

November 2013

DSE Election subcommittee: George Baptista, Jim Kauffold and Bill Woolf

President: George Sacco
Senior VP: Michael Gulli
Second VP: Kenley Gaffke and Ana Mendoza
Secretary: Kitzzy Aviles
Treasurer: Chikara Omine and Megumi Kawahata

The winning candidates will be announced in the January 2013 *DSE News* and posted on the DSE Facebook page.



More Halloween photos on page 9

GENERAL MEETING

There will be a short General Meeting in December. The tentative date is December 22. I will provide an agenda and the location in the December *DSE News*.

◆ ◆ ◆ **GEORGE SACCO**

On Tuesday November 5, most of the Bay Area will be having municipal elections. In San Francisco there are only four propositions (A – D) and two individuals, both running for office unopposed. So your tendency may be not to take the time or exercise the effort to vote, but remember, elections have consequences. This is especially true when we have a low voter turnout. If you don't vote, you don't count.

This is also true regarding the DSE 2014 officers election, which will start Sunday December 8 at the Windmill 10K run and end on Sunday 22 after the Mission Rock run. Don't forget to vote; every vote counts.

(The information in this summary is taken from the minutes provided by Diann Leo)

A face-to-face meeting was held to resolve budget matters and other concerns, in lieu of email voting. This is a summary of the items covered:

Charitable Donations, Special Olympics: The Board approved a donation of \$1,000 this year for the Special Olympics. This is an increase of \$200 over last year's amount.

The Board established a policy for the loan and rental of DSE race equipment. Each time equipment is loaned or rented it must be approved by the Board. The equipment will only be loaned or rented to current members and the equipment must remain in the

Inside

Beauty and the Bizz	3
Freedom's Run.....	9
More DSE Halloween photos.....	9

How to Contact the Newsletter.....2
How to Contact the DSE.....2
Race Results4-6

DSE at the Races.....	5-9
Volunteers Needed.....	7
Monthly Running Schedule	10
Group Runs	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session & Weather Forecast.....	11
Birthdays and New Members.....	12

custody of DSE members appointed by the Board that have been in good standing for at least six months. The Board may add additional requirements for each approval.

The Board approved the rental of a time clock and one timer for a South San Francisco Catholic high School event on November 23. George Sacco and Vince French will operate the equipment for this event.

The Board set a policy for vendors at DSE Races (see below) and finalized the formation of two standing committees: Emergency Management System (EMS) chaired by Brian Hartley and Race Safety chaired by Jim Kauffold. Both of these committees have the mandate of improving the safety of our races. We closed the meeting with a brief discussion regarding the gala, the increase in postage rates that are scheduled for next year, and the essential volunteers that need to be in place at each of our races.

DSE RUNNERS POLICY FOR VENDORS AT DSE RACES

1. Vendors may provide products to race director or Board member prior to the race to be included with other post-race refreshments. OR endor may hand out products at the end of the race.
2. Vendors are informed that they must remain a reasonable distance

from the registration/starting area and finish line in order to avoid any interference with race operation.

3. Vendor has no affiliation with DSE Runners and therefore, no announcement nor endorsement of product will be made.
4. Vendors are informed that DSE Runners' race permits and insurance policies do not cover them. Vendors are accountable for their actions as they are not part of the DSE event.

MY STATUS

I appreciate your concerns regarding my condition. As I am writing this column I still have the shingles and can barely jog or run two miles. However, I planned on running the Great "Halloween" Highway run and I did. You may have noticed me; I was in costume, dressed as a runner. I am going to try again and run the Rainbow Falls 5K on November 3.

UPCOMING RACES

There are only eight races left in 2013, four of which are in the month of November. On **November 3**, the **Rainbow Falls 5K** is in Golden Gate Park and starts at Transverse and Kennedy Drive. The most important thing for you to remember is that Daylight Savings Time ends on November 3, so set your clocks back

one hour unless you want to be early for the start.

