

# DSE NEWS



48th Year

July 2013

## DOUBLE DIPSEA 2013

Ken Reed, RD

Indications that the race would be a big success were not present the week before the race.

However, race day happenings and many dedicated volunteers allowed for a safe, fun run for 636 finishers. An excessive heat warning, offset by a cool ocean breeze, helped keep the racers running as did all the 120+ volunteers, course monitors and five aid stations. Thank you, volunteers!

Alex Varner (142:15) won for the second year in a row and Sissel Berntsen-Heber (1:49:12), third overall, was the first woman. We heard of no serious injury, and almost all runners returned home under their own power. Times were somewhat slower due to the heat. Like last year, we had over 800 registered and plenty of no shows.

A hearty picnic was enjoyed by many volunteers. Thanks again to all the wonderful volunteers who make this race possible.

Results should be available on the website, [www.doubledipsea.com](http://www.doubledipsea.com), but if they are not yet there they can be found at [www.fordtiming.com](http://www.fordtiming.com).



Winner Alex Varner  
Photo by Arthur Ruda



First woman Sissel Bernsten-Heber  
Photo by Arthur Ruda

### From the President's Desk

GEORGE SACCO

#### PRESIDENT'S ACTIVITIES

On June 2 I ran, walked, and talked the Jim Pommier 6-hour Distance Classic. It's been a long time since I have run any long distances; my last marathon was 26 years ago and I forgot to put petroleum jelly on my feet. So I paid the price with black toes. On June 8 I attended Tony Stratta's memorial at the Elks Club in South San Francisco. It was a well done affair, with full lunch, open bar, and a slide show highlighting Tony's life. On the morning of June 24 I went to Bobby's house in Pacifica to help fill several hundred goody bags for the Double Dipsea. I always marvel at how well Ken Reed manages this race. To end the month I scheduled a committee for June 30 to plan for a General Meeting, start the ball rolling on the Gala and go over the status of the club.

#### RACE SCHEDULE FOR JULY

July starts with the Golden Gate Park 10K on July 7. This is a very popular and well-attended race. Everyone loves to run in the park.

On July 14 we have a new run, the McLaren Park 5K. It starts at the picnic area at John Shelley Drive in McLaren Park. This is a new course so make sure you check the article on page 2 for directions to McLaren Park. Some of the club members used to get lost when we held races at McLaren Park in the past.

#### DSE GENERAL MEETING

Our first General Meeting for 2013 is scheduled for July 28. It will be held at the Polo Field area in Golden Gate Park after the Polo Field 5K run.

## Inside

### FEATURES

Inaugural McLaren Park Trail 5K .....	2
More Double Dipsea photos.....	2,3,5
DSE San Francisco Marathon Aid Station ...	3
Big Sur Marathon.....	6
Grandma's Marathon .....	8

### DEPARTMENTS

Classic Stopped.....	2
How to Contact the Newsletter.....	2
How to Contact the DSE.....	2

Folding Session Hosts Needed .....	2
Volunteers Needed .....	3
Race Results .....	4-5
DSE at the Races.....	5-7
Monthly Running Schedule .....	10
Group Runs .....	10
Membership Info .....	11
Officers & Coordinators.....	11
Folding Session & Weather Forecast.....	11
Birthdays & New Members.....	12

The Coastal Trail Challenge 10K will be held on July 21. This is a rough trail run so make sure you're ready for it. Note: this race starts at 8:00 AM, so plan on getting there early.

We end the month on July 28 at the Polo Field with a 5K and a kids' run. So we will start and end the month in Golden Gate Park.

### TRAVEL TO RUNS OUTSIDE OF THE BAY AREA

I am exploring the possibility of working with a travel agency to develop group travel packages for races outside of the Bay area. Please let me know if you're interested in the DSE working with a travel agency for this purpose. You can contact me at [gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com).



The DD highway crossing monitor's dance  
© 2013 Don Watson

## CLASSIC STU-PEDS by Stu Ruth



## INAUGURAL DSE MCLAREN PARK TRAIL 5K

*Kenneth Fong*

Join DSE for the inaugural McLaren Park Trail 5K on July 14. This challenging course is located in the Excelsior District in San Francisco's second largest city park. The race is completely new and features views of Visitacion Valley while following part of the new Philosopher's Way trail. If you haven't been to John McLaren Park recently, you'll be surprised by the upgrades to the trails and lakes. Many people have put time into bringing you this race: Soyeun Choi (course development), Kevin Lee (marking and measurements),

Wendy Newman (permits) and many others. It will be directed by dynamic first-time RD Rachel Artap and celebrity RD Endorphin Dude. Come out, set a course record and enjoy some trails!

Directions from Persia Ave entrance: Enter Persia Ave, which turns into Mansell St., go left on John F Shelley Dr and proceed 1/2 mile to the picnic grounds on your right side.

