic Highway/Stinson Beach (near the start/finish).

In addition, we could use more help at both the Cardiac and Insult Hill aid stations, as well as with registration and parking. All other spots are filled and we will not be adding additional volunteers to those locations.

Working a shift at Double Dipsea fulfills all of your volunteer requirements for the year. All Double Dipsea volunteers receive an official race T-shirt, are invited to attend the volunteer-only post-race picnic and also the DSE volunteer picnic in August.

Please help out with our club's largest event of the year. We need these volunteers in order to ensure a safe race for the 700 or so runners expected to participate. If you are running the race, please help us out by referring a family member or friend to us who can volunteer in your place.

Please email Janet Nissenson at jlnissenson@aol.com to volunteer. Many thanks to everyone who has already stepped up to help out.

Letters

Dear DSE,

I am considering an event for peace that would benefit charities that fit that mold and be a statement against war and violence, while advocating tolerance for others. Would anyone be interested in supporting this event/cause?

Does anyone know how to contact Geoff Turner? Wounded Warriors? Please recommend a charity.

Thanks,
Bill Dake
650-291-8531
billdake@sbcglobal.net



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.

April 28, 2013

Practice Dipsea 6.8M

Race Director: John Blankenship

Volunteers: Bobby Marty, Ken Reed, Calvin Chan, Brierly Reybine, Jimmy Yu, Bill Woolf, Tom Pang, Vince French, Gene French, Kevin Lee, Richard Finley, George Sacco, Bill McCarty, Sam Roake, Cristian Alvarez, Marcial Saavedra, Lidea Deleon, Margo Banowicz, Jennifer Walker, Patrick Lee, Michael Gulli, Caron Anderson, Christine Clark



Race Director John Blankenship

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Total Participants = 102 (Racers 57 male + 40 female + 3?), 2 Self Timers

Unfortunately, neither of the DSE photographers was able to attend.

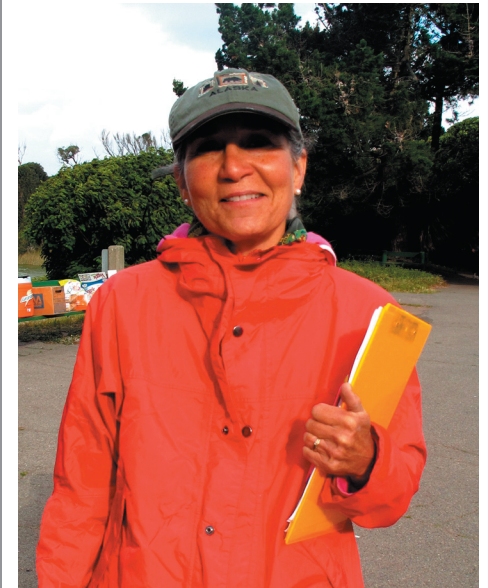


May 5, 2013

Lake Merced 4.5M

Race Director: Wendy Newman

Volunteers: George Sacco, Bobby Marty, Calvin Chan, George Baptista, Jimmy Yu, Jim Kauffold, Caron Anderson, Mike Gulli, Fred Haber, Brie Reybine, Georges Buttner, Phyllis Nabhan, Robert Brizuela, Mort Weisberg



Race Director Wendy Newman

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Race Participants: 98 (Runners 66 men + 32 female), 8 Self Timers



Marian Lyons leads a small pack of mid-pack runners

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Jeanie Jones (hidden behind the others), Carol Pechler and Jane Colman giving moral support to Wendy Newman at Lake Merced the day before Bill Woolf's multiple bypass surgery.

The surgery was successful, Bill was home a few days later and is on the mend. We hope to see him soon at the DSE runs.

