

DSE NEWS

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49th Year

May 2014

2014 DOUBLE DIPSEA RACE AND VOLUNTEERING, JUNE 21

Janet Nissenson

As most DSE members are already aware, the direction of the Double Dipsea race is now under the management of Brazen Racing. After the retirement of longtime race director Ken Reed, the Double Dipsea Board felt that this was the best possible solution to keeping the race going and also to help make improvements to the event. DSE is still very much involved with the race, and Brazen is a wonderful organization that supports runners and the running community wholeheartedly. Many of our club members participate in Brazen's trail races on a regular basis and have nothing but praise for their events. We are very fortunate to be working with them, and they are dedicated to keeping the great traditions of the Double Dipsea alive and well.

One of the ways that DSE will continue to be involved with the race is through our volunteer support. Many of our volunteers have been helping at this race for a long time, and we will continue to rely on your expertise and experience to put on a safe and successful race.

Volunteer sign-ups are being handled through Active.com this year, which is a far more efficient way of managing this task. The link to register as a volunteer is <https://enduranceui.active.com/event-reg/select-race?e=7845852>. Scroll down the page until you see the volunteer box. Check this and then complete the information as requested (including your T-shirt size). Please note that for aid stations and course monitors all of the individual locations are not specified, but you can certainly make note of a preferred spot in the box called Additional Information for Volunteer Coordinator (located just above the T-shirt selection).

If you have any questions on the volunteer sign-up procedure, please contact me at jLnissenson@aol.com. Thank you in advance for volunteering and your continued efforts to support this great race!

Editor's note: If you are planning to run the Double Dipsea, registration information is available at <http://www.brazenracing.com/doubledipsearegistration.html>. You can register either online or by mail.

From the President's Desk GEORGE SACCO

VOLUNTEERS NEEDED IN MAY AND JUNE

Ever since the DSE was formed, the core of our races has been our volunteers. I can still remember Walt Stack saying, "If you can't run, help those who can," or words to that effect. In the next two months there will be three major events that need your help:

The Special Olympics at Kezar Stadium in San Francisco's Golden Gate Park on Friday, May 9, from 10 AM to 1PM: The volunteer signup and orientation will be at 8:45 AM. Many of you have volunteered for this event in the past and know how much joy you bring to the hundreds of special participants. I am going to be there. How about you? Wear your DSE shirt to show our club's support for this wonderful event.

Bay to Breakers Drawbridge on May 18: We will keep checking www.baytobreakers.com. The Bay to Breakers organization does not recognize group volunteers. All volunteer participation is by individual request only.

Double Dipsea on June 21: My understanding is that the volunteer positions are going pretty fast so don't wait too long to sign up.

RACE DIRECTORS

No matter how hard we try, it is still very hard to find race directors. If you have never tried to be a race director, please step up, as we need you. You will get 12 age division points. You also have a choice of two free race entries or a DSE T-shirt for your first race. Being a race

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director will provide you with volunteer points for the Gala awards. So why not give it a try — if I can do it anyone can. Race directors are supported by several seasoned volunteers; you will not be working alone. Also, being a race director is a good way to give back to club and rest an injury.

FOLDING SESSIONS

Just as we can put on our weekly races only if we have race directors and volunteers, we can prepare our printed newsletters only if we have folding session hosts and participants.

While the majority of DSE members read the online newsletter, well over a hundred members take the printed version, either by preference or by necessity (not everyone has access to a computer). For many years, the monthly folding sessions have been the means by which we prepare the newsletters for mailing and also enjoy a potluck party. This tradition has been put in jeopardy by the lack of hosts and participants.

If you live in the Bay Area and would like to continue to receive a hard copy newsletter, it is time to step up and participate.

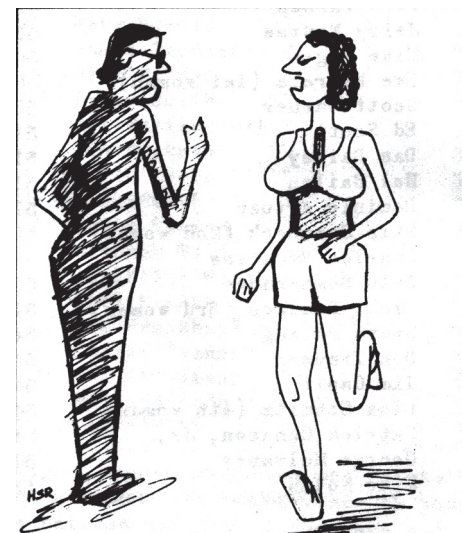
UPCOMING RACES

On **May 4**, there will be no DSE race. Follow and support our teams at therelay.com as they run the Golden

CLASSIC STU-PEDS by Stu Ruth



NO, ITS NOT SPRING FOOTBALL. WE'RE PRACTICING BAY-TO-BREAKERS STARTS.