On **November 10** we have a very flat run for San Francisco, the **Embarcadero 10K** which starts right near the Dolphin Club at Jefferson and Hyde streets. Please take note that this race starts at 8:00 and not 9:00 AM.

The **Single and Double Lake Merced runs** will be on **November 17**. Registration is at the Lake Merced Boathouse, so enter at Harding Road from Skyline Blvd. Both races will start at 9:00 AM.

We end the month on **November 24** with the **Ferry Building 4M** run. It starts in the same location and time, 8:00 AM, as the Embarcadero 10K. For those who remember this run from last year, let's hope that the rain gods are kind to us this year.

RRCA NATIONAL RUNNING AWARDS

The success of the DSE is fueled by an enormous number of invaluable volunteers. The RRCA has recognized our volunteers; for example: the DSE has two past RRCA Outstanding Volunteer of the year honorees, a RRCA State Representative, and several Club Newsletter awards. Nominations for 2013 RRCA National Running Awards can be submitted through December 31. Any club member may forward their submission online. For more information click the link "Nominate Deserving Individuals for 2013 RRCA National Running Awards" at rrca.org.

I end with a few words from our distinguished Officer at Large, Kevin Lee:

DSE is here to stay. Despite the 16-day U.S. Government shutdown and the BART strike, the DSE keeps moving (running) forward.

DSE email list and electronic newsletter

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

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

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

Mail/Phone/Email Address

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

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

BEAUTY AND THE BIZZ: BEAUTIFUL TRAIL MARATHON, 10/13/13

Carol Pechler

A deer bounded across the quiet forest road ahead of us. "Did you see her?"

Henk, driving, replied, "Yeah, fast!"

Then, just thirty feet behind her, we saw a mountain lion racing after her.

"Wow! Did you see that?"

"Oh my God, she won't have a chance."

We stopped the car to look through the trees, but even though the second-growth pines were bare of undergrowth, we could no longer see or hear either of them.

Early Saturday morning, 24 degrees Fahrenheit, some trees white with frost, the two of us were driving as much of the Bizz Johnson Marathon course as we could see from the car: the start, three water stations, and the finish. The following morning at 9:00, the marathon would start near here. The entire course would pass through quiet Lassen National Forest in the Cascade Mountain Range and then down through the Susan River canyon. It was far from buildings, and most of it was far from roads.

Henk joked, "Maybe the mountain lions are rubbing their paws together, expressing their delight that tomorrow is marathon day!"

A few hours later on Saturday we drove in to the finish line and watched half marathoners coming in. The finish area, under conifers like the start, was muffled quiet with pine needles on the ground. Some 50 volunteers and spectators clapped for each finisher; they didn't shout. I imagined myself feeling as good as those runners looked, the next day on coming in from the marathon.

The course is named after Harold T. "Bizz" Johnson, U.S. Congressman 1958-78, who worked to found this recreational trail through Lassen National Forest and along the Susan River to Susanville after Southern Pacific abandoned its railroad line in 1978. And ten years ago, the trail marathon was inaugurated.

The course starts at 5200 feet in altitude and steadily climbs 280 feet in the first six miles through conifers. The remainder gradually and smoothly descends to 4200

feet at the finish. The second half passes along the Susan River canyon, over ten former train bridges and through two tunnels. Deciduous trees and bushes were bright yellow and red, contrasting with the dark green of the pine and fir; the canyon walls were orange with iron from Mt. Lassen eruptions, the most recent one in 1913.

On Sunday at the start in the forest, the sky was half cloudy, the air was still, and the temperature was 34 degrees, rising to the mid-50s by the finish. Later we experienced occasional ENE gusts up to 10 mph, but the air was mostly still, sweet and clean. Perfect weather and place for a run.

With just 131 marathoners, the majority of them ahead of me, I ran alone most of the course, and very content, not worried about mountain lions! Because it was formerly a railroad bed, the trail had long straightaways; usually I could see a mile ahead, a mile behind. The entire trail was wide enough for a truck, in some places with two shallow ruts for truck tires noticeable. So quiet! I listened to my own thoughts and my own silent tunes, to the singing of the birds and the babbling of the river on its mild descent. I could hardly hear my own footsteps, the earth was so soft and springy, mostly smooth, not dusty. Pine needles covered some areas of the trail, and only a few places had loose stones.

