

September 2013

**From the  
President's Desk**

**MICHAEL GULLI**

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

I am filling in for George Sacco this month. I feel excited about the new Bay Bridge finally opening this month, but disappointed that there will not be a bridge run. It might have been the only time to run on the new bridge, which would have been nice. Anyway, there will be a walkway which can be used for walking, biking and running from Oakland almost to Yuerba Buena Island (access to Yuerba Buena will open after the demolition of that portion of the old bridge). The last San Francisco Oakland Bay Bridge run was in 1992. Maybe someday a race will be across the bridge again.

Since the Bay Bridge will be closed on September 1, allow yourself more time to travel to San Francisco if you are coming from the East Bay.

Inside 

How to Contact the DSE.....	2
Race Results .....	4
Volunteers Needed.....	5
DSE at the Races.....	5-8
New Members.....	7
Monthly Running Schedule .....	9-10
Group Runs .....	9
Membership Info .....	11
Officers & Coordinators.....	11
Folding Session & Weather Forecast.....	11
Birthdays .....	12

Classic Stu-ped.....2  
How to Contact the Newsletter.....2

## VOLUNTEER PICNIC

We also had a Volunteer Picnic on August 18, 2013. Kudos to Picnic Coordinator Gary Brickley and very able assistant Diann Leo for presenting a truly wonderful DSE "Hoe Down" Volunteer Picnic. Ninety-three people came dressed as Cowboys or Cowgirls and some came as Indians. The weather was sunny and warm, the food was great, and there was a warm DSE camaraderie. There are picnic photos on pages 6 and 7.

## NOMINATIONS FOR CLUB OFFICERS

The nominations for DSE Club officers have started. If you or someone you know would like to become an officer. Please forward your nomination to Nomination Officers Bill Woolf and Jim Kauffold. For details, see their article on page 1.

## LAKE MERCED SUMMER RACE SERIES

In August, the Lake Merced runs come to an end. There were 12 runs altogether. Janet Nissenson did an excellent job of putting on the summer Lake Merced Runs. There was an average of 90 runners per race. It is fun to do this race to break up the week and look forward to Friday and the weekend.

## CLASSIC STU-PEDS by Stu Ruth



## UPCOMING RACES

This month we have races every Sunday. It is interesting that there is a race for everybody, from one mile to the half marathon.

On September 1, the Spreckles Lake 5K and Lighting Mile are scheduled. This is a good setup to run two races in one day and double your points in the age division groups. Plus you may run your fastest mile and get a PR.

Next weekend on September 8 is the Lake Merced Half Marathon. Where else can you run a half marathon for

\$5? The last time that happened outside of the DSE was in the 1970s. And in this race you will not get lost or have to worry about intersections with cars. If you don't feel up to that distance, there will also be a single loop option.

On September 15, the Kennedy Drive 8K will be raced in Golden Gate Park. The races in the park are always popular, and in September we may be able to see the sun.

The following weekend on September 22 is the Oyster Point 10K. It has great views of the bay and you will be able to see your competition during most of the race.

Finally, on the September 29 is the Stern Grove 4M. This is a fun hilly course, you get to run the outside of the park and the inside of the park.

## RUN@WORK DAY OR @SCHOOL DAY

On September 20, it is Run@Work Day or @School Day.

The goal of RUN@WORK Day and RUN@School Day, presented by the Road Runners Club of America, is to encourage adults and children to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work/school, during lunch, or immediately following work/school.

## VOLUNTEERING

The DSE club always needs volunteers for the upcoming races. I have been volunteering more this year than racing. It is fun to work with everyone and get to know each other as a volunteer. It is very rewarding. So try it, it is fun. Besides, you need two hours of volunteering for your awards at the end of the year.

## 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)

## CHANGE IN DSE MEMBERSHIP LEVEL/STATUS

Richard Finley

The DSE Board of Directors has approved a measure that will formalize the process to be followed by the DSE Membership Coordinator in those cases where a member's change in registration options (e.g. membership level and/or newsletter preference) results in a change in membership dues.

In the future, if a membership level/status is changed from individual to family or if the newsletter option is changed from electronic to printed/mailed prior to the membership's expiration date, the difference in the fee schedule will have to be paid at the time of the change. If the change in level/status results in a lower fee schedule, the club will not refund the difference. It is recommended, therefore, that any changes in membership level or newsletter preference be submitted to the Membership Chair concurrently with membership renewal.