JUST HAND ME THE STICK, WISE GUY

Gate Relay from Calistoga to Santa Cruz.

On **May 11**, celebrate Mother's Day by joining us for the **Mother's Day Marina Green 5K**. Come early to find parking at this popular race, which includes a kids' race at 9:45.

May 18 is the date for the **Bay to Breakers 12K**. If you have never run it, you should try it at least once. You will run from the east end of San Francisco to the west end of Golden Gate Park and on to the Great Highway.

On **May 25** we will run the **Kennedy Drive 8K**. There are not too many 8K races around, but this will give you a chance to experience this distance.

We will have two new trail runs on **May 31**, the **San Pedro Park Trail 2M and 10K**, at San Pedro Park in Pacifica. The two-mile race starts at 8:30 and the 10K at 9:00. You can run both races as long as you can complete the two miles before 9:00 AM. Please note that this race will be on **Saturday**, not Sunday.

SUMMER EVENING RACE SERIES

The Lake Merced summer evening race series will begin on Thursday, June 5. For details, check page 8.

BOARD MEETING

On May 11 we will have our second board meeting to review the status of action items from our February meeting. We will also start setting plans for our first general meeting.

RAIN IN MAY

Since we have had so little rain this year, we do need more, but let's hope that if it rains in May or June it will not be on one of the DSE Sunday races or at the Double Dipsea.

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. 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 janeacol@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



DSE RACE RESULTS

Jane Colman, DSE News editor

Based on the poll included in the December 2012 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 19 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.

March 30, 2014

Polo Field 5K

Race Director: Kitzzy Aviles

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Dennis Lawlor, Jim McBride, Bobby Marty, Vince French, Phyllis Nabhan, Jason Buckner, Pat Geramoni



Race Director Kitzzy Aviles

© 2014 Paul Mosel

288 participants: 276 racers (155 men, 121 women), 12 self-timers



Top: Michael Gulli on the path

Bottom: post-race socializing

© 2014 Don Watson

April 6, 2014

Lake Merced 4.5M

Race Directors: Michael, Sheri and Kevin Dunn

Volunteers: George Sacco, Jimmy Yu, Calvin Chan, Dennis Lawlor, Noe Castenon, Bobby Marty, Jim Kauffold, Phyllis Nabhan, Bill Hamilton, Vince French, Janet Nissenson, Steve Nissenson, Mort Weisberg



Race Directors Sheri, Kevin and Michael Dunn

© 2014 Paul Mosel

188 participants: 162 racers (92 men, 70 women), 26 self-timers



Top: Start of the race

Bottom: Sam Roake heading to the finish

© 2014 Don Watson



April 13, 2014

Great Highway 3.94M

Race Director: Diann Leo

Volunteers: George Sacco, Calvin Chan, Vince French, Jimmy Yu, Wally Rapozo, Liese Rapozo, Henry Nebeling, Phyllis Nabhan, Bobby Marty, Bill Hamilton, and Caron Anderson



Race Director Diann Leo

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160 participants: 142 racers (79 men, 63 women), 18 self-timers



Top: The lead pack at race start
Bottom: Former DSE president Grant Johnson, visiting from Minnesota, won the race