At the finish, I learned that I was not only the first (of one) in my age and gender group at 73, but also the oldest marathoner; the oldest man was 69 and came in some time after me.

Margie Whitnah finished her seventh Bizz Johnson on that day; her husband Gregg ran the 50K, came in second in his age and gender group, and completed his sixth 50K this year!

So quiet and beautiful, and I was happy to experience yet another wonderful place in California. On her computer in France, Wendy Newman saw our photos and read my description. She wrote back, "This looks like my kind of experience!"

Thank you again, Margie and Gregg, Peter Royce and Janice Rensch, for telling me about this beauty of a marathon.



Margie Whitnah and Carol Pechler
before the marathon



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.

September 29, 2013

Stern Grove 4M

Race Directors: Bob Theis and Robert Brizuela

Volunteers: George Sacco, Wally Rapozo, Liese Rapozo, Kevin Lee, Vince French, Marian Lyons, Richard Hannon, Diann Leo, Michael Gulli, Patrick Lee, Phyllis Nabhan, Kittzy Aviles, Bobby Marty

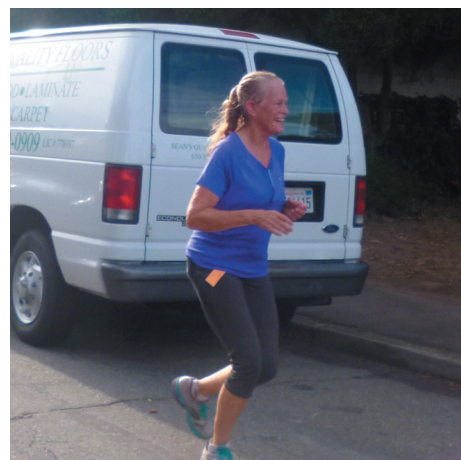


Race Directors
Robert Brizuela and Bob Theis
© 2013 Paul Mosel

Weather: cloudy, mild
98 Runners (61 Men + 37 Women), 9 Self-Timers



Above: Runner Diann Leo, photographer Paul Mosel and course monitor Marian Lyons
Below: Carol Pechler heads for the finish
© 2013 Don Watson

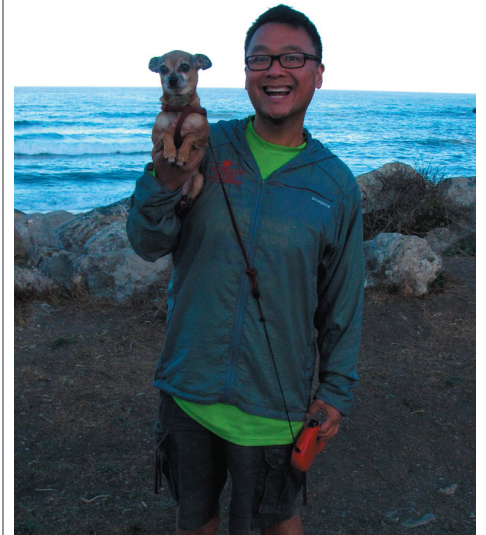


October 13, 2013

Rockaway Beach 5K

Race Director: Tony Nguyen

Volunteers: George Sacco, Vince French, Calvin Chan, Caron Anderson, Jimmy Yu, Phyllis Nabhan, Michael Gulli, Bobby Marty, Akemi Iizuka, Brian Hutto, Jennifer Walker, Stephanie Polverari



Race Director Tony Nguyen
© 2013 Paul Mosel

118 Runners (61 men + 57 women), 5 Self-Timers



What goes up must come down: the infamous switchbacks at Rockaway Beach
© 2013 Don Watson



October 20, 2013

San Bruno Mountain 5K/12K

Race Director: Brian Hartley

Volunteers: Calvin Chan, Jimmy Yu, George Sacco, Vince French, Markham Miller, Bobby Marty, Bill Hamilton, Alice Shikina, Diane Okubo-Fong, Fred and Yong Haber, Kevin Lee