Any changes must be in writing: email, letter or membership form.

## DSE WEBSITE SURVEY

Kitzzy Aviles

Kitzzy Aviles and Jason Buckner will soon be updating the look and functionality of the DSE website. They want to know how members use the current site and what improvements you would like to see. Please take a moment to take this brief 6-question survey at <http://goo.gl/cGNYfw> to give us your input. Thanks!

## UPDATE ON GEORGE BAPTISTA

*adapted from updates by George's son at*  
<http://www.caringbridge.org/visit/georgebaptista>

George was finally moved to the Santa Clara Valley Medical Center for his rehabilitation today. He'll be in the ICU portion for awhile and then hopefully his own room. He's been eagerly waiting for this change of venue.

I'd also like to thank everyone that has written in the guestbook or sent cards/ letters. I've read some of the comments and notes to him and it has definitely helped keep his spirits up.

Good news is that given the location of the impact on the neck/shoulders, he has above-expected movement in his left leg especially, as well as some movement in right-side toes and both his fingertips. They also tested him and he has pretty good feeling throughout the body, so there is not a complete failure of the nerve system. The flip-side / bad news is that this same location of the impact is where a lot of the crucial breathing-related nerves are located. This might explain some of his breathing-related impairment in that area.

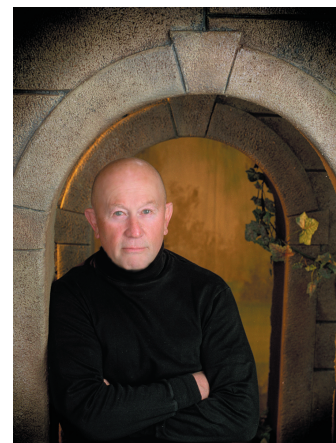
If there is improvement, it usually progresses very slowly, in a series of little plateaus, where it shows improvement, levels off for a bit, then makes another small step, levels off, then another jump, etc. So, any improvement occurs in a series of very small steps.

George's eldest son, George Patrick, is returning to Japan

## BOOK REVIEW — A RUNNERS TALE

Jane Colman

If you remember Joe Oakes from his days as a local DSE member before he and his wife Sylvia moved to the Portland area, or you have read his 2009 book *With a Single Step*, about his non-motorized circumnavigation of the earth, you know that Joe is a wonderful storyteller. His latest book, *A Runner's Tale: Six Decades on the Road*, published earlier this year, is another example of Joe's fascinating stories.



Like his previous book, the new one is quite enjoyable to read. Rather than present his memoir in strict chronological order, after the first two chapters on his early life, including his high school running and his move to the Bay Area and return to running in the 1970s, Joe presents a different topic in each chapter: running groups, marathons, ultramarathons (two chapters worth), super-marathons (stage races), self-designed journey runs, his own favorite runs. Each topic follows his travels to run in many countries and every continent.

It is not only Joe's storytelling skill that makes his books so interesting, but also that he has had so many adventures and traveled to so many different places. In addition to all of his running adventures, he has circumnavigated the world, in stages over a period of several years, by bicycling, walking, climbing, sailing, kayaking, swimming and dog-sledding as well as running. Most of us, whatever our running aspirations, will not achieve Joe's level of adventures.

He ends the book with his knee-replacement surgery a year ago, which has put an end to his running life. But he is not grieving; one of the things that makes him such a pleasure to read is his positive attitude toward life. His final paragraph says:

Alexander Graham Bell is quoted as saying, "*When one door closes another one opens; but we too often look so long and regretfully upon the closed door that we do not see the ones that open for us.*" Like a kid before Christmas, I am anxious to take a peek through that that next door.

If you would like a copy of the book, contact Joe at [alcatrazjoe@hotmail.com](mailto:alcatrazjoe@hotmail.com) or his daughter Victoria at [vicmead@yahoo.com](mailto:vicmead@yahoo.com). All of the proceeds will go to his 'grandchildren', a group of 234 AIDS orphans in Namibia.

after a month-long stay here, and his wife Kiiko is not able to drive to San Jose, so we would like encourage any friends to visit George if they are in the area. We believe this will provide more emotional support and motivation for his recovery. Also, the staff there mentioned that although visiting hours are posted as noon onwards, they are very flexible and it is OK to visit beforehand in the morning as well.