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DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
LA Marathon, March 9					
978	Riya Suising	46	13	F 45-40	3:35:43
Oakland Marathon, March 23					
252	Akemi Iizuka	50	5	F 50-54	3:58:36
Other DSE participants were listed in the April DSE News.					
Wine Country 5K, Paso Robles, March 23					
57	Neal Ashton	57	2	M50-59	26:54
Greek Independence Day 5K, Oakland, March 29					
Men					
12	Neal Ashton	57	5	M50-59	27:54
15	John Weidinger	73	1	M70-79	30:03
Women					
15	Dana Farkas	55	4	F 50-59	31:33
30	Barbara Robben	79	1	F 70-79	39:27
Livermore Half Marathon, March 29					
809	Pat Geramoni	66	7	F 60-69	2:13:50
Asha 10K Trail Run, San Jose, March 30					
	Sandra Sigurdson	57	2	F 1-99	57:24
Spring Forward 10K, Mountain View, April 5					
97	Sandra Sigurdson	57	2	F 50-59	51:34
Lagoon Valley Trail Runs, Vacaville, March 29					
Half Marathon					
7	Jason Reed	35	2	M35-39	1:49:54
133	Tony Nguyen	40	15	M40-44	3:35:59
Half Marathon Hikers					
13	Christine Clark	42	5	F 40-49	4:59:40
14	Jennifer Walker	31	3	F 30-39	4:59:40
10K					
6	J.R. Mintz	47	2	M45-49	54:13
American River 50M, Folsom, April 5					
71	Jason Reed	35		M30-39	8:30:00
165	George Rehmet	47		M40-49	9:21:40
221	Riya Suising	46		F 40-49	9:42:02
264	Nakia Baird	39		M30-39	9:53:30
267	Noriko Bazeley	55	4	F 50-59	9:56:27
528	Tony Nguyen	40		M40-49	11:24:09
608	Kenneth Fong	52		M50-59	11:51:54
747	Masataka Negishi	63		M60-69	13:05:27
766	Gary Brickley	61		M60-69	13:14:17
Grizzly Peak Trail Runs, Berkeley, April 5					
Half Marathon					
14	J.R. Mintz	47	3	M40-49	2:01:50
86	Mary Gray	52	1	F 50-59	3:10:16
GO! St. Louis 5K, April 5					
492	Gregory Brown	64	8	M60-64	30:23
GO! St. Louis Marathon, April 6					
1318	Gregory Brown	64	22	M60-64	5:48:58

Sactown 10M, Sacramento, April 6

37	Chikara Omine	31	12	M30-34	56:48
78	Cliff Lentz	48	6	M45-49	59:30
138	Jerry Flanagan	48	13	M45-49	1:05:11
164	Jason Reed	35	14	M35-39	1:08:08
187	Louise Stephens	48	4	F 45-49	1:10:04
229	Riya Suising	46	5	F 45-49	1:14:11
235	Hans Schmid	74	1	M70-74	1:14:39
252	Erika Kikuchi	35	8	F 35-39	1:15:41
275	Diann Leo	26	22	F 25-29	1:18:02
307	Jim Flanigan	64	11	M60-64	1:19:52
378	Maggie Fillmore	63	5	F 60-64	1:26:01
526	Jane Stephens	18	1	F 1-19	1:36:11

San Mateo County Foster Youth Runs, Redwood City, April 12**1M**

11	Pat Geramoni	66	1	F 60-69	7:44
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5K

15	Oscar Osorio	37	3	M30-39	23:09
36	Pat Geramoni	66	1	F 60-69	28:17

Ayala Cove Trail Run, Angel Island, April 12**15M**

1	Joe Wehrheim	42	1	M40-49	1:51:01
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Presidio 10, April 13**10M**

83	Matthew Cox		9	M40-45	1:15:21
174	Alfred Hu		9	M50-54	1:21:44
413	Jamee Sue Cochary		4	F 55-59	1:31:45
574	Monica Vasquez		31	F 40-44	1:40:36
589	Rebecca Miller		15	F 50-54	1:41:13
609	Jeffrey Kramer		26	M45-49	1:42:42
685	Mari Almeida		41	F 40-44	1:48:47
700	Seth Ducey		44	M40-44	1:52:20
704	Carol Pechler		1	F70-120	1:52:54
783	Elaine Gecht		4	F70-120	2:46:04

10K

15	J.P. McSherry		3	M35-39	42:01
21	George Rehmet		1	M45-49	42:55
874	Tracy Hathaway		16	F 50-54	1:08:40
906	Paul Mosel		3	M70-120	1:09:51

Santa Cruz Half Marathon, April 13

43	Riya Suising	46	1	F 40-49	1:32:27
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Artichoke Half Marathon, Pescadero, April 13

Gregory Brown	2:30:00
William McCarty	2:40:00

Urban Escape Half Marathon, Novato, April 13

16	J.R. Mintz	47	4	M40-49	1:31:30
206	Michael Dunn	52	16	M50-59	2:08:15
242	Johnny Chow	50	17	M50-59	2:13:29
303	Sheri Dunn	47	51	F 40-49	2:25:14
374	Kevin Dunn	13	4	M13-18	2:48:17