Directions from Cambridge St entrance: Enter Cambridge St, right at John F. Shelley Dr, proceed 1/4 mile to the picnic ground on your left side.

## 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](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

### DSE email list and electronic newsletter

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

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

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

#### Mail/Phone/Email Address

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

WEBMASTER: Natalie Nissenson

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



# DSE SAN FRANCISCO MARATHON AID STATION

Martha Arnaud  
Robert Brizuela  
Michael Gulli  
Yong Haber  
Meri Hambalek  
David Huey  
Kevin Lee  
Bobby Marty  
Wendy Newman  
Liese Rapozo  
Sam Roake  
Bill Woolf

George Baptista  
Calvin Chan  
Fred Haber  
Steve Hambalek  
Kyomi Hambalek  
Judith Jarosz  
Patrick Lee  
Phyllis Nabhan  
Tom Pang  
Wally Rapozo  
Edmund Wong  
Jimmy Yu



I'm not sure how many years DSE has been part of the San Francisco Marathon volunteer effort, but I have participated for at least the last three races. As in previous years, it was another successful effort by Team DSE. Everyone worked hard and was rewarded with great coffee, wonderful cookies and many smiles and thank-yous from the multitude of runners.

This was another fun experience for me, and I was once again proud to be part of the DSE team.

Judith Jarosz

## MORE DOUBLE DIPSEA PHOTOS



Above: The "Cardiac ICU" awaits the start!!

Photo courtesy of Wendy Newman

Right: Some of the Muir Woods Aid Station crew

© 2013 Paul Mosel

## ◆◆◆ 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:

July 7	Golden Gate Park 10K
July 14	McLaren Park 5K
July 21	Coastal Trail Challenge 10K (8:00 AM)
July 28	Polo Field 5K
August 4	Presidio XC 5K
August 11	Brisbane 5K/12K

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

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

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







## DSE RACE RESULTS

*Jane Colman, DSE News editor*

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

There are three different ways in which you can access the results:

Complete results are available in the Race Results section of the DSE website, [www.dserunners.com](http://www.dserunners.com), a few days after the race.

Race results are also available monthly as a supplement to the *DSE News*.

For readers of the electronic version, the race results supplement can be found and downloaded from the Newsletter page of the DSE website along with newsletter inserts.

For readers of the printed newsletter, the race results supplement is included with the newsletter, **BUT ONLY FOR THOSE MEMBERS WHO HAVE EXPRESSED THEIR INTEREST IN RECEIVING IT.** So far, only ten people have asked me for it, so there are well over a hundred DSE members who have not, either from lack of interest or other reasons.

If you are not receiving the race results and would like to, you can add yourself to the list in several ways:

- I attend most of the DSE races. You can tell me in person that you want to be included.
- You can send me an email message at [janecol@lmi.net](mailto: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.

June 2, 2013

6-Hour Distance Classic

**Race Directors:** Fred Haber and Yong Cholee Haber

**Volunteers:** Bobby Marty, Ken Reed, Calvin Chan, Patrick Lee, Vince French, George Sacco, Steven Pitsenbarger, Joe Connelly, Joana Mendoza



**Race Directors Yong and Fred Haber**  
© 2013 Don Watson

Total Participants = 51



**The crew at the lap-counting board**  
© 2013 Don Watson

June 2, 2013

Crissy Field 5K

**Volunteers:** George Sacco, Calvin Chan, Phyllis Nabhan, Althema Papadakos, Kevin Lee, Vince French, Peggy Kang, Geores Buttner

Race Participants: 205 (Runners 96 men + 105 female), 7 Self Timers, 11 kids



**Off and running the Crissy Field 5K**  
© 2013 Don Watson

June 9, 2013

Twin Peaks 3.75M

**Race Director:** Kathleen Lail

**Volunteers:** Bobby Marty, Calvin Chan, Jimmy Yu, George Sacco, Geores Buttner, John Weidinger, George Baptista, Vince French, Phyllis Nabhan, Joshua Lail, Riya Suising, Kevin Lee



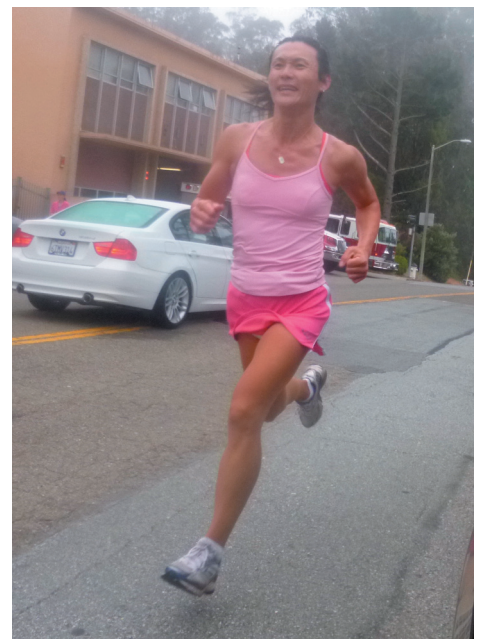
**Race Director Kathleen Lail**  
© 2013 Paul Mosel