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May 12, 2013

Mother's Day 5K

Race Directors: Theo and Jeanie Jones
Volunteers: George Sacco, Wally Rapozo, Bobby Marty, Calvin Chan, George Baptista, Jimmy Yu, Kitzzy Aviles, Mort Weisberg, Vince French, Noe Castanon, Phyllis Nabhan, Bill Hamilton, Geores Buttner, Daryl Luppino



Race Directors Theo and Jeanie Jones
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Total Men: 133, Total Women: 150,
Total Racers: 283, Self-Timers: 22,
Kids: 40



Leo Rosales sprinting toward the finish the day after winning his age group in a 50K
© 2013 Don Watson



Start of the Kids' Race, possibly the largest we have ever had
© 2013 Paul Mosel

DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Into the Wild 10K+ Trail Run, Orange, CA, March 23, 2013					
42	Joseph Connelly		5		1:07:38

Here are some results that I didn't receive until after last month's newsletter:

Rock 'n' Roll San Francisco Half Marathon April, 7

5169	Mary Gray				3:05:27
5819	Jennifer Walker				4:17:33
5824	Christine Clark				4:25:55
5825	Tony Nguyen				4:25:56

B.A.A. 5K, Boston, April 14

	Joseph Polverari	45	92	M45-49	24:13
	Jackson Polverari	12	33	M10-14	26:18

Boston Marathon, April 15

	Stephanie Polverari	47	861	F 45-49	3:58:51
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Half Marathon in the Land of Oz, Olathe, KS, April 10

399	Joseph Connelly	51	13		2:04:08
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Rites of Spring, 4.5M, April 26

1	Jeanie Kayser Jones	77		46:30	20:30
3	Gene French	66		27:18	22:18
5	Jerry Flanagan	47		27:42	24:42
7	Louise Stephens	47		31:53	24:53
8	Theo Jones	74		36:01	25:01
11	Fiona McCusker	48		32:48	25:48
13	Keith Johnson	75		41:25	26:25
15	Patrick Lee	65		35:51	26:51
18	Amy (& Rebecca) Sonstein	43		35:31	28:31
19	Pat Cunneen Jr.	49		31:36	28:36
23	Brierly Reybine			51:24	29:24
30	George Durgerian	46		35:17	32:17
31	Megan Nguyen	45		40:15	33:15
34	Geores Buttner	76		50:15	35:14
35	Bill McCarty	65		45:06	36:06
38	Marcia Martin	60		53:23	38:23
39	Anya Durgerian	12		48:10	40:10
42	Paul Mosel	71		52:12	41:12

Self-Timers

Pat Cunneen
Harry Cordellos

Millers Mile, 2M, April 27

	Amy & Rebecca Sonstein				15:50
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San Clemente 10K Trail Run, April 27

37	Joseph Connelly	51	3		1:04:52
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Western Pacific Runs, Fremont, May 4 Marathon

3	Nakia Baird	38	2	M35-39	3:16:36
17	Leopoldo Rosales	59	1	M55-59	3:52:07
113	Ryiah Nevo	39	5	F 35-39	5:47:09
127	Virginia Rosales	49	6	F 45-49	6:18:09

May 26, 2013

Lindley Meadow Cross Country 4.18M

Race Director: Brierly Reybina

Volunteers: George Sacco, Caron

Anderson, Calvin Chan, Jimmy Yu, Bobby Marty, George Baptista, Geores Buttner, Jane McFarland, Sam Roake, Patrick Lee, Phyllis Nabhan, Vince French, Steve Hambalek, Tom Pang, Rubi Kawamura, Steven Pitsenbarger, Kevin Lee



Race Director Brie Reybina

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Weather: overcast

112 Runners (68 Men + 44 Women),

13 self timers



The start of the Lindley Meadow Cross Country race

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Half Marathon

33	Julie Munsayac	35	2	F 35-39	1:44:55
50	Alfred Hu	52	6	M50-54	1:49:50
464	Mary Gray	51	16	F 50-54	3:17:47

10K

31	Kelly Emo	48	2	F 45-49	50:11:30
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5K

177	Barbara Robben	79	1	F 75-59	37:50
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Spartan 5K, 2.2M, San Jose, May 4

