

DSE NEWS



48th Year

October 2013

THURSDAY SUMMER RACE SERIES WRAPS UP ANOTHER YEAR

Janet Nissenson

This was another successful year thus far for the DSE's very popular Thursday Evening Summer Race Series. From its humble beginnings back in 2008 when we averaged 25 runners each week, the 2013 series averaged over 90 runners each week.

The fastest time run on the course this season was by William Chen, an amazing 22:54 (5:05 pace) run on Week #12. Fastest time by a female was run by Liz Gottlieb (28:11, 6:15 pace) also on Week #12.

We had a total of 12 runners who participated in all 12 of the races. They were: Cristian Alvarez, David Wilson, Greg Brown, Juan Melendez, Lidia deLeon, Marcial Saavedra, Mark Mooney, Michael Peters, Silvia Salazar, Tim Comay, William McCarty, and Wynn Norona.

Many thanks to the great volunteers who helped out so much this summer. They include Bobby Marty, Sandy Baumgarten, Gene French, Mark Mooney, Caron Anderson, Pauline Dake, George Sacco, Denise Leo, Ed Baumgarten, and others. This was a very difficult year for me personally to put on these races as my mother was terminally ill and passed away a few days before the final race, so I appreciate everyone who helped out when needed.

The Summer Race Series will return for its seventh year on Thursday, June 5, 2014. After six years as the primary Race Director, I will be taking a few steps back from



2013 Paul Mosel

these duties and will only be directing six of the races. We are looking actively for volunteers to take on the remaining six races. If you can direct one or more of these, please contact me at jLnissenson@aol.com. You will receive the same two hours of volunteer credit as you would by directing a Sunday race, and will also be credited with ten points in your age division (for the summer series races).

From the President's Desk

GEORGE SACCO

THANK YOU MICHAEL GULLI, KITZZY AVILES, AND JASON BUCKNER

I am sending a special thank you to these three individuals. Michael took over the September President's Desk, and in doing so he provided an excellent overview of the new Bay Bridge. Kitzzy and Jason unveiled the new DSE website on September 14. If you haven't looked at the new website yet, check it out. It is definitely an improvement. They told me they will continue looking for ways to update both the main and the Double Dipsea sites. We hope to have them on board as the new webmasters.

WHAT ELSE HAPPENED SINCE THE SEPTEMBER PRESIDENT'S DESK

On August 12, the morning after the Brisbane Scenic 12K and 5K, I thought I was bitten by a bee. It turns out it wasn't a bee. It was a severe case of Herpes Zoster, or shingles. Here is some information from the U.S. Department of Health and Human Services Centers for Disease Control (CDC) and Prevention, a flyer titled *Shingles Vaccine — what you need to know*. The flyer has six parts. Part 1 (what is shingles) which is quoted in part states, "Shingles is a painful skin rash, often with blisters. A shingles rash usually appears on one side of the face or body and lasts from 2 to 4 weeks." My doctor told me shingles can and does often last several months.

Part 2 (shingles vaccine) states, "A vaccine for shingles was licensed in 2006. In clinical trials, the vaccine

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reduced the risk of shingles by 50%. It can also reduce pain in people who still get shingles after being vaccinated. A single dose of shingles vaccine is recommended for adults 60 years of age and older." The flyer also covers other information, in Part 3 (some people should not get shingles vaccine or should wait), Part 4 (what are the risks from shingles vaccine), Part 5 (what if there is a moderate or severe reaction and what should I do) and Part 6 (how can I learn more): "Call 1-800-232-4636 (1-800-CDC-INFO) or visit the CDC's website at www.cdc.gov/vaccines.

Advice from a shingles survivor: If you notice that you have developed painful red rashes with blisters on one side of your body, don't wait like I did, but see a doctor as soon as possible. Also, here is some advice I received from a shingles survivor I met in a health food store: drink lots of water and green tea; do not eat nuts, especially peanuts or peanut products; sleep at least one to two hours longer than you normally do; cut down on as much stress as possible. The advice worked for me. The hardest part was cutting down on stress.

RRCA'S CLUB RUNNING MAGAZINE

If you haven't already received the RRCA's Club Running in the mail you should be receiving it shortly. George

CLASSIC STU-PEDS

by Stu Ruth



Rehmet, our Coastal California RRCA State Representative, has three articles in the magazine: National Award Winners, Presidio 10, RRCA 10-Mile National Championship and 7th Annual Great Cranberry Island 50K RRCA Ultra National Championship. Great job, George!

NEW DSE COMMITTEES

I am going to put the framework in place for two new committees: EMS (Emergency Management System) and Race Safety Practices. Both committees will be charged with increasing the safety of our races. I will be looking for volunteers for these committees.