George is currently located at the Santa Clara Valley Medical Center, 751 S. Bascom Ave, West Wing Room RTC-21 (2F), (Rehab Trauma Center).





## 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 16 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.

August 4, 2013

Presidio Cross Country 3.15M

**Race Director:** Tony Nguyen

**Volunteers:** George Sacco, Christine Clark, Calvin Chan, Jimmy Yu, Vince French, Geores Buttner, Sam Roake, Michael Gulli, Phyllis Nabhan, Patrick Lee, Rachel Artap, Bobby Marty, Bill Woolf, Leo Rosales, Jennifer Walker, Kevin Lee, Denise Leo

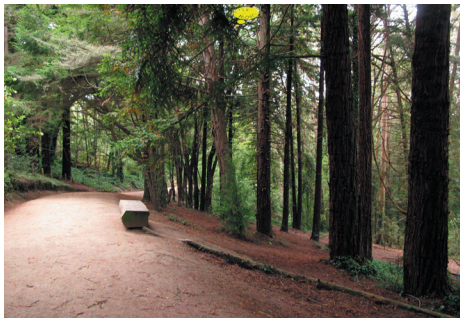


**Race Director Tony Nguyen**

© 2013 Paul Mosel

Weather: foggy, misty

Race Participants: 85 runners (51 msle + 34 female), 12 self-timers

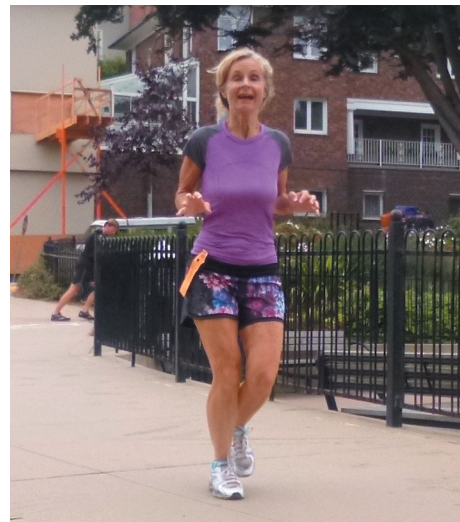


**Above: The trail through the woods**

© 2013 Paul Mosel

**Below: Jane McFarland smiling on her way to the finish**

© 2013 Don Watson



August 11, 2013

Brisbane Scenic Run 12K/5K

**12K Race Director:** Jim Kauffold

**5K Race Director:** George Sacco

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Vince French, Geores Buttner, Bobby Marty, Laurel Baxter, Maria Saguisag-Sid, Lidia de Leon, Patrick Lee, Michelle Alvarez, Michael Gulli, Diane Okubo Fong, Bill Woolf, Leo Rosales



**12K Race Director Jim Kauffold**

© 2013 Paul Mosel



**5K Race Director George Sacco**

© 2013 Don Watson

Race Participants: 12K: 58 (Racers = 42 male + 15 female), 1 self-timer;  
5K: 61 (Racers 28 male + 27 female), 6 self-timers



**The race start, before the start of the hill**

© 2013 Don Watson

## ◆◆◆ 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:

September 1	Spreckles Lake 5K and Lightning Mile
September 8	Lake Merced Half Marathon and 4.5M
September 15	Kennedy Dive 8K
September 22	Oyster Point 10K
September 29	Stern Grove 4M
October 13	Rockaway Beach 5K

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 two of our events this year. Please contact Jim Kauffold at [jekauffold@gmail.com](mailto:jekauffold@gmail.com) to sign up.

## 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

#### LMJS 4th Sunday Run, Oakland, July 28

<b>5K</b>					
8	Rafael Sands	17	2	M <20	19:14
<b>10K</b>					
2	Adam Littke	39	1	M30-39	36:44
<b>15K</b>					
6	Jared Chan	12	1	M <20	69:37