25	Neal Ashton	56	1	M50-59	18:44
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Bay Area Senior Games, May 4

Treeathlon

Sten Mawson	1	M70-75	1:15:02
Carole Mawson	1	F 65-59	1:36:03
Barbara Robben	1	F 75-59	1:46:55

200m Dash

Keith O Johnson	3	M75-59	35.70
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400m Dash

Keith O Johnson	3	M75-59	1:20.60
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5000m Run

Carol Pechler	1	F 70-74	30:33
Sten Mawson	1	M70-74	31:19
Carole Mawson	1	F 65-59	32:24
Jim Kauffold	1	M70-74	36:50

Devil Mountain Run, Danville, May 5

5K

150	Dana Farkas	54	8	F 50-59	27:51
455	Dee Farkas	85	1	F 80-99	52:11

10K

281	Brian Hartley	59	53	M50-59	1:07:16
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One America Mini-Marathon, 13.1M, Indianapolis, May 4

5254	Jim Buck		3	M70-74	1:55:14
13247	Jane McFarland	63	28	F 60-64	2:16:10

The Relay, Calistoga to Santa Cruz, 191M, May 4-5

2	DSE Racing Team	1	Open Men	19:13:00
Jerry Flanagan, Sloane Cook, Chikara Omine, Kenley Gaffke, Ian Macnider, Andrew Macnider, Tim Comay, Justin Mikecz, Crispin Lazarit, Evan Sparling, Blue Benadum, Shawn Waco				

7	DSE Masters Team	1	Masters Men	23:01:44
Peter Hsia, Roy Clarke, Steven Pitsenbarger, Luis Vargas, Juan Melendez, Ken Rheume, Dan Moreno, Hugh Boseley, David Ly, Kenny Crampton, Dan Pagano, Paul Marmaro				

32	DSE Killer B's	15	Open Men	25:55:07
Gary Brickley, Kenneth Fong, Steve Nissenson, Diann Leo, Noriko Bazeley, Gene French, Oscar Osorio, Cristian Alvarez, Marcial Saavedra, Lidia deLeon, Marciano Pimentel, Larry Wuerstle				

118	DSE Snapping C Turtles	27	Open Mixed	30:04:27
Joana Mendoza, Mari Almeida, Seth Ducey, Soyeun Choi, Bill Hamilton, Mark Prichard, Pat Geramoni, Riya Susing, Amber Wipfler, Jerry McGowan, Brian Hutton, Akemi Uzuka				

Divas Half Marathon, May 5

1507	Sheri Dunn	46	139	F 45-49	2:32:15
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Pleasanton Half Marathon, May 5

106	Alfred Hu	52	8	M50-54	1:46:15
252	Sandra Sigurdson	56	3	F 55-59	1:57:54

5K

123	Barbara Robben	79	1	F 75-98	34:33
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Cinderella Trail Runs, Oakland, May 11**10K**

65	Martha Arnaud	42	9	F 40-49	1:28:30
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Half Marathon

81	Joseph Connelly	51	5	M50-59	3:20:18
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Marathon

30	Virginia Rosales	49	8	F 40-49	8:39:22
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31	Tony Nguyen	39	5	M30-39	8:54:00
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50K

12	Leopoldo Rosales	59	1	M50-59	6:55:15
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17	Rocco Mullinax	39	7	M30-39	8:51:57
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Mermaid Runs, Fremont, May 11**10K**

87	Sandra Sigurdson	55	2	F 55-59	1:01:37
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5K

6	Kelly Emo	48	1	F 45-49	24:18
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Half Marathon

52	Melissa Cheung	27	10	F 25-29	1:58:34
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Santa Fe 5K Runaround, May 18

	Brian Hartley	59	14	M50-59	34:38
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Bay to Breakers, May 19