Race Director Brian Hartley

© 2013 Joseph Connolly

Weather: Sunny and warm

12K: 49 Runners

5K: 48 Runners, 6 Self-Timers



Above: The 5K pack at the start

Below: Lots of refreshments at the finish

© 2013 Don Watson



DSE AT THE RACES

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

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
10K on the Bay, Hayward, August 25						
97	Dana Farkas	54	2		F 50-59	59:31
184	Brian Hartley	60	5		M60-69	1:15:23

5K						
12	Sandra Sigurdson	57	1		F 50-59	26:54
119	Dee Farkas	85	1		F 80-99	54:28
121	Michele Sims	56	13		F 50-59	54:28

LMJS 4th Sunday Runs, September 22

5K						
7	Jared Chan	13	1		M <20	20:02
28	Jim Buck	70	1		M 70+	
48	Jane McFarland	63	1		F 60-69	30:29
79	Barbara Robben	79	1		F 70+	61:19

10K						
1	Adam Littke	39	1		M30-39	26:43
10	Jose Ruiz	57	5		M50-59	50:33

Sunnyvale Spartan 5K, September 28

1	Jared Chan	13	1		M <14	19:31
---	------------	----	---	--	-------	-------

Willow Hills XC Open, 5K, Folsom, September 28

Women						
34	Louise Stephens	48				20:59
72	Carolyn Dingwall	50				26:06

Masters Men						
8	Joe Wehrheim	41				17:39
51	Hans Schmid	73				22:00
56	Gene French	67				23:14
69	Jim Flanigan	64				23:34
75	Russ Kiernan	75				28:01

Open Men						
12	Chikara Omine	31				16:19
43	Kenley Gaffke	35				19:03
45	Jason Reed	34				30:10

Western States Trail Fund Run 10M, Auburn, September 28

2	Roy Clarke	57	1		Men	1:20:25
---	------------	----	---	--	-----	---------

Stepping Out to Cure Scleroderma 5K/10K, San Jose, September 29

10K						
3	J.R. Mintz	47	1		M40-49	42:45
5K						
13	Sandra Sigurdson	57	1		F 50-59	25:15

Bonnie Addario Lung Cancer Foundation 5K, September 29

Masters						
2	J.R. Mintz	47	2		M40-59	23:11

Grandmasters						
3	Pat Geramoni	62	1		F 60-99	29:23

Half Moon Bay Marathon, September 29

109	George Rehmet	46	27		M40-49	4:14:02
351	Gregory Brown	64	5		M60-69	6:01:24

October 27, 2013

Great "Halloween" Highway 3.94M

Race Director: Amber Wipfler

Volunteers: George Sacco, Jimmy Yu,
Calvin Chan, Vince French, Mort Weisberg,
Liese Rapozo, Wally Rapozo, Phyllis
Nabhan, Richard Finley, Ian Macnider,
Bobby Marty, Rubi Kawamura, Kevin Lee



Race Director Amber Wipfler

© 2013 Paul Mosel

Weather: foggy, cool

127 Runners (76 Men + 51 Women),

10 self timers, 16 kids



Steven Pitsenbarger
finishing with a flourish

© 2013 Don Watson

Valley Athletic League Middle School 2M XC Championships, October 2

6	Jared Chan	13	6	7th Grade	11:34
---	------------	----	---	-----------	-------

St. George Marathon, Utah, October 5

1442	Noriko Bazeley	7	F 55-59	3:38:01
------	----------------	---	---------	---------

Presidio XC Challenge, 5K, October 6

Open Men

12	Chikara Omine	31	17:25
29	Sloane Cook	23	18:36
24	Tim Comay	29	18:49
45	Kenley Gaffke	35	20:09
54	Jason Reed	34	21:38

Masters Men

31	Peter Hsia	53	20:43
73	Hans Schmid	73	23:50
79	Jim Flanigan	64	25:20
85	Tyler Abbott	52	26:24
94	Russ Kiernan	75	29:31