NOMINATIONS FOR CLUB OFFICERS

Nominations for DSE Club officers will continue to be open until the end of October. If you or someone you know would like to become an officer, please forward your nomination to Bill Woolf at billwoolf2@aol.com or Jim Kauffold at jekauffold@gmail.com. Descriptions of officers' duties appeared in the September DSE News.

UPCOMING RACES

Because of the Bridge to Bridge Run on October 6 we have only three runs in October. Enjoy running the Bridge to Bridge or just have a nice Sunday jog or walk that day.

On October 13 we will have the **Rockaway Beach 5K** in Pacifica. This is one of my favorite 5Ks, scenic and flat except for one huge hill with switchbacks.

October 20 you can run the **San Bruno Mountain 12 or 5K**. If you enjoyed the Brisbane Scenic Run, you will enjoy running the same mountain, but on trails instead of the road. This time we will be starting at the picnic area inside the San Bruno Mountain County Park. If you like to climb up to the stars, run the 12K. For all others there will still be a little hilly terrain if you run the 5K.

The last run of the month, on October 27, is the **Great "Halloween" Highway run 4M**. If you like to run four miles in costume, this is the race for you. There will be awards for best costume, but costumes are not required in order to run the race.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egrop 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: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

CHERYL WILLIS

December 14, 1946 -
September 13, 2013

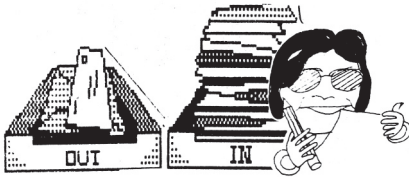


DSE old-timers will have fond memories of Cheryl Willis, who was a member for many years.

She met her husband, Jim Roe, in the DSE and they had a real DSE wedding in 1989 at Stern Grove, with Walt Stack officiating and many DSE members as guests.

Cheryl went to Pikes Peak several times in the 1980s. She edited the Pikes Peak newsletter and section of the *DSE News*, and edited the DSE newsletter from 1988 through the middle of 1995, ably assisted

by Jim, who was responsible for many of the line drawings that are still used in the newsletter.



Cheryl moved to San Francisco with her family in the 1950s. She graduated from San Francisco State University and worked for the U S

Office for Civil Rights for 20 years. Although she and Jim left the DSE a number of years ago, they still showed up for some special occasions.

A memorial service was held on September 26 and attended by several DSE members.

Note: Any factual errors are due to the editor's faulty memory.

NEW AND IMPROVED WEBSITE

Janet Nissenson

Most of us have likely noticed by now that the DSE website has undergone a long overdue update, and looks great. Many thanks to our new webmasters — Kitzy Aviles and Jason Buckner — for all of their hard work to get the new site up and running.

Thanks are also due to our outgoing webmaster of many years, Natalie Nissenson. Natalie first took this job on when she was still a high school student and continued to work at it through college, graduate school and a full-time job. We appreciate her many hours of dedicated service to DSE.

REMINDER ABOUT VOLUNTEER POINTS

Janet Nissenson

With only three months and eleven races remaining for 2013, please be reminded that in order to be eligible for any year-end awards, you must have contributed at least two hours of volunteer time to the club during calendar year 2013. This includes the following awards:

- Mongo trophies (you will need four hours to be eligible for the large trophy, two for the smaller version)
- Top 5 placement awards – DSE Race Attendance, Total Miles Run, Total Miles Raced

Age Division Awards (there are at least 25 people who are currently in the running to receive an age division award who have not volunteered at all thus far).

If you have already done one of the following this year, then you have fulfilled the requirement for 4 hours of volunteer credit (and are thus eligible to receive all awards, including the large Mongo)

1. Worked a full shift at the Double Dipsea
2. Are a club officer or coordinator (i.e., Membership Chair, Kids Race Director, Race Results Transcriber, Equipment Manager, Webmaster, etc.)
3. Served as a Race Director at TWO races
4. Contributed at least four hours of other volunteer work, such as finish line at four separate weekly races. This includes the Thursday evening summer races
5. A combination of #3 and #4

If you have already done one of the following this year, then you have fulfilled the requirement for 2 hours of volunteer credit (and are thus eligible to receive all awards, including the small Mongo):

1. Served as a Race Director at ONE race
2. Contributed at least two hours of other volunteer work, such as finish line at two separate weekly races. This includes the Thursday evening summer races

If you have hosted a folding session at your home, this counts for one hour of volunteer credit. Sorry, simply attending a session does not count towards volunteer hours.

If you aren't certain how many hours (if any) you have already contributed, please contact Mary Gray at magray1@earthlink.net. And please don't forget that your DSE membership must be current in order for you to receive an award so be sure that your dues are paid up and current.