Ruth Anderson Runs, April 19**100K**

1	Nakia Baird	39			9:16:55
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50M

18	Tony Nguyen	40			10:19:31
27	William McCarty	66			11:08:12
28	Danni Baird	30			11:17:42

April 20, 2014

Easter Roller Coaster 5K

Race Director: Tony Nguyen

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Vince French, John Weidinger, Jim McBride, Paul Mosel, Christine Clark, Bobby Marty, Phyllis Nabhan, Noriko Bazeley, Erika Kikuchi

**Race Director Tony Nguyen**

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187 participants: 162 racers (91 men, 71 women), 14 self-timers, 11 kids



Wayne and Greg didn't run the Boston Marathon this year, but showed their support at the Easter Roller Coaster 5K

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50K

5	George Rehmet	47		4:41:25
10	Noriko Bazeley	55		5:11:37
13	Diann Leo	26		5:15:44

Zippy 5K, Brisbane, April 19

31	Sloane Cook	24	5	M20-24	17:01
54	Jason Reed	35	8	M35-39	17:59
57	Adam Littke	40	9	M40-44	18:06
87	Peter Hsia	53	8	M50-54	19:16
122	Louise Stephens	48	4	F 45-49	20:33
130	Riya Suising	46	6	F 45-49	20:53
147	Gene French	67	3	M65-59	21:42
151	Erika Kikuchi	35	12	F 35-39	22:06
152	Fiona McCusker	49	8	F 45-49	22:18
173	Cliff Lentz	49	19	M45-49	23:38
174	Amy Sonstein	44	6	F 40-44	23:41
194	Maggie Fillmore	63	3	F 60-64	26:02
197	Jane Stephens				26:12
198	Megan Nguyen	46	11	F 45-49	26:12
209	Keith Johnson	76	9	M70-99	28:14
219	Denise Leo	38	15	F 35-39	28:17
238	Barbara Robben	80	4	F 70-99	38:02

**Diablo Trails Challenge, Walnut Creek, April 19
Half Marathon**

40	Cristian Alvarez	35	9	M35-39	2:05:40
78	Alfred Hu	53	4	M50-54	2:18:29

B.A.A. 5K, Boston, April 19

4163	Jeanie Kayser-Jones	78	1	F 75-59	29:11
6381	Virginia Rosales	50	248	F 50-54	33:20
6393	Leopoldo Rosales	60	92	M60-64	33:20

Boston Marathon, April 21

329	Timothy Comay	29	263	M25-29	2:39:43
2227	Kenley Gaffke	36	1518	M35-39	2:59:21
2376	David Ly	45	178	M45-49	3:00:02
7624	Jerry Flanagan	48	1069	M45-49	3:24:25
8334	Markham Miller	50	694	M50-54	3:26:54
9757	Riya Suising	46	176	F 45-49	3:31:28
13534	Edward Haack	45	1735	M45-49	3:43:43
16345	Leopoldo Rosales	60	304	M60-64	3:53:47
21583	Judith Taksa Webb	70	2	F 70-74	4:18:23
23140	Milinda Lommer	44	1693	F 40-44	4:27:58
26507	Theodore Jones	75	20	M75-59	4:53:23
28886	Sandra Sigurdson	57	652	F 55-59	5:19:50
29140	Jane Colman	70	15	F 70-74	5:23:51
29337	Samuel Roake	78	26	M75-59	5:27:20

Big Sur Marathon, April 27

48	Kenley Gaffke	35	7	M35-39	3:11:43
1573	Tony Nguyen	40	158	M40-44	4:36:53
1671	Gregg Whitnah	63	44	M60-64	4:41:09
2250	Jason Buckner	34			5:00:57
2742	Danni Baird	30	232	F 30-34	5:26:56
3072	Kitzzy Aviles	35	272	F 35-39	5:45:38

Great Race 4 Mile Saratoga to Los Gatos, April 27

Brian Hartley	16	M60-69	41:22
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April 27, 2014

Walt Stack 10K

Race Director: Michael Gulli

Volunteers: George Sacco, Pat Geramoni, Jimmy Yu, Calvin Chan, Bobby Marty, Phyllis Nabhan, George Rehmet, Diane Okubo-Fong, Vince French, Fred Haber, Jim Kauffold

**Race Director Michael Gulli**

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196 participants: 189 racers (108 men, 81 women), 7 self-timers

**Top: Heading out to Fort Point**

© 2014 Don Watson

Bottom: Sam Roake and Jane Colman comparing notes on the Boston Marathon

© 2014 Paul Mosel



◆◆◆ Volunteers Needed ◆◆◆

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

injuries or otherwise not racing that week).