84	Tim Comay	28	39	M20-29	43:38
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119	John Harper	39	34	M30-39	46:07
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120	Kenley Gaffke	35	35	M30-39	46:10
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157	David Moulton	45	19	M40-49	47:26
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179	Vincent Gulli	23	63	M20-29	48:16
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375	Oscia Wilson	32	12	F 30-39	52:13
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377	David Oscia	44	56	M40-49	52:15
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450	George Rehmet	46	71	M40-49	53:30
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460	Edward Hung	35	128	M30-39	53:42
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532	William Misener	17	22	M13-19	53:34
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536	Matthew Cox	39	147	M30-39	54:37
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757	Leopoldo Rosales	59	58	M50-59	56:46
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801	Sandor Mandoki	28	196	M20-29	57:07
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850	Alyssa Yell	30	39	F 30-39	57:28
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858	Noriko Bazeley	6	54	F 50-59	57:33
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869	Paul Huber	26	219	M20-29	57:40
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888	Mark Prichard	57	77	M50-59	57:48
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1040	Marciano Pimentel	30	283	M30-39	59:00
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1124	Susan Kreusch	50	11	F 50-59	59:38
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1167	John Stenson	47	205	M40-49	59:56
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2025	Kenneth Fong	51	191	M50-59	1:04:23
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2313	Jamee Sue Cochary	55	24	F 50-54	1:05:44
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2339	Tim Condon	47	400	M40-49	1:05:52
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2348	Sam Roake	77	1	M70-79	1:06:17
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2379	Cara Hanson	36	181	F 30-36	1:06:02
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2726	Richards Nippes	65	49	M60-69	1:07:23
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2744	Russell Breslauer	68	50	M60-69	1:07:27
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2925	Jack Major				1:08:13
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2997	Gary Brickley	60	57	M60-69	1:08:26
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3043	Gerald Flynn	64	60	M60-69	1:08:38
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3122	Ken Weller	64	62	M60-69	1:08:53
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3139	Joseph Connelly	51	293	M50-59	1:08:55
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3303	Mitchell Sollod	74	4	M70-79	1:09:33
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3849	Michael Rouan	49	666	M40-49	1:11:19
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4311	James Misener	52	408	M50-59	1:12:52
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4337	Suzana Seban	59	83	F 50-59	1:13:00
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4628	Bertrand Newson	44	722	M40-49	1:13:55
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5483	Christina Knudson	27	578	F 20-29	1:16:38
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**INDIANAPOLIS
MINI-MARATHON***Jim Buck*

Seemingly all of Indianapolis turned out on May 4, 2013 to watch or participate in the 37th edition of the 13.1 mile Mini-Marathon. It was an overcast gray day with temperatures in the mid 50s — perfect running weather. I was in the front third of over 30,000 runners, joggers, walkers and those who didn't know what they were doing there. All were anxiously awaiting the signal to start. Some stood quietly; others bounced up and down, attempted stretches or tried to squeeze ahead a few more feet through the masses — as if it really made a difference.

The 5K runners, all 4,000 of them, had left a half hour ago. They get the early start but we get the Grand Prix, so to speak. We get to run the 2 1/2 miles of the Indianapolis 500 race track! It's 7:33 AM. Okay folks, start your engines. There's the starting signal! We're off — six miles through city streets to the world famous Indianapolis Speedway.



But of course, the crowd of runners is so dense it takes nearly eight minutes to reach the starting line of the race. Until then, we just shuffle forward. Those further back must shuffle for the better part of a half hour. Thank God for chip timing! Once across the timing carpet things begin to open up, although there's a lot of lateral running, left, right, slow down, speed up. It's a couple of miles before you can choose a pace and stick to it. The anticipation runs high as the numerous small bands along the way get us pumped up for the grand circuit around the track.

After the first mile we've left the tall buildings of downtown Indy and crossed the White River. There on the left is the zoo. Wave to the elephant staring at us over the fence! Crazy

humans! The rest of the way it's local neighborhoods — lots of people taking high fives. There are no water stops for runners. Well, there are but in this area they're called Pit Stops. And there are plenty of them.