#### Espirit de She 5K, Palo Alto, August 1

92	Pat Geramoni				27:02
----	--------------	--	--	--	-------

#### Los Gatos Thursday All-Comers Meet, August 1

##### 2M

3	Jared Chan	12	1	M <13	12:00
---	------------	----	---	-------	-------

#### Summer Breeze Runs, San Leandro, August 3

##### Half Marathon

55	Leopoldo Rosales	59	1	M55-59	1:40:26
353	Salena Copeland	35	28	F 35-39	2:24:38

##### Half Marathon Hikers

2	Virginia Rosales	49			2:35:21
7	Rachel Artap	43			2:54:34

##### 10K

467	Jennifer Walker	30	52	F 30-34	1:35:12
-----	-----------------	----	----	---------	---------

#### Los Gatos Thursday All-Comers Meet, August 8

##### 5000m

12	Jared Chan	12	1	M <13	19:57
----	------------	----	---	-------	-------

#### The Giant Race, August 4

*Note: Apparently overall place was determined by gun time, not chip time; what is listed here is chip time, so places may be out of order, as they are in the official results.*

##### Half Marathon

93	David Wilson	44	15	M40-44	1:31:38
94	Megan Robblee	27	2	F 25-29	1:31:54
130	William McKinney	31	24	M30-34	1:34:02
264	Jason Buckner	33	37	M30-34	1:37:27
203	Steve Snyder	51	7	M50-54	1:38:11
230	Andrew Ewing	35	38	M35-39	1:38:27
476	Matthew Cox	39	53	M35-39	1:42:00
616	Mark Prichard	57	5	M55-59	1:43:10
581	Kelly Hicks	30	51	F 30-34	1:47:51
553	Rafael Sands	17	10	M17-19	1:47:57
596	Marciano Pimentel	31	105	M30-34	1:48:16
890	Lucy Wing	56	4	F 55-59	1:52:33
973	Riya Suising	46	16	F 45-49	1:53:54
983	Sean Young	1	8	M <16	1:54:03
1054	Melinda Miyagishima	49	20	F 45-49	1:55:57
1266	Sandra Sigurdson	57	7	F 55-59	1:59:48
1688	Craig Welch	51	53	M50-54	2:00:11
1380	Pat Geramoni	65	1	F 65-59	2:00:24



# DSE VOLUNTEER PICNIC PHOTOS



Georges Buttner and Phyllis Nabhan



The picnic food: chicken, baked beans, tri-tip, corn on the cob, along with salads, cornbread and cookies



The crowd of happy picnickers



Five more or less costumed cowgirls: Jane Colman, Michele Sims, Dee Farkas, Dana Farkas and Carol Pechler

All photos © 2013 Paul Mosel

1789	Samuel Sanchez	27	213	M25-29	2:04:57
2479	Bertrand Newson	44	193	M40-44	2:13:43
2626	Gregory Brown	64	13	M60-64	2:13:31
2668	Kitzzy Aviles	34	323	F 30-34	2:16:36
3218	Alicia Loh	29	388	F 25-29	2:22:54
3852	Alfredo Palma	52	102	M50-54	2:26:08
3297	Carol Pechler	73	2	F 70-74	2:27:23
3506	Ryiah Nevo	39	277	F 35-39	2:28:44
3914	Mike Hung	62	20	M60-64	2:39:23
4590	Fredy Recinos	49	188	M45-49	2:56:44
4672	Jennifer Walker	30	603	F 30-34	3:08:31
4831	Tiffany Ewing	33	616	F 30-34	3:15:00

## 10K

10	David Ly	44	2	M40-44	40:19
26	William Misener	17	5	M17-19	43:25
49	John Stenson	47	8	M45-49	47:54
	Phaidra Garcia				55:24
625	Naomi Nakamura	38	90	F 35-39	1:00:54
1786	Tracy Hathaway	51	44	F 50-54	1:06:28
3324	Amelia Mutere	53	85	F 50-54	1:15:14
3939	Maria Saguisag-Sid	45	183	F 45-49	1:40:42
3809	Dan Murphy	52	56	M50-54	1:26:13

## 5K

32	George Rehmet	46	5	M45-49	20:20
303	Edward Hung	31	38	M30-34	36:38
426	Neal Ashton	56	15	M55-59	28:56
1611	Michaela Rouan	18	38	F 17-19	34:46
1612	Michael Rouan	49	59	M45-49	34:46
2541	Sonia Medina	50	87	F 50-54	41:08
4053	Christine Clark	41	273	F 40-44	43:49
4714	Pamela Miller	36	405	F 35-39	3:04:03