You should ALWAYS check prior to a specific race what the volunteer needs are for that day. Don't just show up on race morning expecting to work at registration when there are already four people assigned to that job. We most often need help at the finish line, as we have a regular and reliable crew for registration at almost every race. Please contact Kevin Lee at dse.pekingduck@gmail.com to volunteer.



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

August 25, 2013

Golden Gate Park Cross Country 5K

Race Director: Michael Dunn

Volunteers: Calvin Chan, Jimmy Yu, Vince French, Geores Buttner, Mort Weisberg, John Weidinger, Caron Anderson, Bobby Marty, Phyllis Nabhan, Denise Leo, Bill Woolf, Kevin Lee



Race Director Michael Dunn with assistants Sheri and Kevin Dunn

© 2013 Don Watson

Total Participants = 218; Racers = 193
(112 Male; 81 Female); Self Timers: 8;
Kids: 17



Above: Coming off the Polo Field loop
Below: Rebecca Sonstein has been riding in DSE races all her life and is now running in the kids' races

© 2013 Don Watson



September 1, 2013

Spreckles Lake 1M & 5K

Race Director: Nakia Baird

Volunteers: George Sacco, Calvin Chin, Jimmy Yu, Vince French, Geores Buttner, Carol Anderson, Richard Finley, Suzan Pender, Phyllis Nabhan, Jim Kauffold, Gary Brickley, Diann Leo



Race Director Nakia Baird

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Mile: Total Men: 48; Total Women: 27;
Total Racers: 75

5K: Total Men: 97; Total Women: 63;
Total Racers: 160; Self-Timers: 7



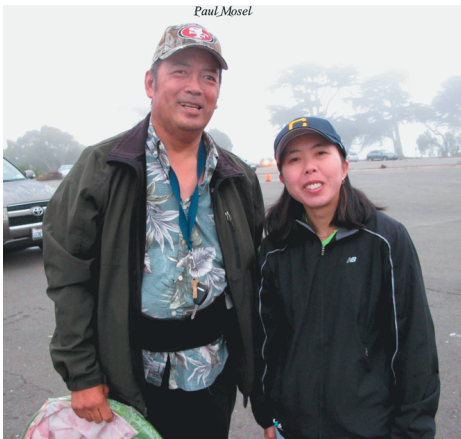
Above: Jeanie Jones
Below: Russell Breslauer

© 2013 Will Van Trump



September 8, 2013

Lake Merced Single Loop & Half Marathon
Single Loop Race Director: Calvin Chan
Half Marathon Race Director: Denise Leo
Volunteers: George Sacco, Caron Anderson, Janet Nissenson, Mari Almeida, Jim Buck, Jane McFarland, Bobby Marty, Bill Woolf, Vince French, Calvin Chan, Jimmy Yu, Marian Lyons, Richard Hannon, Masataka Negishi, Geores Buttner, Phyllis Nabhan, Maria Saguisag-Sid, Nakia Baird, Jim Kauffold, Helen Kauffold, Gene French, Mike Gulli Kevin Lee, Diane Okubo Fong, Fred Haber



Lake Merced Race Directors
Single Loop RD Calvin Chan
Half Marathon RD Denise Leo
© 2013 Paul Mosel

Weather: foggy

Single Loop: 104 Runners (74 Men + 40 Women), 5 self-timers, 14 kids
Half Marathon: 216 Runners (116 Men + 100 Women), 1 self-timer



Above: Waiting for the half marathon start
Below: Half marathon aid station
© 2013 Paul Mosel



September 15, 2013

Kennedy Drive 8K
Race Director: Joseph Connelly
Volunteers: George Sacco, Geores Buttner, Vince French, Kevin Lee, Bobby Marty, Michael Gulli, Jeffery Mendenhall, Marciano Pimentel, Matt Stringer, Liese Rapozo, Wally Rapozo, Noriko Bazeley, Mort Weisberg, Rubi Kawamura



Race Director Joseph Connelly
© 2013 Paul Mosel

131 Racers (80 men + 51 women), 15 Self Timers



Above: Heading up the dirt road to Kennedy Drive

Below: Self-timer Bob Theis and Amy Sonstein with Rebecca

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September 22, 2013

Oyster Point 10K
Race Director: Margo Banowicz
Volunteers: George Sacco, Vince French, Jim Kauffold, Helen Kauffold, Matt Geis, Ethan Geis, Bobby Marty, Bill Hamilton, Jane Lee, Shannon Luppino, Daryl Luppino



Race Director Margo Banowicz
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163 Racers (98 men + 64 women), 12 Self Timers



Above: Former DSE member Alex Munoz visiting from Texas
Below: Self-timers Bill Woolf and Ken Reed
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◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

| | |
|-------------|---------------------------------|
| October 13 | Rockaway Beach 5K |
| October 20 | San Bruno Mountain 5K/12K |
| October 27 | Great Highway 4M |
| November 3 | Rainbow Falls 5K |
| November 10 | Embarcadero 10K (8 AM start) |
| November 17 | Single/Double Lake Merced |

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.