Eventually, the speedway looms ahead. Runners make a left turn down the tunnel, under the roadbed and out onto the infield. A couple more turns and there we are, on the asphalt, the speedway opens before us. There are no tires squealing or engines roaring, just the sound of heavy breathing and of feet striking the hard black surface. The mere act of being on the speedway makes the legs move faster; we're in a race!

In its 2 1/2 miles the speedway has four turns leading in and out of the highly banked oval ends. On a whim after turn three I left the crowd, crossed the grass verge and ran to the outside top of the track. This was a noticeable uphill climb. As I turned to run down to rejoin the group, the steepness of the high bank was very evident as the gravity-assist propelled me back to the pack. This was one of the few hills in the race, and it was one of my own making.



One more turn and the horde of runners was headed to the Indy 500 finish line and the famous "Yard of Bricks." This yard-wide band of bricks crosses the speedway inches after the white finish line. The bricks are all that's left of the speedway surface that once lined the entire course in the early days of the Indy 500. Many runners paused to kiss the bricks—a tradition begun in recent years by the Indy 500 winning driver—drinking a bottle of milk and kissing the bricks. As for me, I couldn't see kneeling down to kiss a brick. Would I be able to get back up again? Besides, my concern was whether there was enough gas in the tank to get me to that other finish line 5 miles away.

But I did make it to the finish

5913	Marian Lyons	66	27	F 60-69	1:17:46
6545	Nita Moreno	43	367	F 40-49	1:19:32
7110	Carol Pechler	73	2	F 70-79	1:20:58
7396	James Golden	61	207	M60-69	1:21:43
7592	Jack Bascom	71	18	M70-79	1:22:19
8123	Jennifer Walker	32	983	F 30-39	1:23:58
8574	Salena Copeland	35	1071	F 30-39	1:25:14
8884	Samantha Georges	29	1078	F 20-29	1:26:16
9322	Thomas Emanuel	12			1:27:38
9363	Maria Wamsley	49	665	F 40-49	1:27:45
9470	Mike Hung	62	284	M60-69	1:28:04
9547	Chad Armstrong	41	1235	M40-49	1:28:18
10672	Jason Buckner	33	2003	M30-39	1:32:34
10681	Kitzzy Aviles	34	1486	F 30-39	1:32:37
11081	Paul Mosel	71	39	M70-79	1:34:19
11456	Virginia Rosales	49	942	F 40-49	1:36:02
11458	Yvonne Casillas	943	F 40-49	1:36:02	
11887	Nicholas Sutton	33	2143	M30-39	1:37:49
12097	John Blankenship	68	384	F 60-69	1:38:46
12454	Fredy Recinos	48	1599	M40-49	1:40:40
12792	Marcus Johnson	30	2273	M30-39	1:42:49
13720	Nicole McKinney	27	1757	F 20-29	1:48:01
14121	Mary Jean Pramik	65	151	F 60-69	1:51:01
14310	Daniel Murphy	52	1214	M50-59	1:52:07
14515	Roxanna Pezzy	54	674	F 50-59	1:53:53
14571	Lucille Wing				1:54:15
14595	Kelly Daikoku	53	680	F 50-59	1:54:28
14607	Matt Voss	35	2432	M30-39	1:54:37
15401	Rebecca Miller	50	765	F 50-59	2:02:14
15403	Brian Dierking	48	1736	M40-49	2:02:14
15649	Michael Gulli	53	1306	M50-59	2:04:59
16172	Elizabeth Valdellon	57	856	F 50-9	2:10:20
16472	Alfred Palma	52	1362	M50-59	2:13:21
17753	Michael Gama	54	1443	M50-59	2:25:14
17863	Elaine Gecht	69	332	F 60-69	2:26:28
18206	Phyllis Nabhan				2:29:48
18325	Bud Napolio	51	1478	M50-59	2:31:11
18580	Vincent French				2:33:17
19799	Mellisa Andrade	32	2794	F 30-39	2:35:40
20965	George Sacco				3:06:12
21610	Harry Cordellos	75	169	M70-79	3:26:16

Tilden Tough Ten, Berkeley, May 19

14	Peter Hsia	52			1:08:54
49	Tim McMenomey	52			1:16:34
243	Geores Buttner	76			154:07

San Carlos Rotary Runs, May 19

Official results are not yet available.