Overcast, Foggy

Race Participants: 93 (81 Runners + 12 Self Timers)



**Above: Twin Peaks race start**  
**Below: Riya Suising sprinting to the finish**  
© 2013 Don Watson





Jane 23, 2013

Lake Merced 4.5M

**Race Director:** Riya Suising

**Volunteers:** George Baptista, George Sacco, Jimmy Yu, Calvin Chan, Geores Buttner, Caron Anderson, Bobby Marty, Vince French, Joana Mendoza, Phyllis Nabhan, Kevin Lee



Race Director Riya Suising

© 2013 Paul Mosel

Weather: foggy

Race Participants: 105 Runners (63 Men + 42 Women), 11 self timers



Before the Lake Merced race start

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Start of the Double Dipsea for men 50-54

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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](mailto:janecol@lmi.net).

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Big Sur Marathon, April 28</b>					
211	Riya Suising	45	3	F 45-49	3:29:06
1152	Gregg Whitnah	62	19	M60-64	4:14:55
3088	Margie Whitnah	64	36	F 60-64	6:08:30

### Run for the Zoo, Albuquerque, NM, May 5 10K

36	George Rehmet		2	M45-49	43:20
74	George Rehmet		1	M45-49	21:16

### Heart & Sole 5K, Salinas, May 18

103	Neal Ashton	56	3	M55-59	26:45
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### Horseshoe Lake Trail Runs, Palo Alto, May 19 Marathon

38	Margie Whitnah	64	1	F 60-69	8:36:52
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### 50K

27	Gregg Whitnah	62	1	M60-69	8:02:22
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### Santa Clara County Middle School T&F Championships, May 28

6	Jared Chan	12	6	6th grade	5:31
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### Giant Run San Jose, 5M, June 1

8	Tim McMenomey	52	1	M50-54	32:37
34	Marciano Pimentel	30	5	M30-34	36:42
434	Tracy Hathaway	51	11	F 50-54	50:59

### 5K

94	Neal Ashton	56	2	M55-59	26:05
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### Statuto 8K, June 2

2	Kenley Gaffke	35	2	M30-39	28:41
	Larry Wuerstle	57			38:58
	Gary Brickley	60	1	M60-69	42:20
	George Baptista	70	2	M 70+	45:48
	Mike Rouan	49			45:50
	Henry Nebeling	80	3	M 70+	~47:30
	Aaron Brickley	28	3	M20-29	
	Judy Waitz	53			

### 2M

Annelle Brickley  
Wally Rapozo  
Liese Rapozo

### Lake Chabot Trail Challenge, June 2

#### Half Marathon

7	Peter Hsia	52	1	M50-54	1:39:34
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### 5K

69	Brian Hartley	59	6	M50-59	33:39
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### North Olympic Discovery Marathon, Port Angeles, WA, June 2

46	Noriko Bazeley		1	F 50-54	3:43:54
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# BIG SUR INTERNATIONAL MARATHON, APRIL 28, 2013

*Riya Suising*

"Running on the Edge of the Western World." That's how the Big Sur International Marathon (BSIM) describes itself, and it can't be more correct. Through most of the course, we were running northbound on the southbound lane of Highway 1, the western half of the road. Any more west and I would be tumbling down the cliffs to the Pacific Ocean below.

This year I ran BSIM for the first time, after I started running half and full marathons over four years ago. Ever since I completed my first half marathon in 2008 (Rock N Roll San Jose), my friends have been urging me to run BSIM as the most beautiful marathon course in the world. I believed them, but each year when I saw the event website and the logistics page showing the bus pick up at 3:30 AM, I quickly said "No Way!"

This year, actually last fall when I registered, I finally decided to do BSIM for three reasons. A running friend whom I have been seeing in recent races, Rebecca Yi, ran BSIM last year and encouraged me to do it. We run about the same pace and take turns beating each other in half and full marathons. Rebecca beats me about two-thirds of the time. She said she ran it as part of the Boston 2 Big Sur Challenge (B2B). What's that? Two Marathons, Two Coasts, 13 Days. Can't pass up a challenge! As I have been qualifying for and running Boston the past three years, I figured this was the right opportunity for B2B Challenge (the other one, not Bay to Breakers) with awesome swag, a chance to beat Rebecca again, and maybe being able to convince one of my friends to go to BSIM with me as a destination run for the weekend.