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 |
|--|----------------|-----|---------|-----------|---------|
| Zoom Castle Rock Half Marathon, Walnut Creek, August 17 | | | | | |
| 14 | Noriko Bazeley | 54 | 1 | F 50-59 | 2:18:39 |

Run-de-Vous, San Martin, August 17

| | | | | | |
|-------------|-----------------|----|--|--|----------|
| 100M | | | | | |
| 13 | William McCarty | 65 | | | 25:45:30 |

| | | | | | |
|-------------|--------------|----|--|--|----------|
| 100K | | | | | |
| 1 | Andrew Ewing | 35 | | | 14:20:00 |
| 17 | Danni Baird | 30 | | | 21:35:00 |

| | | | | | |
|------------|-------------|----|--|--|----------|
| 50K | | | | | |
| 24 | Tony Nguyen | 40 | | | 12:08:00 |

Santa Rosa Marathon, August 25

Note: We reported some results last month but missed others.

| | | | | | |
|-----|----------------|--|---|---------|---------|
| 463 | Noriko Bazeley | | 6 | F 50-54 | 3:38:13 |
|-----|----------------|--|---|---------|---------|

Rebels Rebellion XC Challenge, Sacramento August 31

| | | | | | |
|------------------|-----------------|----|--|--|-------|
| Women, 5K | | | | | |
| 23 | Louise Stephens | 48 | | | 20:16 |
| 69 | Cammie Dingwall | 50 | | | 25:32 |
| 77 | Danni Baird | 30 | | | 20:49 |
| 79 | Barbara Robben | 79 | | | 37:58 |

| | | | | | |
|------------------------|--------------|----|--|--|-------|
| Masters Men, 7K | | | | | |
| 40 | Hans Schmid | 73 | | | 29:48 |
| 52 | Jim Flanigan | 64 | | | 32:45 |
| 66 | Russ Kiernan | 75 | | | 39:17 |

| | | | | | |
|---------------------|---------------|----|--|--|-------|
| Open Men, 7K | | | | | |
| 5 | Chikara Omine | 31 | | | 22:54 |
| 25 | Kenley Gaffke | 35 | | | 26:35 |
| 28 | Jason Reed | 34 | | | 28:16 |

Race to the End of Summer Half Marathon, San Jose, September 1

| | | | | | |
|-----|------------------|----|---|---------|---------|
| 42 | Jared Chan | 13 | 2 | M <20 | 1:45:36 |
| 48 | Noriko Bazeley | 54 | 2 | F 50-59 | 1:46:47 |
| 104 | Sandra Sigurdson | 57 | 4 | F 50-59 | 2:02:31 |

Burlingame Spirit Run, September 2

| | | | | | |
|------------|-----------------|----|---|--------------|-------|
| 10K | | | | | |
| 1 | Adam Littke | 39 | 1 | overall male | 34:58 |
| 6 | Peter Hsai | 53 | 1 | M50-59 | 38:51 |
| 120 | William McCarty | 65 | 2 | M60-69 | 56:28 |

| | | | | | |
|-----------|-----------------|----|----|--------|-------|
| 5K | | | | | |
| 210 | Joseph Connelly | 51 | 20 | M50-59 | 31:18 |

Running for the Wells, September 7

| | | | | | |
|------------|-----------------|--|--|--|---------|
| 10K | | | | | |
| 42 | William McCarty | | | | 1:01:08 |

| | | | | | |
|-----------|------------|--|--|--|-------|
| 5K | | | | | |
| 26 | Paul Mosel | | | | 40:44 |

Jug and Rose, Volcano, September 7

Men

| | | | | |
|----|-----------------|---|--------|---------|
| 2 | Jason Reed | 1 | M30-39 | 45:50 |
| 4 | George Rehmet | 1 | M40-49 | 51:08 |
| 9 | Theo Jones | 1 | M70-79 | 59:35 |
| 18 | Gerald McCowan | | M70-79 | 1:05:34 |
| 20 | Keith Johnson | | M70-79 | 1:10:38 |
| 25 | Harry Cordellos | | M70-79 | 1:29:05 |

Women

| | | | | |
|----|---------------------|---|---------|---------|
| 2 | Michelle Smith | 1 | F 50-59 | 1:00:55 |
| 12 | Jane Colman | 1 | F 70-79 | 1:15:55 |
| 13 | Jeanie Kayser-Jones | 2 | F 70-79 | 1:17:50 |