Women

37	Riya Suising	46	23:00
48	Diann Leo	26	24:43
60	Erika Kikuchi	35	26:15
64	Amy Sonstein	43	26:40
66	Susan Kreusch	50	27:08
69	Denise Leo	37	27:59
73	Carolyn Dingwall	50	28:38
80	Danni Baird	30	36:13

Bridge to Bridge, October 6

3.35M

2	Ken Allen	1	M40-49	19:12
7	George Rehmet	3	M40-49	21:05
29	Fiona McCusker	2	F 40-49	23:20
58	Anya Durgerian	5	F 8-12	25:21
59	George Durgerian	11	M40-49	25:22
253	Brian Hartley	5	M60-69	32:43
435	Kitzzy Aviles	81	F 30-39	38:18
527	Shannon Luppino	52	F 15-29	38:58
563	Paul Mosel	4	M70-79	39:58
603	Russell Breslauer	17	M60-69	41:16
665	Tiffany Ewing	110	F 30-39	44:19
988	Michele Sims	127	F 50-59	1:00:11
989	Dee Farkas	1	F80-120	1:00:11

10K

43	Megan Robblee	1	F 17-29	41:47
44	William McKinney	13	M30-39	41:48
76	Hans Schmid	1	M70-79	43:39
87	Jason Buckner	27	M30-39	44:08
134	Matthew Cox	39	M30-39	46:07
161	Erika Kikuchi	8	F 30-39	47:21
236	Jose Ruiz	20	M50-59	49:03
246	Rafael Sands	8	M13-16	49:20
329	Andrew Ewing	90	M30-39	50:58
576	Sandra Miller	39	F 40-49	54:39
645	Cara Hanson	84	F 30-39	55:25
721	Julia Mutere	64	F 17-29	56:25
762	Andrea Davies	69	F 30-39	57:02
983	Mitchell Sollod	5	M70-79	59:10
	William McCarty			59:35
1052	Suzana Seban	3	F 60-69	59:46
1196	Dana Farkas	45	F 50-59	1:01:31

1358	Alfred Palma	130	M50-59	1:03:07
1362	Bertrand Newson	215	M40-49	1:03:11
1376	Michael Rouan	216	M40-49	1:03:20
1478	Carol Pechler	3	F 70-79	1:04:41
1489	Henry Nebeling	1	M80-120	1:04:47
1625	Kelly Hicks	316	F 30-39	1:06:25
1670	Joseph Connelly	148	M50-59	1:07:02
1753	Julie Bernstein	213	F 40-49	1:08:19
1892	Nicole McKinney	215	F 17-29	1:10:39
2002	Mike Hung	52	M60-69	1:12:25
2101	Fredy Recinos	276	M40-49	1:16:02
2165	Amelia Mutere	129	F 50-59	1:18:19
2277	Dennis Hassler	2	M80-120	1:24:55

San Jose Rock 'n' Roll Half Marathon, October 6

189	Riya Suising	46	3	F 45-49	1:29:35
277	Jared Chan	13	2	M 12-14	1:32:50
8579	Mary Gray				2:57:04
10187	Christine Clark				3:47:27
10266	Jennifer Walker				4:06:13

LBL Runaround, 3K, Berkeley, October 11

302	Jane Colman	70	1	F 70-79	20:37
-----	-------------	----	---	---------	-------

East Bay Front Runners Pride Run 10K, Oakland, October 12

34	William McCarty	65	3	M60-69	57:06
----	-----------------	----	---	--------	-------

OktoberRun, Redwood City, October 12 Half Marathon

18	Glen Furuta	51	1	M50-59	1:30:40
31	William McKinney	31	10	M30-39	1:35:13
73	Erika Kikuchi	35	6	F 30-39	1:43:11
185	Stephanie Polverari	47	11	F 40-49	1:58:49
386	Mary Gray	51	15	F 50-59	2:44:59