Getting ready for BSIM this year, I found my new running buddy and DSE/Pamakids member Danni Baird to go with me for the weekend. Danni and about 10-15 other Pamakids runners registered for the Big Sur Relay this year as a Pamakids-sponsored

## The 103rd Annual Dipsea, Mill Valley to Stinson Beach, June 9

PL	NAME	AGE	DIV	CLOCK TIME	ACTUAL TIME
<i>Note on Divisions: I stands for Invitational, R for Runner</i>					
4	Hans Schmid	73	I/4	47:30	1:10:30
10	Cliff Lentz	48	I/10	40:10	55:10
75	Chikara Omine	30	I/74	56:37	56:37
93	Russ Kiernan	75	I/93	57:35	1:22:35
166	James Flanigan	63	I/166	1:00:59	1:15:58
167	David Moulton	45	I/167	1:01:02	1:05:02
284	Jim Buck	70	I/284	1:04:51	1:25:51
332	Jason Reed	34	I/332	1:05:59	1:06:59
409	Bob Cowdrey	68	I/409	1:07:32	1:26:31
694	Erika Kikuchi	34	R/96	1:35:38	1:16:38
747	Susan Kreusch	50	R/148	1:38:00	1:23:59
974	Barbara Robben	79	I/603	1:47:24	2:12:23
1241	James Stratta	51	R/636	2:00:21	1:39:20
1325	Valerie Trenev	53	R/720	2:11:50	1:59:49

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Portugal Day 5K Run, Newark, NJ, June 9</b>					
70	Bill Hamilton	60	11	M60-64	23:42

## San Francisco Marathon races, June 16

<b>Marathon</b>					
279	Riya Suising	45	1	F 45-49	3:21:21
506	William Dai	43	68	M40-44	3:30:56
566	Hannah Lieberknecht	31	9	F 30-34	3:32:57
682	Julie Munsayac	35	12	F 35-39	3:36:47
882	Steve Snyder	51	32	M50-54	3:42:46
1319	Alfred Hu	52	59	M50-54	3:53:42
1662	Matthew Cox	39	230	M35-39	4:00:15
1739	Leopoldo Rosales	59	46	M55-59	4:02:55
1783	William McKinney	31	311	M30-34	4:03:48
1928	Elaine Mah	51	15	F 50-54	4:07:43
2340	Lucille Wing	56	12	F 55-59	4:16:49
2956	Jamee Sue Cochary	55	16	F 55-59	4:30:46
3080	Girlye Morrison	35	116	F 35-39	4:33:26
3699	Gregory Brown	63	45	M60-64	4:48:09
3725	Marciano Pimentel	30	553	M30-34	4:48:41
3867	Tony Nguyen	39	467	M35-39	4:52:17
4030	Bob Cowdrey	69	12	M65-59	4:56:11
4456	Bertrand Newson	44	471	M40-44	5:09:52
4881	Joana Mendoza	26	373	F 26-29	5:30:18
5041	William Boehner	59	150	M55-59	5:32:3
5293	Aura Cardona	43	183	F 40-44	5:45:59
5347	Virginia Rosales	49	124	F 45-49	5:49:21

<b>First Half Marathon</b>					
388	James Hamilton	29	99	M20-29	1:45:29
2422	Peter Wilch	41	338	M40-49	2:13:06
2776	Craig Welch	51	140	M50-59	2:16:45
4178	Carol Pechler	73	2	F 70-99	2:34:06
4374	Marion Cohen	37	734	F 30-39	2:37:00
4898	Mike Hung	62	73	M60-69	2:46:01
5357	Mary Gray	51	202	F 50-59	2:56:51
5527	Ingrid Lemelle	45	545	F 40-49	3:03:10
5561	Tiffany Ewing	33	1001	F 30-39	3:04:45
5822	Colleen Welch	46	498	F 40-49	3:20:39
5957	Jennifer Walker	30	1080	F 30-39	3:46:16
5958	Christine Clark	41	619	F 40-49	3:46:21



## Second Half Marathon

24	Timothy Comay	29	9	M20-29	1:17:18
34	Adam Littke	39	11	M30-39	1:20:05
45	Kenley Gaffke	35	16	M30-39	1:23:51
54	David Ly	44	8	M40-49	1:25:03
87	Rafael Sands	17	3	M01-19	1:31:16
156	Jason Buckner	33	48	M30-39	1:36:18
303	Paul Huber	26	78	M20-29	1:42:49
729	Eric O'Grey	53	24	M50-59	1:54:47
769	Theodore Jones	74	1	M70-99	1:55:34
799	Amber Wipfler	33	105	F 30-39	1:56:06
1779	Lisa Griffin	48	118	F 40-49	2:15:30
2132	Allen Lucas	55	93	M50-59	2:24:24
2134	Diane Lucas	55	60	F 50-59	2:24:25
2148	Kitzzy Aviles	34	422	F 30-39	2:24:49
2184	Danni Baird	30	431	F 30-39	2:25:51
800	Melissa Cheung	27	102	F 20-29	1:56:06
1377	Joseph Connelly	51	56	M50-59	2:06:48
2131	Ryiah Nevo	39	418	F 30-39	2:24:21
2168	Tracy Hathaway	51	62	F 50-59	2:25:31
2377	Seth Ducey	41	255	M40-49	2:31:15
2380	Alfred Palma	52	99	M50-59	2:31:32
3831	Fredy Recinos	49	297	M40-49	2:52:29