## Los Gatos Dammit Run, 5M, August 10

### Men

21	Jason Reed	34	2	M30-34	33:49
----	------------	----	---	--------	-------

### Women

8	Riya Susing	46	1	F 45-49	37:45
68	Kat Powell	62	2	F 60-64	49:00

## Crystal Springs Coast Trail Runs, Woodside, August 10

### Half Marathon

115	Diane Lucas	55	2	F 50-59	2:58:54
123	Allen Lucas	56	10	M50-59	3:14:55

### Marathon

33	Margie Whitnah	65	1	F 60-69	8:16:59
----	----------------	----	---	---------	---------

## 50K

34	Gregg Whitnah	62	1	M60-69	6:28:48
----	---------------	----	---	--------	---------

## Skyline 50K, Castro Valley, August 11

1	Chikara Omine	30	1	M30-39	3:40:09
6	Cliff Lentz	48	2	M40-49	4:06:57
17	Jason Reed	34	5	M30-39	4:30:58
19	Nakia Baird	38	7	M30-39	4:32:07
24	Kenley Gaffke	35	9	M30-39	4:41:03
58	George Rehmet	46	21	M40-49	5:14:35
69	Riya Susing	46	4	F 40-49	5:24:41
86	Diann Leo	26	3	F 20-29	5:34:10
88	Noriko Bazeley	54	4	F 50-59	
104	Alfred Hu	52	15	M50-59	5:45:42
111	Hans Schmid	73	1	M 70+	5:48:00
141	Amber Wipfler	33	13	F 30-39	6:10:47
184	Kenneth Fong	51	23	M50-59	6:45:06

192	Christy Bentivoglio	42	24	F 40-49	6:52:58
198	Karen Tancuan	41	25	F 40-49	6:57:16
200	Gary Brickley	60	9	M60-69	7:00:22
209	Bob Cowdrey	69	10	M60-69	7:10:59
222	Kat Powell	62	5	F 60-69	7:26:42
238	Danni Baird	30	35	F 30-39	8:37:57

### 13th Annual UC Santa Cruz XC Challenge, 4M, August 17

#### Women

41	Riya Suising	46			28:11
74	Diann Leo	26			31:13
85	Amy Sonstein	43			32:29
93	Akemi Ilzuka	49			33:23
96	Denise Leo	37			34:38
100	Kat Powell	62			37:59

#### Masters Men

10	Joe Wehrheim	41			22:57
67	Hans Schmid	73			28:15
92	Jim Flanigan	64			31:30
112	Russ Kiernan	75			36:50

#### Open Men

9	Chikara Omine	30			21:47
22	Andrew Macnider	35			23:40
23	Ian Macnider	28			23:45

### Bear Creek Runs, Briones Regional Park, August 17

#### Half Marathon

17	Alfred Hu	52	4	M50-54	2:10:25
40	Leopoldo Rosales	59	3	M55-59	2:24:37
78	Mark Orders	55	6	M55-59	2:41:11
116	Eric O'Grey	54	10	M50-54	2:59:49
125	Christy Bentivoglio	42	9	F 40-44	3:02:28
157	Diane Lucas	55	3	F 55-59	3:24:12
165	Salena Copeland	35	12	F 35-39	3:31:30
192	Allen Lucas	56	9	M55-59	4:09:44

#### Half Marathon Hikers

3	Virginia Rosales	49	1		3:55:50
10	Kevin Lee	58	2		4:59:43
14	Christine Clark	41	4		5:24:22

### Earthquakes 5K Challenge, San Jose, August 18

48	Sandra Sigurdson	57	1	F 55-59	27:40
----	------------------	----	---	---------	-------

### Pikes Peak Marathon, Manitou Springs, CO, August 18

89	Jason Reed	34	13	M30-34	5:30:29
265	Erika Kikuchi	35	9	F 35-39	6:35:36
541	Kenneth Fong	51	55	M50-54	8:16:47
690	Gary Brickley	60	27	M60-64	9:42:45

### America's Finest City Half Marathon, San Diego, August 18

1475	Theodore Jones	74	2	M70-74	1:53:56
------	----------------	----	---	--------	---------

#### 5K

430	Jeanie Kayser-Jones	77	1	F 75-79	34:03
-----	---------------------	----	---	---------	-------

### 21st Annual Phil Widener Empire Open, 3.43M, Santa Rosa, August 24

#### Women

56	Fiona McCusker	49			26:06
61	Diann Leo	26			26:47
64	Amy Sonstein	43			27:01
74	Akemi Ilzuka	49			27:33
78	Denise Leo	37			27:43
81	Carolyn Dingwall	50			28:54