5K

128	Pat Geramoni	65	1	F60-120	25:58
138	Phaidra Garcia	42	9	F 40-49	26:12

Animal Ark Stampede 5K, Reno, NV, October 12

16	Gregg Whitnah	63			31:12
56	Margie Whitnah	65			47:35

Freedom's Run 10K, Shepherdstown, WV, October 12

357	Judith Jarosz		6	F 60-98	1:27:54
-----	---------------	--	---	---------	---------

Run for Education Half Marathon, San Ramon, October 13

17	Peter Hsia		1	M50-59	1:17:17
156	Jim Buck	70	1	M70-79	1:50:06
422	Jane McFarland	64	3	F 60-69	2:23:46

Bizz Johnson Trail Runs, Susanville, October 13

50K

19	Gregg Whitnah	63	2	M60-69	5:08:35
----	---------------	----	---	--------	---------

Marathon

110	Carol Pechler	73	1	F 70-74	5:21:46
129	Margie Whitnah	65	3	F 65-69	6:54:53

Long Beach Marathon, October 13

2719	Gregory Brown	64	63		6:07:02
------	---------------	----	----	--	---------

Let's Go 510 10K, Berkeley, October 19

58	Leopoldo Rosales	59	5	M55-59	46:26
233	Bertrand Newson	44	19	M40-44	59:52
507	Mary Gray	51	18	F 50-54	1:16:19
511	Barbara Robben	79	1	F 75-79	1:16:49

◆◆◆ 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:

November 3	Rainbow Falls 5K
November 10	Embarcadero 10K (8:00 AM start)
November 17	Single/Double Lake Merced
November 24	Ferry Building 4M (8:00 AM start)
December 8	Windmill 10K
December 22	Mission Rock 5K

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.

REMINDER — you must have contributed a minimum of two hours of volunteer work by year end in order to be eligible for any awards.



Bill McCarty
at the Nike Women's Marathon



Ky Faubion at the Cookie Monster Dash
© 2013 Paul Mosel

569	Dennis Hassler	80	1	M80-84	1:22:56
580	Rachel Artap	43	48	F 40-44	1:24:23
621	Virginia Rosales	49	47	F 45-49	1:30:20
623	Tony Nguyen	40	38	M40-44	1:31:11
627	Christine Clark	42	55	F 40-44	1:31:14

Folsom Blues Breakout Half Marathon, Folsom, October 19

828	Sandra Sigurdson	57	14	F 55-59	2:04:32
-----	------------------	----	----	---------	---------

Nike Women's Marathon, October 20

Editor's note: The Nike Women's Marathon and Half Marathon are so large that I am including only results that were sent to me. If you would like your results to be included next month, send them to me before Thanksgiving.

53	Riya Suising		4	F 45-49	3:21:50
621	Akemi Iizuka		30	F 45-49	4:06:47
2153	William McCarty	65	1	M65-59	4:52:16

Grape Stomp Half Marathon, Livermore, October 20

Women

162	Mary Gray		51		2:56:33
-----	-----------	--	----	--	---------

Humboldt Half Marathon, Weott, October 20

15	Chikara Omine		6	M30-34	1:11:39
34	Joe Wehrheim		3	M40-44	1:16:10
35	Tim Comay		11	M25-29	1:16:13
36	Cliff Lentz		2	M45-49	1:16:18
63	Peter Hsia		5	M50-54	1:21:23
76	Roy Clarke		4	M55-59	1:23:46
89	David Ly		7	M45-49	1:25:35
95	Kenley Gaffke		12	M35-39	1:26:50
142	Gene French		2	M65-69	1:37:40
166	Erika Kikuchi		13	F 35-39	1:41:09
168	Fiona McCusker		6	F 45-59	1:41:23
181	Diann Leo		7	F 25-29	1:43:02
199	George Durgerian		16	M45-59	1:46:39
233	Russ Kiernan		1	M75-59	1:51:05
255	Theo Jones		3	M70-74	1:53:40
270	Melissa Cheung		16	F 25-29	1:55:16
309	Cammie Dingwall		11	F 50-54	1:59:59
550	Danni Baird		42	F 30-34	2:40:05
620	Dina Kovash		2	F 74-49	3:24:22