## 5K

3	Joe Wehrheim	41	0	M01-99	16:54
33	Edward Hung	35	23	M01-99	21:34
143	Christina Knudson	27	40	F 01-99	26:58
362	Jeanie Kayser-Jones	77	161	F 01-99	31:00
724	Amelia Mutere	52	419	F 01-99	37:39
863	Dan Murphy	52	341	M01-99	42:09

## Rock 'n' Roll Seattle, June 22

### Half Marathon

413	Jared Chan	12	3	M12-14	1:42:04
11774	Christine Clark	41	1047	F 40-44	3:37:18
11842	Jennifer Walker	30	1382	F 30-34	3:39:00

### Marathon

2351	Tony Nguyen	39	253	M35-39	6:54:43
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## Grandma's Marathon, Duluth, MN, June 22

36	Chikara Omine	30	25	M19-34	2:30:09
1286	Diann Leo	26	172	F 19-34	3:36:30
2043	Stephanie Polverari	47	47	F 45-49	3:53:25
4528	Jane Colman	70	3	F 70-74	4:51:35

## First Annual Alamo 5K Run, June 30

	Brian Hartley	60	1	M 60+	32:21
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race. That means their race entry was FREE — paid by the club to run in the Pamakids uniform. What a great deal! I had already signed up for the B2B Challenge as an individual runner, but we went and hung out with the Pamakids teams while we were there.

Arriving in Monterey on Saturday for the Expo and packet pickup, traveling with Danni was like hanging out with Endorphin Dude. Every five minutes someone came up to her to say hi. She was already well known in the racing circuit. Through her I made many new friends, quickly added on Facebook. BSIM was very well organized, and the Expo was a good size with many local vendors, like the CIM Expo, and maybe just a bit smaller than the SF Marathon Expo. The whole event was smooth and friendly, but very complicated logistically, as there were so many event options (full marathon, 21-miler, 10.6-miler, 9-miler, 5K, Relay, etc.) with buses taking runners to different starting points along the course and picking up from over five different places around Monterey and Carmel early Sunday morning.

After the expo we quickly left for an early dinner and sleep to get ready for a very early wake-up call. Recently I ate at Denny's for my pre-marathon dinner (\$4 all-you-can eat pancakes is probably the best ROI anywhere for carb intake), but Danni and I tried something a bit more local in town, the Black Bear Diner. Lots of bear stuff inside, cute! Our seaside resort was the Motel 6 eight miles up the highway, as everything within Monterey was super-expensive or full. Note: book your lodging WAY in advance for BSIM, which reminds me to book for next year's BSIM after finishing this article. Luckily Danni ran the first leg of her

Relay, so we both got up really early to ride the same bus together to the full marathon start line. That's the other important part of BSIM—to go with a travel partner, so we each have a backup to wake us up if we don't hear our alarms at 2:30 AM. We left the motel at 3:00 AM and got to the Carmel Middle School by 3:30 AM, in time for the bus departures. This was a great departure location as it was walking distance from the finish line later in the afternoon.

Lots of school buses, as many as CIM, not nearly as many as Boston, LA or NYC. The main start was at Big Sur Ranger Station. So many runners were crammed into that area. If you could find a space to sit down, grab it. Empty spaces disappeared quickly. As usual, we were all so thankful for the volunteers there handing out free coffee, bananas and bagels. The volunteers all had big smiles on their faces while the runners were still half awake from sleep deprivation. This year at the start line one of the BAA race officials came out to say some words and to led a moment of silence remembering the Boston Marathon tragedy. But pretty soon the gun fired and off we went. The race and course were very similar to Boston, downhill for the first five miles, then rural roads for most of the way. BSIM had gorgeous coastal scenery, unmatched by any other course.

The course map warned of a major two-mile climb at Mile 10. It turned out not to be as bad as expected, as we were all ready for it. The first mile was steep, but the second mile eased to a mild incline. At the top of that climb, as we reached the Mile 12 marker and rounded the turn, we were met by this beautiful, classical piano music that you could hear in the distance!

It was the signature piece of BSIM by the Marathon Piano Man, Michael Martinez. Each year as you cross the 13.1-mile halfway point on the Bixby Bridge, you see and hear Michael on the other side welcoming runners to the second half of the marathon, dressed in a formal tux while playing his grand piano and posing for photos with runners as they pass by. That's one photo op you don't want to miss when you run BSIM.