10K

73	Sandra Sigurdson	2	F 50-59	44:34
	Pat Geramoni	1	F 60-69	58:10

5K

Gene French
Jim Kauffold

Capitola Half Marathon, May 19

20	Riya Suising	45	2	F 40-49	1:30:14
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Rock 'n' Roll Portland Half Marathon, May 19

3453	Michael Dunn	51	140	M50-54	2:10:12
4848	Sheri Dunn	46	240	F 45-49	2:22:48
7598	Kevin Dunn	12	17	M12-14	3:21:41

Mountains2Beach Half Marathon, Ventura, May 26

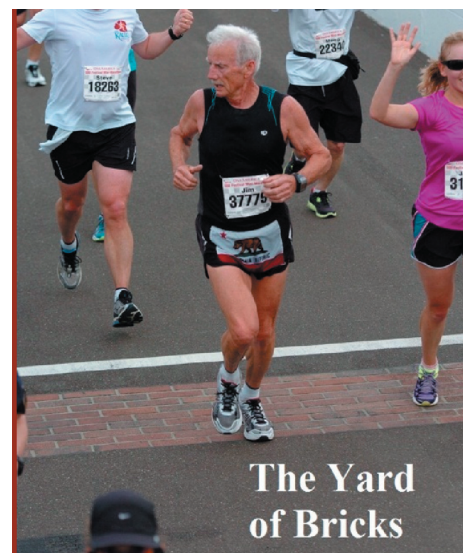
Sandra Sigurdson	2	F 55-59	1:56:45
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Marin Memorial 10K, May 27, 2013

34	Chikara Omine	30	6	M30-34	33:46
51	Cliff Lent	48	1	M45-49	34:45
55	Joe Wehrheim	41	5	M40-44	34:55
74	Adam Littke	39	6	M35-59	35:58
139	Peter Hsia	52	10	M50-54	38:48
215	Hans Schmid	73	1	M70-74	42:16
220	Riya Suising	45	5	F 45-49	42:25
257	Jason Reed	34	24	M30-34	44:05
271	Diann Leo	26	19	F 19-29	44:52
299	Fiona McCusker	49	12	F 45-49	46:22
301	Brian Hutto	48	29	M45-49	46:31
324	Noriko Bazeley	54	6	F 50-54	47:29
335	Susan Kreusch	50	8	F 50-54	48:08
355	Russ Kiernan	75	1	M75-79	49:29
356	Amy Sonstein	43	15	F 40-44	49:30
357	Akemi Iizuka	49	17	F 45-49	49:32
405	Megan Nguyen	45	24	F 45-49	53:04
409	Rocco Mullinax	39	21	M35-39	53:33
426	Denise Leo	37	26	F 35-39	54:27
439	Keith Johnson	75	3	M75-59	55:47
476	Gary Aguiar	58	28	M55-59	1:03:45

5K

13	Jason Reed	34	4	M30-39	19:19
44	Patrick Lee	65	3	M60-69	23:35
54	Vanessa Miller	9	5	F 2-12	24:16
57	Steve Miller	45	12	M40-49	24:20
80	Aidan Durgerian	16	6	M13-18	25:51
87	Joseph Connelly	51	9	M50-59	26:10
157	Lisa Griffin	48	9	F 40-49	29:53
160	Dana Farkas	54	13	F 50-59	30:02
179	Brian Hartley	59	14	M50-59	31:31
184	Xavier Miller	8	22	M 2-12	32:30
217	Mary Gray	51	22	F 50-59	35:28
239	Dennis Hassler	79	7	M70-79	42:28
246	Dee Farkas	85	1	F80-120	52:07
247	Michele Sims	56	23	F 50-59	52:08
251	Barbara Robben	79	4	F 70-79	57:45