5K

23	Anya Durgerian		1	F 10-14	23:42
86	Jeanie Jones		1	F 75-79	30:11
108	Bob Kovash		3	M75-79	32:09
168	John Blankenship		5	M65-69	36:47

Cookie Monster Dash 5K, October 26

3	Kenley Gaffke				19:25
65	Paul Mosel				34:07

Aggies XC Open, 4.2M, Martinez, October 26

Women

40	Louise Stephens		48		27:36
61	Fiona McCusker		49		30:42
68	Amy Sonstein		43		31:42
81	Denise Leo		37		34:37

Masters Men

66	J.R. Mintz		47		28:50
80	Jim Flanigan		64		31:28
89	Russ Kiernan		75		34:06

Open Men

8	Chikara Omine		31		22:18
15	Timothy Comay		29		23:37

18	Andrew Macnider	25		24:04
23	Ian Macnider	28		25:08
24	Kenley Gaffke	35		25:13

Run With the Jets Half Marathon, San Mateo, October 27

1	Chikara Omine	31	1	M30-39	1:12:40
3	Adam Littke	39	2	M30-39	1:20:32
13	Megan Robblee	28	1	F 20-29	1:28:25
53	Christina DeGregorio	28	5	F 20-29	1:41:00
149	Sandra Sigurdson	57	8	F 50-59	2:03:35
215	Nicholas Sutton	33	44	M40-49	2:20:36
287	Mary Gray	51	15	F 50-59	3:02:56

FREEDOM'S RUN

Judith Jarosz

Yes, that is the official name of the race that I was in Shepherdstown, West Virginia over the Columbus Day weekend to run. It all came about thanks to my daughter's enthusiasm over her two previous years' appearances. She loved everything about it, and convinced me to join her and her brother for this year's race.

Shepherdstown is a very small, picturesque and historically interesting town. Although it's only 60 miles from Washington, D.C., once there, you have traveled back in time to the early years of our country's founding. The Civil War raged around it.

The race course was scheduled to traverse the Harper's Ferry and Antietam battlefields. Given my interest in our nation's Civil War history, I was so excited to hear I'd actually be running where our forefathers fought to save us from total "disunion."

Much to my chagrin, our "venerable" congress disallowed anyone to cross that hallowed ground. The town's organizers, however, were determined not to disappoint so many people like me who'd traveled great distances to participate. That meant that for the race to go on, the course had to be reconfigured, and I wound up running my 6.2 miles along the Potomac River while the marathoners and half-marathoners ran double loops along the same route. It was still a stunning autumn landscape and hilly enough to provide a challenge for all. The easiest part was finishing as originally scheduled in the Shepherdstown College athletic stadium.

Besides being in such a beautiful part of the country, what I liked most about this event was how well organized it was and the friendly non-commercial atmosphere it created. The entire town was involved in making it such a fun experience at a very affordable price, with the proceeds going to support their college. My race fee was only \$25, and I believe the marathon was \$65. We stayed at a gorgeous inn that was dubbed the "officially discounted" Freedom's Run Inn and was situated a short walk from all the events including the start and finish of the race.

The special events included an exceptional pasta dinner with an inspirational presentation by a Marine who recently ran across the country to raise funds for his fellow wounded Marines. Later in the town's old Opera House we watched *In the High Country*, a brand new documentary about running up mountain peaks in Colorado. They even had the runner and his partner there to answer questions and give out prizes. Unbelievable! The course was exceptionally well marked and there was plenty of water and music to enjoy along the way. There were no goody bags, but there was enough pizza and other goodies to feed an army, plus a delicious assortment of local teas and beers — yes indeed!

As for my running, this was the first race for which I actually followed a training schedule since the 5K I ran a few summers ago in Wisconsin, and that made me able to compete for a change. I felt happy the whole way through.

After it was all over, I realized why my daughter had urged me to make the trip. It was everything she said it would be and I'm looking forward to running it at the same time next year. I hope I might even convince a few of you to join me. Check it out!