The rest of the course was typical Highway 1, rolling, winding, and constant views of cliffs, ocean, splashing waves, and pastures and cows on the side. It turned out be a bit hilly as the road was rolling a lot more than expected. At Mile 23 a local citizen handed out fresh strawberries to the runners. BSIM is a very special course and experience. All the mile marker signs were different and art pieces by themselves, each one with a different sponsor and a unique motivational message to keep you going. The last hill was at Mile 25, thank goodness! I finally crossed the finish line at Rio Road in Carmel, with a good time, but still a few minutes slower than I expected. I don't know if it was due to a bathroom break at mile 17, hamstring cramps at mile 23 from running too hard, lack of sleep or skipping my Denny's pancake dinner. But it was still the most beautiful marathon completed for me. As a Boston 2 Big Sur runner, I was guided into a special B2B VIP tent where we had tables and chairs to rest on while enjoying a simple buffet lunch. That, plus a special B2B jacket/hoodie plus a few other swag were in the package for the B2B category which cost about \$100 more than the regular full marathon, limited to just 400 entries,



open for registration soon after Boston registration in September. If you ever qualify for and run Boston, I strongly recommend running BSIM under the Boston 2 Big Sur Challenge category. You'll be running with many other Boston runners at Big Sur, and you'll treat yourself to the VIP status that you've earned.

At the Finish Village I reconnected with Danni and the Pamakids Relay runners and other runners I often see in the bay area. One nice thing with the Big Sur Relay is that the race is somewhat flexible in how you run the Relay. Danni was assigned the first of five legs in her team, but ended up running the first three legs after passing off the baton after her first leg. It was a great way to let her enjoy more of the scenic route and getting in a longer workout instead of hopping in a return bus too early. The event organizers don't care that much, and many relay runners run additional legs. You can even run all the way to the Finish Line too if you wish!

After the awards ceremony we walked back to our car at the Carmel Middle School. As we had already burned off our post-race food, we stopped off at Subway (more food) and McDonalds (even more food) to help us refuel. Definitely try to go with a travel buddy. It makes the congested weekend drive to and from Monterey a lot more pleasant, and gives you a new experience to cherish besides just the marathon itself. Danni was a wonderful friend to travel with and very supportive. For me, I'm no longer afraid of a 3:30 AM bus rides. I'm already looking forward to next year's Big Sur International Marathon on April 27, 2014. I even just booked my hotel at the Hilton Garden Inn in Monterey on April 26 while writing this. Now who wants to go with me next year?

## GRANDMA'S MARATHON, DULUTH, MN, JUNE 16, 2013

*Jane Colman*

Over a year ago I decided to run Grandma's Marathon in 2013 to celebrate turning 70 and to try to qualify for Boston. I trained all spring, using a training plan that emphasized intensity over distance. It worked well for me, since I've always been more willing to go the extra mile than to push a little harder. Somewhat to my surprise, the program agreed with me. I had no trouble adding speed to my runs, even the long runs, and at my age I need the added recovery time from just three runs a week.

Don and I had decided that since we were going all the way to Minnesota, a state we were both unfamiliar with, we should spend an extra couple of days being tourists. Good marathoning weather is not good touring weather, but we managed. We arrived Wednesday evening and Thursday we went to an art museum and a manuscript museum, both

very interesting, and got rained on only a little bit. Friday we went to the Expo, where we picked up my packet and hung out a while at the Marathon & Beyond booth before meeting former DSE member Kate Spencer for the noon bus tour of the course. Afterwards the three of us went to the pasta feed, which went from 11 AM to 9 PM. It was edible but not great. Then Kate went off, having already seen as much of the Expo as she wanted, and Don and I wandered through it. It was OK but not really big, but that was all right since I wasn't really in a shopping mood.

We were staying at a bed and breakfast where breakfast was usually served pretty late, but on marathon morning we got a light buffet at 4:15 AM (later for those not running) and a ride to a bus pickup point. I hung out with a couple of women from South Dakota who were also running the



marathon. I never saw any of the other DSE runners, but of course they started (and finished) far ahead of me.

I had been thinking that if everything was perfect, with both the weather and my body cooperating, I had a decent chance of making my time goal of 4:55:00 or less, despite my three-week break in training (two weeks of no running, one of only short easy runs) after injuring my right calf late in the training schedule. But I wasn't sure if my leg would hold out, since it was not yet completely back to normal.

The weather was nearly perfect for running, in the low 50s and foggy. Even though we were running along Lake Superior, it was easy to focus on my running and breathing and not be distracted by the scenery, because it was too foggy to see it. Sometimes I couldn't even see far enough ahead to know where the road curved. The course was mostly rolling; it has a small net downhill but I never noticed it. Of course it's easier to notice the uphill than the downhills because they take longer to run. My pace was pretty even but my mile splits ranged from 10:35 to 11:28 depending on hills and aid stations (having not learned how to drink from a cup while running in 35 years of racing, I walk through aid stations). I tried, and managed, to keep my Garmin average pace under 11:05, knowing that that would keep my actual pace under the 11:15 I needed to beat the 4:55 Boston qualifying time. (As it was, my actual pace was only 6 seconds a mile more than my Garmin pace.)