Trail Hog Runs, Mount Hamilton, September 7

Half Marathon

| | | | | | |
|-----|------------------|----|----|---------|---------|
| 31 | Leopoldo Rosales | 59 | 2 | M55-59 | 2:12:43 |
| 54 | Alfred Hu | 53 | 5 | M50-54 | 2:26:01 |
| 77 | Rocco Mullinax | 39 | 12 | M35-39 | 2:41:29 |
| 158 | Danni Baird | 30 | 12 | F 30-34 | 3:22:21 |
| 161 | Allen Lucas | 56 | 9 | M55-59 | 3:22:29 |
| 166 | Diane Lucas | 55 | 2 | F 55-59 | 3:31:20 |

Half Marathon Hikers

| | | | | | |
|----|------------------|----|--|--|---------|
| 1 | Virginia Rosales | 49 | | | 3:17:06 |
| 21 | Virginia Artap | 43 | | | 4:45:45 |

Golden Gate Park XC Open, September 8

Women, 4M

| | | | | | |
|-----|------------------|----|--|--|-------|
| 47 | Megan Robblee | 27 | | | 28:00 |
| 55 | Louise Stephens | 48 | | | 28:32 |
| 83 | Fiona McCusker | 49 | | | 30:40 |
| 104 | Amy Sonstein | 43 | | | 32:11 |
| 106 | Akemi Iizuka | 49 | | | 32:29 |
| 126 | Carolyn Dingwall | 50 | | | 35:33 |

Masters Men, 4M

| | | | | | |
|-----|------------------|----|--|--|-------|
| 11 | Joe Wehrheim | 41 | | | 23:15 |
| 101 | Brian Hutto | 48 | | | 30:17 |
| 110 | George Durgerian | 46 | | | 31:57 |
| 128 | Russ Kiernan | 75 | | | 26:09 |

Open Men, 4M

| | | | | | |
|----|-----------------|----|--|--|-------|
| 18 | Chikara Omine | 31 | | | 21:51 |
| 39 | Andrew Macnider | 25 | | | 24:03 |

Walnut Festival Run, Walnut Creek, September 8

10K

| | | | | |
|-----|------------------|---|---------|---------|
| 101 | Sandra Sigurdson | 2 | F 55-59 | 53:46 |
| 159 | Dana Farkas | 6 | F 50-54 | 1:00:32 |

5K

| | | | | |
|-----|-----------------|---|---------|-------|
| 104 | Nicholas Sutton | 7 | M30-34 | 27:05 |
| 176 | Brian Hartley | 6 | M60-64 | 30:36 |
| 345 | Barbara Robben | 2 | F70-120 | 40:26 |
| 414 | Dee Farkas | 4 | F70-120 | 51:54 |

Miles for Migraine 10K, September 14

| | | | | |
|----|------------------|---|---------|-------|
| 4 | Steve Snyder | 1 | M50-59 | 43:43 |
| 24 | Sandra Sigurdson | 2 | F 50-59 | 57:09 |

NorCal XC Challenge, Redding, September 14

Women, 5K

| | | | | | |
|----|------------------|----|--|--|-------|
| 16 | Louise Stephens | 48 | | | 21:22 |
| 36 | Diann Leo | 26 | | | 23:17 |
| 56 | Denise Leo | 37 | | | 26:15 |
| 59 | Carolyn Dingwall | 50 | | | 26:58 |

JUG AND ROSE PHOTOS



First DSE finishers
George Rehmet and Jason Reed
© 2013 Don Watson



70+ women finishers
Jeanie Jones and Jane Colman
© 2013 Theo Jones



Sandy Baumgarten and Letty Garbisch
hanging a piñata in honor of the race's
40th running

© 2013 Don Watson



RD Giles Turner attacking the piñata

© 2013 Don Watson

Men, 8K

| | | | | | |
|----|---------------|----|--|--|-------|
| 2 | Chikara Omine | 31 | | | 28:25 |
| 20 | Joe Wehrheim | 41 | | | 20:52 |
| 48 | Kenley Gaffke | 35 | | | 33:52 |
| 76 | Gene French | 67 | | | 40:52 |
| 77 | Jim Flanigan | 64 | | | 41:29 |

Pacific Coast Trail Runs Headland Hundred, Sausalito, September 14**100M**

| | | | | | |
|----|-------------|----|---|--------|----------|
| 13 | Nakia Baird | 37 | 5 | M30-39 | 22:42:00 |
|----|-------------|----|---|--------|----------|

Marathon

| | | | | | |
|----|---------------|----|---|---------|---------|
| 2 | Jason Reed | 34 | 1 | M30-39 | 3:51:54 |
| 10 | Erika Kikuchi | 35 | 1 | F 30-39 | 4:35:07 |
| 12 | Riya Suising | 46 | 1 | F 40-49 | 4:46:42 |