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

May 11	Mother's Day Marina Green 5K
May 25	Kennedy Drive 8K
May 31	San Pedro Park Trail 2M/10K
June 8	Twin Peaks 4M
June 15	Father's Day Rainbow Falls 5K
June 21	Double Dipsea

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.

RACE DIRECTORS are needed for 2014 races. Sign up now with Jim Kauffold at jekauffold@gmail.com.



René Rodriguez writes: I had an opportunity to meet Ken Hopper while I was running to Hopper's Hands one morning in preparation for the upcoming DSE Walt Stack 10k!

New Members

DALY CITY
Peter Lee

KENTFIELD
Maureen Stillman

OAKLAND
Jennifer Henry
Alron Nelson
Miles Nelson
Quinn Nelson

SAN FRANCISCO
Jeff Bergin
Alexis Cantor
Abigail Cheng
Andrew Cheng
Audrey Cheng

Laurence Cheng
Tina Cheng
Ava Humphreys
David Humphreys
Emily Humphreys
Dea Mochnick
Joe Mochnick
Shahid Hussain
Theresa Kolish
Aragely Rodriguez
Daniel Rodriguez
Enrique Rodriguez
Fabian Rodriguez
Audrey Thacher
Cal Thacher
Cass Thacher
Sam Thacher

◆◆◆ Folding Session Hosts Needed ◆◆◆

The DSE News needs folding session hosts for all of 2014, starting with the June issue. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

The newsletter cannot be mailed to members without people to prepare it for mailing (folding, sealing, affixing labels and stamps). If you are one of the many DSE members who get the printed and mailed edition of the newsletter and you haven't hosted a folding session, now is the time to step up and volunteer, especially if you live in San Francisco, as do most DSE members.

The host's responsibilities are to provide a place for DSE members to meet with a space for working to get the newsletters ready to mail, a space for the food and drink that participants will bring, and plates, glasses, napkins and flatware.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store. Chikara Omine, the DSE treasurer, will reimburse you for any folding session expenses, up to \$50 (but you will need to provide receipts). Newsletters, labels, stamps and tape will all be supplied by the editor and membership coordinator.

If you have never hosted a folding session, try coming to one to see what it is like. Usually the actual work part (folding and adding labels, tape and stamps) does not take a long time, and we have a party atmosphere both during the work and afterwards while we are enjoying the potluck food and the company.

If you are willing to host a session, please contact me at janecol@lmi.net (or 510-652-3116 if you don't use email).

12-WEEK SUMMER RACE SERIES AT LAKE MERCED



Come out and join DSE Runners again this summer for a 12-week series of races on Thursday evenings. You can't beat the price in this economy - \$1 entry fee!

Since we pay San Francisco Parks & Rec the entire \$1 entry fee towards permits, we will have a collection box at each race for post-race refreshments. Please pitch in whatever spare change you can manage to help fund our munchies. Or bring along a bag of chips or cookies to share.

When: Thursday evenings on the following dates: June 5, 12, 19, 26, July 3, 10, 17, 24, 31, August 7, 14, 21

Where: Lake Merced, Sunset Blvd. parking lot

Time: Timed race begins at 6:30pm. Course closes at 7:30pm. Walkers/non-timed runners begin between 6-6:15pm, so if you can't complete the run in 1 hour you must use this option.

Cost: \$1 per timed runner, regardless of age or club affiliation. **ABSOLUTELY NO COINS ACCEPTED!** Race day registration only – beginning at 5:45pm.

Course: paved 4.5 mile loop around the lake.

Awards: No weekly awards. Runners will accrue points over the 12-week series and awards will be presented to the Top 3 men/women in the following age divisions at the end of the series: 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69 and 70+. Runners must participate in a minimum of 6 races in order to be eligible for an award.

Note to DSE Members: participation in the summer evening race series will not count towards race participation points or regular age division points. However, volunteering at a summer evening race will count toward your volunteer requirement. Volunteers always welcome!
RACE DIRECTORS NEEDED!