I passed the halfway point in 2:25:43, which I knew would give me a bit of leeway if I slowed down on the second half. Allegedly, the worst hill was around mile 22, but although it was long it was not as steep or difficult as one in the first half. I'm sure I slowed down going uphill, but never enough to make a difference in my average pace.

I had thrown away my jacket and gloves by the time I had run a mile, and when it started drizzling at about mile 15 I was briefly sorry, but since nothing was cold but my upper arms it was just as well, and the drizzle didn't last very long.

By mile 23 I knew that if I could keep on running, even if I slowed down to 12-minute miles, I could make my goal time even though my legs and hips were a bit sore. The only thing that worried me was that my legs, both calves and inner thighs, kept threatening to cramp. I kept begging them to hold out at least until the finish, and they did. In fact they stopped hurting at all as soon as I passed the finish and started walking. I crossed the finish line with a chip time of 4:51:35, feeling very happy to have finally achieved a Boston qualifier. And unlike many of my hard runs and races, where I feel a bit dizzy and weak as soon as I stop running, I felt fine — just cold.

I got my medal and my shirt and a space blanket and



headed to the food tent, where I got some fruit, half a whole-wheat bagel and some chocolate milk. As soon as I left the food tent, it started really raining. Trying to keep my finisher's shirt dry, I made my way to the sweats pickup (why do they always put those far away?) and then walked around Grandma's Bar and Grill to the changing tent, where I finally got warm even though I didn't take off any of my damp clothing, but just put my rain gear on over it. I thought I would take a shuttle bus to one of the bus pickup places from the morning and then walk the mile to our B&B, but I didn't see where the bus was so I just walked back along the course. The rain had stopped but the people still walking in must have gotten pretty wet (I did hear later that some people got hypothermic and were pulled from the course). By the time I'd walked nearly three miles back, my legs were feeling pretty good, and I got back earlier than the two other women who finished before me but took the bus.

I was third out of four women 70-74. For that age group they give only two awards, but I didn't mind, since I was more concerned with my time than my place. Not only was it the longed-for BQ, it was my fastest marathon since March 2000!

Sunday I was a bit stiff in the legs. I thought about a scenic drive, but I didn't really want to drive either with stiff legs or in the heavy fog, so we took a short trip on the Scenic Railway which might have been scenic if we had been able to see much of anything through the fog. We then went to Grandma's Bar & Grill for a surprisingly good lunch, since I felt we couldn't leave Grandma's Marathon without patronizing Grandma's at what had been the finish area. Afterwards I took a three-mile walk on the Lake Walk, which helped stretch out my legs. Monday before we left for the airport we finally got to see Lake Superior, because it was finally sunny and warm. I appreciated it but was mostly grateful that we hadn't had that weather on marathon day.

One thing I found interesting was that when I last tried to run a BQ (at St. George, in the 65-69 age group) and ran two minutes slower (higher altitude, more uphill despite all the downhill and more heat) to miss my BQ by eight minutes, I placed second out of seven in my age group and the age group times were spread from 3:30 to over eight hours. At Grandma's I placed third out of four 70-74, and the times ranged only from 4:39 to 5:07.

The next challenge, of course, will be to see if I can get into the Boston Marathon with a time only 3:25 minutes faster than my qualifying time, but I won't find out until Boston registration in September. If I don't make it, I guess I'll have to try to run a couple of minutes faster at California International Marathon in December to qualify for Boston in 2015.

# ◆◆◆ Monthly Running Schedule ◆◆◆

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

## **Sunday July 7                      Golden Gate Park 10K**

START/FINISH: Kennedy Drive & Transverse in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turnaround at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto ML King Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

## **Sunday July 14                      McLaren Park 5K**

START/FINISH: Picnic area off John F. Shelley Drive

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

COURSE DESCRIPTION: Run east on trails towards Wild Overlook/Inspiration Way, cross Shelley Drive at the stop sign and continue on trails to Mansell Avenue. Cross Mansell and head west on the Inspiration Way route towards the park entrance. Cross Mansell again at the park entrance, then head north along the west side of the park to the water tower. Run the trails along the north side of the park, cross the footbridge, and finish near the Shelley Drive picnic area.

## **Sunday July 21                      Coastal Trail Challenge 10K**

START/FINISH: East Beach at Crissy Field; Enter at Old Masson St.

STARTING TIME: **Runners at 8:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.