Palo Alto Moonlight Run, September 20**5K**

| | | | | | |
|-----|-------------------|----|----|---------|-------|
| 103 | Erika Kikuchi | 35 | 1 | F 35-39 | 23:31 |
| 109 | Jackson Polverari | 13 | 33 | M13-15 | 23:48 |

10K

| | | | | | |
|-----|------------------|----|----|---------|----------|
| 22 | Jason Reed | 34 | 5 | M30-34 | 39:33:46 |
| 361 | Pat Geramoni | 65 | 2 | F 65-59 | 57:30 |
| 413 | Sandra Sigurdson | 57 | 5 | F 55-59 | 59:17 |
| 538 | Diane Lucas | 55 | 9 | F 55-59 | 1:04:34 |
| 569 | Carol Pechler | 73 | 1 | F 70+ | 1:06:20 |
| 646 | Allen Lucas | 56 | 22 | M55-59 | 1:10:51 |
| 699 | Mary Gray | 51 | 22 | F 50-54 | 1:16:16 |

Garin Park XC Challenge, Hayward, September 21**Women, 5K**

| | | | | | |
|----|----------------|----|----|---------|-------|
| 64 | Erika Kikuchi | 35 | 26 | F 30-30 | 24:03 |
| 75 | Amy Sonstein | 43 | 22 | F 40-49 | 24:50 |
| 79 | Akemi Iizuka | 49 | 24 | F 40-49 | 25:27 |
| 81 | Anya Durgerian | 12 | 1 | F 01-13 | 25:56 |
| 95 | Barbara Robben | 79 | 4 | F 70-99 | 37:21 |

Masters Men, 5K

| | | | | | |
|----|---------------|----|----|--------|-------|
| 66 | Hans Schmid | 73 | 1 | M70-99 | 22:15 |
| 77 | Brian Hutto | 48 | 38 | M40-49 | 23:55 |
| 80 | Gene French | 67 | 8 | M60-69 | 24:07 |
| 85 | Jim Flanigan | 63 | 13 | M60-69 | 24:22 |
| 87 | Mark Prichard | 58 | 34 | M50-59 | 24:57 |

Open Men, 5K

| | | | | | |
|----|---------------|----|----|--------|-------|
| 8 | Chikara Omine | 31 | 2 | M30-39 | 16:39 |
| 37 | Kenley Gaffke | 35 | 20 | M30-39 | 19:39 |
| 41 | Jason Reed | 34 | 23 | M30-39 | 20:10 |

Drag 'n' Fly Runs, Contra Loma and Black Diamond Mines, September 21**Half Marathon**

| | | | | | |
|----|------------------|----|---|--------|---------|
| 41 | Leopoldo Rosales | 59 | 2 | M55-59 | 2:30:13 |
|----|------------------|----|---|--------|---------|

Half Marathon Hikers

| | | | | | |
|----|------------------|----|--|--|---------|
| 4 | Virginia Rosales | 49 | | | 4:15:20 |
| 13 | Christine Clark | 42 | | | 5:28:50 |

Coastal Trail 50K, Stinson to Rodeo Beach, September 21

| | | | | | |
|----|---------------|----|---|--------|---------|
| 57 | Gregg Whitnah | 63 | 2 | M60-69 | 6:56:58 |
|----|---------------|----|---|--------|---------|

JUST A NOTE...

DSE members Leo Rosales and Jane Colman were very happy to find that they will be among the many first-timers at the Boston Marathon next April.

Theo Jones, Sam Roake, Sandra Sigurdson and Judith Taksa Webb will also be there to complete what they were prevented from finishing last April.

If other DSE members will be running the Boston Marathon in 2014, please let me know beforehand so that after the marathon I can find your results to report in the May 2014 *DSE News*.

HELP WANTED — FROM THE FRONT PAGE OF THE *DSE NEWS*, FEBRUARY 1988, CHERYL'S FIRST AS EDITOR

Welcome to the new, but not necessarily improved, issue of the DSE newsletter. I hope you'll bear with me as I get my sea legs on this new ship. Things may be a bit rough till I get into the rhythm of things, and remember, I'm always open to suggestions on ways to improve. I'm here to help, but I'm not afraid to ask for it either. If you were looking here for news about the Gala, I'm sorry to report that we are without a location, so we may have to postpone the date until March. Be assured that you will have the full particulars when they become available to The News. Getting back to the part about asking for help — my title here is Editor, not Writer-in-Residence. Not that I couldn't fill these pages with news. It's just that it might not all be about running if I am left to fend for myself.