#### Masters Men

8	Joe Wehrheim	41			19:40
---	--------------	----	--	--	-------

## New Members

#### SAN FRANCISCO

Taylor Harwin

#### SAN MATEO

Adrian Escobar

Daniel Escobar

Danny Escobar

Ella Escobar

Laura Escobar

Mike Escobar

## MORE PICNIC PHOTOS



With picnic coordinator Gary Brickley off running the Pikes Peak Marathon, assistant Diann Leo was in charge at the picnic



Bandits at the food table



New website coordinators Kitzzy Aviles and Jason Buckner

All photos © 2013 Paul Mosel



38	Roy Clarke	57			22:35
42	George Rehmet	46			23:29
73	Jim Flanigan	64			26:13
<b>Open Men</b>					
6	Chikara Omine	30			18:22
<b>Bubble 5K, August 25</b>					
1	Ky Faubion				19:05
	Paul Mosel				25:40
<b>10 on the Bay 5K, Hayward. August 25</b>					
	Sandra Sigurdson	57	1	F 50-59	26:54
<b>Santa Rosa Marathon, August 25</b>					
531	Leopoldo Rosales	59	25	M55-59	3:54:19
1101	Virginia Rosales	49	71	F 45-49	6:03:35



Kay Faubion, Bubble 5K winner  
© 2013 Paul Mosel

## LEADVILLE, MY FIRST 100M DNF (DID NOT FINISH)

Noe Castanon

I have run some other 100M races and in all of them I always posted with fanfare on Facebook about my achievements after they were over. Not this time; on August 17 I faced my first official 100-mile race DNF in Leadville, CO, a hard pill to swallow. This happened due to poisoned food and upset stomach days before. On Saturday morning I decided to start the race. I thought that eventually I would feel better during the event and I would get energy if I would eat and drink properly. This never happened. My pace was getting slower and slower and I was always fighting the cutoff times. Finally, I was pulled over at the Twin Lakes aid station (mile 39). I barely arrived there on my feet and I had missed the time limit. Immediately I was checked by the medical personnel. I had severe dehydration and GI issues. I had lost almost 10 pounds of weight in less than 10 hours. I was not allowed to continue because the next section would also include the infamous climb of the Hope Pass at 12,600 feet and my physical condition was not the best. My timing chip was cut, my race was over...

I don't deny that at first I started to blame everything. What went wrong? What if instead I could have done this, or trained like that, or listened to those... I felt all those months of training and taking time away from my family and friends were a waste. Making crybaby excuses, I was weak and down.

But after some hours of rest and the proper medical attention I was able to feel better. My health level had improved and I was ready to leave. What should I do next, keep crying my misery and frustration? I had changed my attitude. The Twin Lakes aid station was in the middle of the forest and I needed to get back to town, so I thought that it would be a good idea to look for someone to pace, I had trained to run 100 miles and I only got 39!

Then, I started to ask runners if they needed a pacer and after a couple hours Ludwik Zon, a North Carolina resident from Poland, arrived at the aid station. He was in need of someone to help him, like Thomas Wong in 2011 at the Western States 100M. So

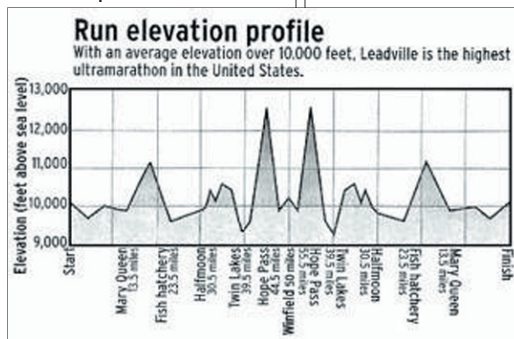
immediately I got my gear and we left the aid station to run the whole night and the last 39 miles of the course.

Once we started to run I noticed that Ludwik was moving too fast. We were running some sections and I felt that I was not completely recovered. I still had some soreness in my legs and I started to be worried. I had never mentioned that I had dropped out earlier or given him any doubt about my competence to pace him, but I guess I managed to do a good job. At the end, his family was waiting for us and we finished the race with a time of 28:25:21. What a great accomplishment!!