BOSTON MARATHON 2014

Jane Colman

For many runners, the Boston Marathon is an annual ritual. These are the folks who run every marathon in a Boston qualifying time. But for those of us nearer the back of the pack, the Boston Marathon seems like an impossible dream, or at best a once-in-a-lifetime experience.

I didn't even consider trying to qualify for Boston until I turned 50, but then made my attempt in the middle of a heat wave, too focused on qualifying to realize that I should have taken it easy and tried again in a couple of months; instead I ran 13 miles at PR pace followed by a 13-mile death march that left me too physically and emotionally shattered to try again. I ran more marathons, but didn't try for a qualifier again for 16 years, when I made the mistake of running a fast course but one that started at over 5000 feet altitude. I wasn't aware of the problem during the race, just that, even though giving it all I had, I ran each half four minutes too slowly.

After that, I decided to wait until I could qualify as a 70-year-old, and last year I was lucky, choosing a relatively fast course, Grandma's in Duluth, and following a training plan that emphasized running quality over quantity. Marathon day weather was perfect, 50 degrees with heavy fog. My training had taught me to stay focused, so that I stayed on pace and managed to push through pain and soreness in the last miles, knowing by then that I would make my goal as long as I didn't have to walk. I finished with 3:25 to spare, and felt great as soon as I had walked around a little.

Even after receiving my acceptance in September, I found it hard to believe that I would actually be running the Boston Marathon. Even now, with t-shirt, jacket, medal, official time and memories, I still find it hard to believe.

Don and I went to Boston several days early to visit with old friends and relatives. I went to the Expo a couple of hours after it opened on Friday, thinking that it would be less crowded than on the weekend. Maybe it was, and the packet and t-shirt pickup were efficient and quick, but the Expo itself was a madhouse. I spent nearly half an hour in the maze-like line to pay for my official jacket, and then kept getting lost as I wandered among the crowds.

We took it easy over the weekend, resting up for the big day. Marathon morning we took the T from our bed and breakfast in Cambridge to the Boston Common, where I turned in my sweats and got on the bus to Hopkinton and Don settled in at a café to hang out until I finished. There was a huge crowd in Hopkinton, even though not all the buses had arrived. The porta-john lines were long but friendly, and there were tables with water, coffee and food, and runners everywhere, standing in line, sitting on the ground, heading wave by wave and corral by corral out of the Athlete's Village for the walk to the starting line. Even in the midst of the crowd, everything was very well organized and efficient, as the wheelchair and handcycle runners, then the elite women and then the nine corrals each of the four waves of runners all headed out in an orderly fashion.

And then our wave started! Back in the eighth of nine corrals, I reached the starting line in seven minutes and started running. It had been cold earlier in the morning, but at 11:00 AM it was pleasant and the first downhill miles were

fun. I didn't go out hard, but I didn't hold back either. It didn't take long, though, before I started feeling uncomfortably warm. I don't think it ever got as hot as 70 degrees, but it felt hot, and everyone was feeling it.

Many of the runners around me (even before the last wave of charity runners started to catch up) were running in memory, honor or support of friends, relatives, patients, or those who had been killed or maimed at last year's finish line bombing. The only DSE people I saw on the course were Theo Jones and Milinda Lommer, both of whom surged ahead and finished way ahead of me. I did have a pleasant conversation about our founder Walt Stack, with a man who had known Walt and his wife Marcie many years ago.

There were moments when I wasn't sure I'd be able to finish, if it hadn't been for the spirit of everyone around me, the cheering spectators on almost all of the course, and the excitement of the view ahead of nothing but colorfully dressed runners. Somewhere around 10 or 12 miles I got a second wind, probably because there was a bit of shade and/or breeze. It lasted for a few miles, and for the rest of the race I felt good and picked up a bit in shade or breeze and slowed down when I was in calm sunshine. I think the heat affected me more than the hills; although I walked through aid stations and once briefly while not feeling well, I didn't walk on any of the hills. By about mile 18 everything seemed to hurt, including the soles of my feet, which had never hurt before (I found out later that a number of runners had the same complaint, presumably because of heat coming up from the pavement). But I kept pushing on to the finish. Fortunately, my goal was to enjoy the experience rather than run a fast time, so I was reasonably happy to finish in 5:23:51. Like me, everyone I've talked to since slowed down drastically on the second half, more from the heat than from the hills.