MORE DSE MEMBERS IN HALLOWEEN COSTUMES



Above: Riya Suising

© 2013 Don Watson

Below: Phyllis Nabhan

2013 Paul Mosel



◆◆◆ 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 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.

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

Sun Nov 10 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the south end of the mini-park beyond Townsend Street (prior to AT&T Park). Turn around at mini-park entrance and return the same way to finish.

Sun Nov 17 Single/Double Lake Merced Runs 4.5M/9M

START/FINISH: Lake Merced Boathouse, enter at Harding Road from Skyline Blvd.

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

Note: Both races start at 9:00 AM and course closes at 11:00 AM for both races.

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

Sun Nov 24 Ferry Building Run 4M

START/FINISH: Dolphin Club, Jefferson & Hyde Streets, Note 8:00 AM Start.

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Stay on Sidewalk. Turn around two feet beyond the south side of Ferry Building complex and return the same way to finish.

Sun Dec 1 NO DSE RUN

Opportunity to enter Run Wild 5K/10K, www.rhodyco.com

Sun Dec 8 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

Sun Dec 15 NO DSE RUN

Opportunity to enter Christmas Relays, www.pausatf.org

◆◆◆ 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@att.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, December 2, 2013

TIME: 7:00 PM

HOST: Bill and Pauline Dake
528 Larch Avenue
South San Francisco
650-583-6268

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

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

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

It will be dry and mild for the first week of November with no fog at the coast. Changes will begin in the second week with the first significant rain of the season around November 10 and several days of rain or showers. Dry, sunny and cool weather will then continue through mid-month with chilly mornings away from the coast. There will be more rain in the third week, around November 20-22, but the weather will clear up and be dry and cold in the final week of November, including Thanksgiving and the Thanksgiving weekend. Overall, we'll have near normal temperatures and precipitation.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

George Sacco

gsgasacco@yahoo.com

SR. VICE PRESIDENT

Caron Anderson

caronanderson@ymail.com

2ND VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

SECRETARY

Diann Leo

diann.michele@gmail.com

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Ed Caldwell

edpbiz@edwardcaldwell.com

Kevin Lee

dse.pekingduck@gmail.com

George Baptista

gabaptista@att.net

Jim Kauffold jeckauffold@gmail.com

OPERATIONS

Gary Brickley gary@brickley.com

Jerry Flanagan jerryflan@yahoo.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman wsn99@aol.com

Janet Nissenson

jnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net

EQUIPMENT Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@yahoo.com

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Chikara Omine

Denise Leo legdead117@yahoo.com

Steven Pitsenbarger

stevenpits@gmail.com

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

PERMITS

Pat Geramoni

Janet Nissenson

Kenneth Fong

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! ♦♦♦♦♦♦♦♦

November

1	Benjamin Ruppert
4	Aram Durgerian
6	Taylor Harwin
	Daryl Luppino
7	Matthew Cox
	Denise Leo
8	Gary Chan
9	Mary Hamilton
11	Steve Musser
12	Roy Clarke
	Dave Coulman
	William Misener
13	Tom Boyd
	Ellen Breslauer
14	John R. Houghton
15	Freya Wehrheim
17	Natalie Woods
18	Michael Gulli
	Bill Murphy

19	Nicole Kawahira
	Elaine McCracken
	Gloria McKay
22	Jeanie Jones
	Peter Webb
	David Wilson
23	Robert Brizuela
	Marion Cohen
	Phaidra Garcia
24	Michelle Agbayani
25	Julie Munsayac
26	Kevin Dunn
27	Kenneth Fong
	Nicholas Sutton
28	Harry Cordellos
	Vanessa Miller
	Becky Rozewicz
29	Schuyler Horn

New Members

HALF MOON BAY
Jonathan Peluso

REDWOOD CITY
Mansi Goel
Jason Shugars

SAN FRANCISCO
Amy Burke
Tony Riley

SOUTH SAN FRANCISCO
Aideen Campbell