I went to Leadville to run 100 miles. Instead I got less; that was not my day. Officially that was my first 100M DNF and probably will not be my last, but I got something good out of it. Ludwik got his belt buckle and that race was his culmination of the five Leadville race series. He was one of the few runners who achieved Leadman. He got a Leadman trophy, and in part I felt that a little piece of that achievement was also mine. My visit to Leadville was not in vain, that was my medicine!

Leadville 100M is not an easy race, the 30-hour limit is not enough time for many of us. There were only 494 finishers out of a little over 900 starters. That says a lot, but I'm sure one day I'll go back to conquer the course, now that I know what to expect!

I really appreciated the good wishes, the encouragement and support I got from everyone. I learned a lot from this race. I learned more from my failures than from my achievements, because this hurts, and I hope not to make the same mistakes again.





# ◆◆◆ 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**

## **Sun Sep 1                      Spreckles Lake 5K & Lightning Mile**

REGISTER: Both races at Kennedy Drive/36th Avenue near Spreckles Lake

ENTRY FEES: One race: \$3 members, \$5 nonmembers

Both races: \$5 members, \$7 nonmembers

### **1M:**

START: Kennedy Drive near Transverse, FINISH: Kennedy Drive near Spreckles Lake

STARTING TIME: 8:45 AM

COURSE DESCRIPTION: Run westbound (downhill) along Kennedy Drive to finish.

### **5K:**

START/FINISH: Kennedy Drive/36th Avenue near Spreckles Lake

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes Drive dirt path, left onto Martin Luther King Jr. Drive, left onto Transverse, left back onto Kennedy Drive and run to Spreckles Lake finish.

## **Sun Sep 8\*                      Lake Merced Half Marathon & 4.5M Runs**

START/FINISH: Sunset Blvd parking lot at Lake Merced

### **Half Marathon:**

STARTING TIME: **8:00 AM!**

COURSE DESCRIPTION: Run three clockwise loops around the lake staying entirely on jogging/pedestrian path. The third loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

ENTRY FEES: **\$5 members, \$8 non-members. (\$8/\$10 after 9/1)**

**Age division awards, 3 deep in 10-year age groups.**

**Note: Course closes at 11:00 AM. No support after that time.**

### **4.5M Run:**

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

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

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

## **Sun Sep 15                      Kennedy Drive 8K**

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

## **Sun Sep 22                      Oyster Point 10K**

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot.

START/FINISH: North of main restroom on Bay Trail bike/pedestrian path, south of main Oyster Point Marina parking lot.

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

# ◆◆◆ 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/)

**COURSE DESCRIPTION:** Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina. Run past hotel complex, over wooden pedestrian bridge. Turn around along the designated straightaway location and return same way to finish.

**Sun Sep 29 Stern Grove 4M**

**START/FINISH:** 33th Ave & Wawona St

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

**COURSE DESCRIPTION:** Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Avenue and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Avenue and Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Avenue, left/downhill on Wawona and back to 33rd Avenue and finish.

**Sun Oct 6 NO DSE RUN**

Opportunity to run Bridge to Bridge 12K/7K — [www.rhodyco.com](http://www.rhodyco.com)

**Sun Oct 13 Rockaway Beach 5K**

**START/FINISH:** Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica

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

**COURSE DESCRIPTION:** Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

---

---

## SKYLINE 50K, AUGUST 11, 2013

*Diann Leo*

My decision to register for the Skyline 50K — my first trail ultra — was 95% of my free will, the other 5% based on an ice cream bribe from certain teammates. Coming off of an almost-Boston qualifier at Grandma's Marathon in Duluth, Minnesota, in June, I decided to give this race, claimed to be a good beginner's ultra, a try. I knew that whatever lessons I'd learn about the beast of trail running, I'd learn the hard and fast way.

The temperature was relatively cool and comfortably foggy, familiar to San Franciscans and close to the favorable weather conditions at Grandma's Marathon. As I waited in line for my bib, I thankfully saw a lot of familiar faces from DSE. It made me feel like I was running with friends rather than racing with an impersonal mass of strangers. Even the race start was fairly casual, not unlike a DSE race.

I spent the first three miles with my Excelsior teammates, who had all started running ultras this year. Starting out with my teammates helped me to keep the mood lighthearted and the pace easy. We continued on to switch off leads for those first twenty miles, trading off based on our relative strengths. It's no secret to my running peers that my strengths are with hills, though a stubborn lesson in my newfound hiking experiences was that not all hills are worth running.