And my feelings about the experience? It wasn't the first marathon I had run that had thousands of spectators along the course; I'd had that same experience in New York many years earlier. It was definitely one of the best organized marathon's I've run. But with the Boston Marathon mystique and all the expectations I'd built up over the years, the reality

had to be a slight letdown, especially since the course was tougher than I had expected. Nevertheless, it was right up there with New York, Grandma's (because I qualified) and Comrades as one of my most exciting marathon experiences.



◆◆◆ 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 May 4 NO DSE RUN

Follow our DSE teams as they run the Golden Gate Relay — www.therelay.com

Sun May 11* Mother's Day Marina Green 5K

START/FINISH: East Beach, Crissy Field

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

COURSE DESCRIPTION: Run east along Crissy Field/GG Promenade, right along diagonal dirt path and left onto Marina Blvd. Run eastbound on Marina Blvd and complete Marina Green rectangle (left at Webster Street parcourse, left onto Marina Green Drive, left on Scott Street and right onto Marina Blvd. Return same way to start. Run west along Crissy Field/GG Promenade; turn around at fourth sandy beach access (beyond west end of marsh) and return same way back to East Beach finish.

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

Sun May 18 NO DSE RUN

Join DSE at Bay to Breakers Drawbridge (First & Howard Streets) — www.baytobreakers.com

Sun May 25 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.

Sat May 31 San Pedro Valley Park Trail Runs: 10K/2M

START/FINISH: San Pedro Park, 600 Oddstad Blvd, Pacifica, CA: North Walnut Picnic area.

Parking is \$6 inside the park or street parking nearby.

FEES: Members and non-members ages 11 - 17: one race: \$5, two Races: \$8.

Non-members ages 18 and over: one race: \$7, two races: \$10.

STARTING TIME: 2M Race at 8:30 AM; 10K Race at 9:00AM

If you are running both races, you must finish the two-mile race prior to the 9 AM start of the 10K race.

COURSE DESCRIPTIONS: The 2M course is out and back on Weiler Ranch Trail. The 10K course is a loop including Valley View, Weiler Ranch and Hazelnut Trails. View trail maps at <https://parks.smcgov.org/san-pedro-valley-park>.

Sun Jun 8 Twin Peaks Loop 4M

START/FINISH: Galewood & Clarendon Avenue, near reservoir.

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

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

◆◆◆ 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: Last week in May, date TBA

TIME: 7:00 PM

HOST: To Be Arranged

Since no one has yet volunteered to host the next folding session, it cannot be listed here. Once it has been arranged, I will post it online; those without online access can contact me for information.

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

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.

Weather ♦♦♦ ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner

The first week of May will see much cooler temperatures with increasing fog and low clouds and near-normal highs and lows. The weather will remain unseasonably cool the second week of May with some light rain possible around May 8 and 12.

Then it will be dry and warmer with near-normal temperatures and the usual night and morning low clouds and fog. The hottest weather of the month is likely around the last week of May with little or no fog, mild to warm weather at the coast and very warm to hot inland for the Memorial Day weekend.

♦♦♦ Club Officers & Coordinators ♦♦♦



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RETURN SERVICE REQUESTED



Happy Birthday!

MAY

1 Jamie Martyn
2 Carol Pechler
Phineas Wehrheim
3 Ian Macnider
Don Watson
4 Craig Welch
5 Bruce Leary
William Stephens
6 Matt Geis
Daniel Pagano
7 Girlie Morrison
Jacob Warman
8 Oscia Wilson
9 Alice Dingwall
Carolyn Dingwall
Richard Finley
Maggie Haack
10 Ernesto Granillo
11 Danni Baird

13 Tracy Hathaway
Michael Hope
14 Rebecca O'Kusky
15 Mary Jean Pramik
16 Masahito Kawabori
Marley Miyagishima
Jackson Polverari
17 Daniel Escobar
Elaine Mah
Vicky Santos
18 Soyeun Choi
Ryoko Kawabori
Steve Snyder
19 Miguel Madronal
Jane Stephens
20 Michael Gee
21 Marcus Johnson
William Woolf

22 Jennifer Lee
23 Pedro Alvarez
Michele Sims
24 Steve Nissenson
Jose Ruiz
25 Letty Garbisch
26 Gayle Allen
27 David Guerrero-Pantoja
Jeff Kramer
Eric Pollack
28 Georgia Miles
28 Olivia Miles
Maria Saguisag-Sid
Ceis Wildin
29 Sarah Monje
Ben Osipow
30 Monique Hosein
31 Glynn Evans