As an alternative, I'd like to put this suggestion to all of you budding writers, artists, or professionals with information to impart to your running friends. Maybe you have found an interesting course in the city that no one else has ever talked about. Maybe you've run in an exotic locale. Maybe you found a cure for the runner's scourge — GI upset before, during or after a run. Don't be selfish, share the wealth. *[Editor's note: Some things never change!]* If you think you're not a Hemingway, or even a Walt Stack, not to worry. That's what I'm here for. Voila! The Editor! Send it in, even if you think it doesn't make sense, or if you think the punctuation is wrong. I'll do my best to put it in a form that is understandable to our readers. *[Editor's note: Still true.]* I have worked for doctors, scientists and educators, and I promise you I can decipher anything short of hieroglyphics. However, I must confess to one shortcoming (applicable here; there are others): a profound laziness for looking up the correct spelling of words. This comes to mind because I just took three stabs at hiero...up above. *[Editor's note: Currently I have a professionally trained copyeditor, proofreader and spellchecker, my daughter.]*

In my haste last month to get my Peak Buster column to Ted *[Ted Vincent, DSE News editor in the mid-1980s]*, I hesitated over 'exhilarating' but neglected to check it. After seeing it glaring at me on the printed page, I headed for my Webster's to confirm what I already knew. Yes, folks, as a general rule I know how to spell, but feel free to point out my infractions. Maybe it will help us both.

Now to business. Our letters to the Editor will proceed from this column, because I was pleased to receive my first two letters, which will you will read on the following pages. *[Editor's note: How about some letters to the editor now?]* One is quite involved, and I am curious, as is the writer, to learn what you think of his proposition...a citywide, municipally sponsored marathon...with hills. Read on and please respond to his proposition and my request. I hope you enjoy my work, but if you don't, I want to know that, too.

THE NEW BAY BRIDGE EASTERN SPAN

Jane Colman

On Thursday, September 5, two days after the new Bay Bridge eastern span opened, I went for a run on the pedestrian/bicycle pathway. It ends almost but not quite at the entrance to Yerba Buena; it cannot be extended all the way until that portion of the old Bay Bridge has been demolished, which is expected to take about three years. It's a little less than two miles each way, but the round trip distance from the nearest parking area is somewhere between 6.5 and 7 miles. There is also a pedestrian/bicycle pathway from Emeryville that makes for an 8-mile round trip. According to the map, there will someday be a park with parking near the entrance to the bridge, but since that area is now a construction site it probably won't be any year soon.

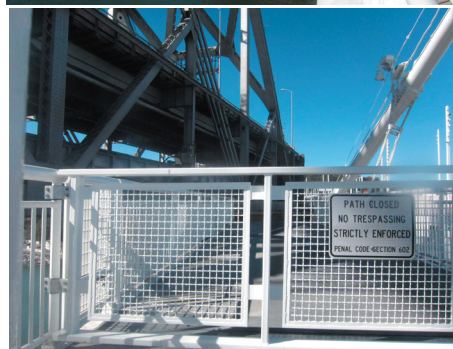
With the old Bay Bridge still mostly in place, you don't get the clear views that you can see while running on the Golden Gate Bridge, since the old bridge is close by on the south side and the roadway right next to the pathway on the north, but it is still a beautiful view, especially as the bridge itself is beautiful with its ethereal single tower and

gleaming white paint. The approach to the pathway is flat, but the bridge itself is gently uphill going toward Yerba Buena, making for a downhill return.

The old and the new bridge, approaching Yerba Buena Island



The end of the pathway.



The shirt I was wearing was my first-ever race t-shirt, from the very first Bay Bridge run in 1978



© 2013 Jane Colman

◆◆◆ 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 Oct 6 NO DSE RUN

Opportunity to run Bridge to Bridge 12K/7K — 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.

Sun Oct 20 San Bruno Mountain 5K/12K

START/FINISH: Picnic Area inside San Bruno Mtn. County Park, 555 Guadalupe Canyon Parkway, Daly City. Note: There is a \$6 fee to park inside the park. See event page at www.dserunners.com for alternate parking ideas.

STARTING TIMES: **12K - 9 AM; 5K - 9:10 AM.** Walkers are encouraged to start early.

ENTRY FEES: \$5 members; \$7 non-members.

COURSE DESCRIPTION (5K): Run south 0.2 mile along asphalt path toward underpass; at turnaround head back to start. Then proceed along the Saddle Loop Trail running in a counterclockwise direction. Make a left onto Old Guadalupe Trail then right onto Bog Trail. At fork, stay left on Upper Bog Trail and continue back to starting area finish.