After mile 23 and the penultimate aid station, I started to break down. I began to crave any sort of food fuel, especially wedding cake from a reception I had attended earlier in the month. I got that pain in my calves that screamed one word for relief: SALT. By that point in the race, I was alone, like Little Red Riding Hood lost in some big, scary forest. For no matter how much I enjoy the solitude while running, these final miles proved to be the ultimate test of my mental state and positive attitude. I somehow had to convince myself just to finish, even if it meant walking more than I wanted to.

I thought I was imagining the final aid station at mile 27. Noriko Bazeley caught up while I consumed all the calories I could, and she and I battled that remaining 5K or so together. Those last few miles were on asphalt, a big contrast to the dirt

fire trails and single track trails that encompassed a majority of the race. I got out-kicked by two seconds at the very end by another runner, finishing in 5:34 (which I sometimes wish I could pretend was my mile time).

Since running Skyline, I have been "recovering" with yoga and the PA cross country races. While I've decided that I like the trails more than the road, I haven't yet registered for my next race. Little birds keep whispering that Whiskeytown in Redding would be a good follow-up, but no additional ice cream bribes have been issued as of yet.



A bit of the Skyline trail between Bort Meadow and Big Bear  
Photo by Jane Colman



## 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: Monday, September 30, 2013

TIME: 7:00 PM

HOST: Elizabeth Valdellon  
850 Darien Way  
San Francisco  
415-203-3145

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

Indian summer will be delayed during the first week of September, including Labor Day weekend, especially inland where temperatures will be below normal, although slightly above normal at the coast because fog should clear most days.

Indian summer will make a showing with warm weather all the way to the coast during the second week of September, 90 to 100 inland and well into the 70s at the beach with a little offshore flow. Cooler weather will return with fog right after the middle of the month and continue into the third week. A another warmup with Indian summer temperatures will return for the fourth week of September, with little or no fog and mild to warm temperatures all the way to the coast.

## ♦ ♦ ♦ 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

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

Wendy Newman

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

Janet Nissenson

[jnissenson@aol.com](mailto:jnissenson@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

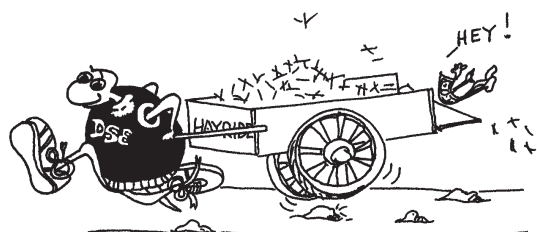
Suzana Seban

[suzana@network172.com](mailto:suzana@network172.com)

### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

805 VEGA CIRCLE  
FOSTER CITY, CA 94404



2	Nita Moreno	11	Alice Miller	23	Michael Dunn
3	Nick Pegley	12	Alice Miller		Aura Madrid
	Kitzzy Aviles		Roger Anawalt – 94th!	24	Katy Dinner
	Christine Clark		Jim Misener		Patrick Lee
4	Diane Nishiki	13	Selena Sanchez	25	Henry Black
	Jennifer Walker		Jamee Sue Cochary		Jerry Flanagan
	Daniel Chelone	14	Liese Rapozo	26	Peggy Kang
5	Danny Escobar		Brandon Espinosa		Neal Ashton
	Alfred Hu	15	Henry Nebeling		Annelle Brickley
	Leah Davis	16	Kim Armstrong		Richard Hannon
6	Mark Prichard		Melissa Cheung		Jane McFarland
7	Elizabeth Valdellon		Jim Kauffold		John Stenson
9	Joe Oakes	17	Judith Taksa Webb	28	Edward Hung
	Peter Platt	18	Miguel Guerrero		Roxanna Pezzy
	Noe Castanon	19	Martha Arnaud	29	Walt Stack – in memory
10	Don Elsener		Bob Marty		Winston Loh
	FJ Husic	20	Suzana Seban	30	Robert Schafer
	Pamela Miller		Megan Robblee		Melinda Miyagishima
10	Susan June Allen	21	C Walker		Joseph Polverari
	Noriko Bazeley	22	Tim Condon		
	Joseph Connelly		Ivan Gallo		
	Stu Etzler		Johanna Baumann		
	Phil McGrew		David Breslin		
	Joseph Mendoza		Remigia Chua		