## **Sunday July 28\*                      Polo Field 5K**

START/FINISH: South Side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

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

## **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 6:30 PM.**

**Finish line closes at 7:30 PM.**

## ◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at [webbsight@earthlink.net](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com).
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—Yoppi Frozen Yogurt, 101 California Street, San Francisco. Open to all ages and levels. We typically have a short and long route. These routes range from 3 - 6 miles and change every week.  
[www.sfurbanrun.blogspot.com/](http://www.sfurbanrun.blogspot.com/)



## Membership ♦ ♦ ♦ Information ♦ ♦ ♦

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

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

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

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

## Folding ♦ ♦ ♦ Session ♦ ♦ ♦

DATE: Thursday, August 4, 2013  
TIME: 7:00 PM  
HOST: Martha Arnaud  
783 Cayuga Avenue  
(cross street is San Juan)  
San Francisco  
415-602-7488

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

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

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

Overall, July will be a very warm to hot month inland. On the immediate horizon, fog and low clouds will continue near the coast nights and mornings through the first week in July. Temperatures will briefly return to normal before becoming warm to hot again inland during the second week. Fog should clear the beaches most days with sunny afternoons. Some monsoonal moisture is possible around the end of the third week with muggy conditions because of high humidity. It should be sunny for the McLaren Park run on the July 14 but morning fog is likely for the Coastal Challenge run on July 21 and the Polo Field 5K on July 28.

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



PRESIDENT  
ANGELICUS  
Walt Stack

### PRESIDENT

George Sacco

[gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com)

### SR. VICE PRESIDENT

Caron Anderson

[caronanderson@ymail.com](mailto:caronanderson@ymail.com)

### 2ND VICE PRESIDENT

Michael Gulli

[vincentsarah@sbcglobal.net](mailto:vincentsarah@sbcglobal.net)

### SECRETARY

Diann Leo

[diann.michele@gmail.com](mailto:diann.michele@gmail.com)

### TREASURER

Chikara Omine

[chikaranese@yahoo.com](mailto:chikaranese@yahoo.com)

### OFFICERS AT LARGE

Ed Caldwell

[edpbiz@edwardcaldwell.com](mailto:edpbiz@edwardcaldwell.com)

Kevin Lee

[dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com)

George Baptista

[gabaptista@att.net](mailto:gabaptista@att.net)

### OPERATIONS

Gary Brickley

[gary@brickley.com](mailto:gary@brickley.com)

Jerry Flanagan

[jerryflan@yahoo.com](mailto:jerryflan@yahoo.com)

Jim Kauffold

[IEKauffold@gmail.com](mailto:IEKauffold@gmail.com)

Wendy Newman

[wsn99@aol.com](mailto:wsn99@aol.com)

Janet Nissenson

[lnissenson@aol.com](mailto:lnissenson@aol.com)

Bill Woolf

[billwoolf2@aol.com](mailto:billwoolf2@aol.com)

### MEMBERSHIP

Richard Finley

[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)

### EQUIPMENT

Bob Marty

### CLOTHING SALES

Calvin Chan

[calwentjogging@yahoo.com](mailto:calwentjogging@yahoo.com)

### DSE RACE RESULTS

Pat Geramoni

[spgeramoni@att.net](mailto:spgeramoni@att.net)

Chikara Omine

Ed Caldwell

Denise Leo

[legdead117@yahoo.com](mailto:legdead117@yahoo.com)

Steven Pitsenbarger

[stevenpits@gmail.com](mailto:stevenpits@gmail.com)

### KIDS' RACE DIRECTOR

Daryl Luppino

650-757-5247

### DOUBLE DIPSEA RACE DIRECTOR

Ken Reed

[RunKenRun@aol.com](mailto:RunKenRun@aol.com)

### PERMITS

Pat Geramoni

Janet Nissenson

Suzana Seban

[suzana@network172.com](mailto: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! July



1	Peter Hsia Peter Wilch
2	Caitlin Garcia George Mitchell Ken Weller
3	Irene Bryant John Gregson Claudine Osipow
4	Fiona McCusker
5	Beau Armstrong Marie-Pierre Carlotti Thomas Emanuel
6	Jack Bascom
7	Monique Brookins
8	Yoshio Daikoku Josh Espinosa Dina Kovash Alias McKinney Katherine Walter
9	Cristy Estillore Dan Osipow

10	David Ressler Sandra Sigurdson George Teiber
12	Gerard Sheehan
14	Nicole McKinney Pete Nowicki
15	Ann Agbayani Riya Susing
17	Allen Lucas
18	Vincent Gulli Marciano Pimentel
19	Carli Fullerton Sunhi Kim Kay Teiber
20	Connor Flanagan Adam French Luis Vargas
21	Robert Butchart Laura Froelich Eric O'Grey
23	Bill Dake John Mintz

24	Collen Serafin
25	Joe Czech
27	Christina Knudson
28	Margie Whitnah
29	Margaret Walter
30	David Brownstein Wallace Rapozo Robert Theis
31	Amelia Mutere

### New Members

**DAILY CITY**  
Joseph Mendoza

**HERCULES**  
Rachel Artap

**SAN FRANCISCO**  
William Dai  
Sandy Groom  
James Hamilton  
Jessica Huang  
Girlye Morrison