COURSE DESCRIPTION (12K): The course will follow the 5K course description above but then continue past the starting area 5K finish and follow the asphalt path through the underpass and out the southern side. Run left onto Eucalyptus Loop Trail. At fork, stay left onto Dairy Ravine Trail and continue up Dairy Ravine Trail. At next fork, run left onto Ridge Trail and continue to the top of San Bruno Mountain. At top, take a right onto Radio Road and start heading down. At Summit Loop Trail take a left and follow Summit Loop Trail all the way down to bottom, then onto path back through underpass to starting area finish.

Sun Oct 27* Great "Halloween" Highway Run 4M

Come dressed in your Halloween finest!

START/FINISH: Lincoln Way & Lower Great Highway path

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

COURSE DESCRIPTION: Run south on entire Great Hwy pedestrian path to Sloat Blvd., left turn to Lower Great Hwy turnaround and return same way to Lincoln Way/Lower Great Hwy path finish.

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

Sun Nov 3* Rainbow Falls 5K

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

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

Note: Daylight Savings Time ends - set clocks back 1 hour

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at Barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

◆◆◆ Group Runs ◆◆◆

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

Membership ♦ ♦ ♦ Information ♦ ♦ ♦

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

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

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

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

Folding ♦ ♦ ♦ Session ♦ ♦ ♦

DATE: Thursday, October 31, 2013

TIME: **6:00 PM**

HOST: Fred and Yong Haber
1261 31st Avenue
San Francisco 94122
415-595-3459

Come out and join the newsletter folding session, Halloween party and trick-or-treat festivities. Costumes are encouraged. All DSEers are encouraged to participate. We will begin folding at 6:00 PM this month and the party will go until 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

The first half of October will be mostly sunny and dry with mild to warm temperatures, especially near the coast where there will be little or no fog except for early mornings. Highs near the coast will be in the 60s to low 70s each day and a little warmer inland. A few days could be near 80.

In the last half of the month the weather will turn decidedly to fall. Rain is likely during a couple of days around October 18, with much cooler temperatures. Highs will be only in the 50s and low 60s with several cloudy days. Rain is also likely in the last week of the month as well, with continued cool temperatures and clouds a couple of days before Halloween. At this point it looks dry for Halloween.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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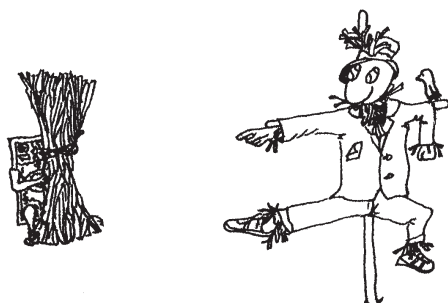
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Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday! ♦♦♦♦♦♦♦♦

October

| | |
|----|-------------------------|
| 1 | Darci Baird |
| | Natalia Madronal-Martin |
| | Janet Nissenson |
| 2 | Francine Goodwin |
| 4 | Sloane Cook |
| | Dennis Hassler |
| 5 | Peter Flessel |
| | Hetti Hsia |
| | Lena Hsia |
| | Stephanie Soler |
| 7 | Valerie Stratta Trenev |
| 10 | Andrew Ewing |
| | Vincent French |
| | Kegan Kawamura |
| 11 | James Eales |
| | Dee Farkas |
| 12 | Debbie Gulli |
| | Fred & Yong Haber |
| 13 | Oscar Osorio |
| 14 | Misa Allen |
| | Andrew Schwaab |
| 15 | Amelia Armstrong |
| | Brian Hutto |
| | Joseph Jackson |

| | |
|----|-------------------------|
| 16 | William McCarty |
| | Paul Huber |
| | David Ly |
| 18 | Jackie Mertz |
| 19 | Sister Marion Irvine |
| | Paul Mosel |
| | Larry Wuerstle |
| 20 | Ed Olkowski |
| | Kevin Pope |
| 21 | Kathryn Napolio |
| | Stu Ruth |
| | Alyssa Yell |
| 22 | Elizabeth Longstreth |
| 23 | Karen Tancuan |
| 24 | Silvia Z. McManus-Munoz |
| 25 | Ken Allen |
| | Carole Arcellana |
| | John Blankenship |
| 26 | Mike Hung |
| | Sean Young |
| 29 | Calvin Chan |
| 30 | Theo Jones |
| 31 | Jim Buck |
| | Roland Siebelink |

New Members

DALY CITY
Nicole Kawahira

REDWOOD CITY
Lisa Eichen
Zoellen Eichen

SAN BTUNO
Taylor Harwin

SAN FRANCISCO
Yolly Pantig

SAN FRANCISCO
Aubrey Barredo
Brandon Heiken
Masataka Negishi

SAN JOSE
Chung Nguyen

SOUTH SAN FRANCISCO
D Reese