**The Yard of Bricks**

line, at 1:55:14, a little slower than I would have liked. Nevertheless, it was an enjoyable run with plenty of refreshments along the way. The bands were small but numerous and entertaining. Lots of enthusiastic spectators lined the course. Indianapolis has some great monuments and museums, lots of civil war and western history. With its canal and river trails it's a great walking and running town. A tour of the speedway the day after the mini-marathon was well worthwhile. On Memorial Day over 300,000 people will pack the Yard for the annual Indianapolis 500 race, the biggest one-day event in the sporting world.

Also running the Mini-Marathon was DSE member Jane McFarland. Jane set a half marathon PR of 2:16:10. In the photo she eyes the competition and completely misses the Yard of Bricks!



◆◆◆ 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. Ages 13-17 pay \$3 regardless of membership status. 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 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.

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

Sun Jun 9 Twin Peaks Loop 4M

START/FINISH: Near Reservoir at Galewood & Clarendon Avenues

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

COURSE DESCRIPTION: Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

Sun Jun 16 NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon — www.runsfm.com

Sun Jun 23 Lake Merced 4.5M Run

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.

Sat Jun 29 Double Dipsea Handicap Race, 13.7M

START/FINISH: Stinson Beach parking lot

STARTING TIME: Handicap starting time — check website for specific start times.

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais

ENTRY FEE: \$50 (\$60 Race Day). T-shirt included with registration.

Register online at www.doubledipsea.com.

TIME LIMIT: 4 1/2 Hours. Enter 7:00 AM Early Start Group if you will not be able to complete course in 4 1/2 hours.

Thursdays 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.

***No run on July 4.**

◆◆◆ 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, July 5, 2013

TIME: 7:00 PM

HOST: Soyeun Choi
Foster City

For details, contact Soyeun at
SoyeunDChoi@gmail.com or
650-380-6116

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

Less fog than normal is expected for June with NO rain expected. The warmest weather at or near the coast will be at the beginning of the second week in June. It will be warmer than usual with no fog for the Dipsea on the June 9. Some cooling will take place later in the week with the return of the marine layer and fog. Mild weather should return to the coast just before mid-month with hot temperatures in the interior valleys. The last ten days of the month will be near normal with the usual night and morning low clouds and fog.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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2	Elizabeth Wong		Colin Heckman		Tom Senchyna
3	Steven Miller		Jane Lee	26	Alfred, Jr. Palma
4	Zach Garcia		Brierly Reybine	27	Lou Bristol
	Daz Lamparas	12	Ann Orders		Erika Kikuchi
	Rick Torreano	15	Mario Escobedo		Pauline Senchyna
5	Ryan Baird	16	Bob Cowdrey	28	Jennifer Davis
	Bill McKinney		Jessi Lindgren		Megumi Kawahata
	Michaelyn Miyagishima	17	Pauline Dake		Bob Kovash
	Rebecca Sonstein		Gabriela Sands	30	Marcial Alvarez
7	Ed Caldwell	18	Kelly Daikoku		John Fenwick
	Jane Colman		James Golden		John Lindberg
	Stephanie Flanagan	19	Marie Noel Appel		Tony Nguyen
	Marcia Martin		Gregory Brown	28	Maria Saguisag-Sid
	Daniel Ruppert	20	Brenda Munoz		Brenda Saldana
8	Geores Buttner	22	Jason Chen		Ceis Wildin
	Sheldon L. Gersh	23	Sandra Miller		John Woods
9	Julie Jeremy	24	Edward Haack	29	Casey Childers
10	Robert Archibald		Janice Rensch		Ben Osipow
	Fredy Recinos			30	Toby Silver