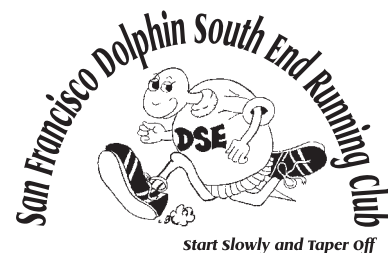


DSE NEWS



49th Year

June 2014

SUMMER RACE SERIES STARTS THIS MONTH

Janet Nissenson

The Lake Merced Summer Evening Race Series begins on Thursday, June 5 and continues on through Thursday, August 21. Registration is race day only, costs \$1, and opens at 5:45 PM. Races begin at 6:30 PM. Races are timed and results posted on the DSE website, usually within 48 hours. Runners will earn age division points (completely separate from the Sunday races and also open to non-club members). Runners must compete in a minimum of six races in order to be eligible for an award at the conclusion of the series.

Please observe the following guidelines in regards to the summer series:

- Registration does not open until 5:45 PM. If you arrive earlier than that, please give us sufficient time to set up before trying to sign in.
- We start promptly at 6:30pm. If you're late we don't wait for you to start the race. After 6:35 PM we do not accept any additional registrations. You can still self-time but you won't be issued a bib number or timed.
- Absolutely no coins accepted. We deposit race receipts via ATM which does not accept coins, so we unfortunately cannot take them. Also, small bills are always appreciated so please refrain when possible from using bills larger than \$10.
- We applaud recycling, so please feel free to reuse both your bib number AND your safety pins for the duration of the series.
- We have a strict one-hour time limit to complete the course (13:20 pace). At that time we shut off the timer and break down the finish line. If you can't complete the course within the allotted time, you need to self-time and begin prior to 6:30 PM.
- Since the entire \$1 entry fee must be paid to SF Parks for permit fees, we rely on contributions from the runners to pay for post-race snacks. You are also encouraged to bring cookies, chips, fruit, etc. to share with other runners.

We need volunteers every week, especially to help with timing. Also, we appreciate any assistance in putting away equipment after the race.

Last, we need a race director for the July 3 race. If we don't have an RD signed up by the first week of June for this date, then the July 3 race will be cancelled and the series will only go for eleven weeks.

We look forward to seeing you out at the lake this summer!

From the President's Desk

GEORGE SACCO

TIME TO START PLANNING FOR 2015

June is the halfway point for 2014, time to start planning for the 2015 Race Schedule, Volunteer Appreciation Picnic and the Gala. Please, step forward and be part of these committees. The club can only remain strong if we all pull together.

VOLUNTEERS FOR 2014 DOUBLE DIPSEA

I know this is a repeat request for volunteers for the Double Dipsea. Brazen Racing is directing the race. However, the DSE logo is still present. That's why I am quoting Janet Nissenson, from her article in the May newsletter, "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." Keep DSE a part of this race by going to <http://www.brazenracing.com/doubledipsearegistration.html> and signing up to volunteer. We need your support.

SUMMARY OF BOARD MEETING – MAY 11, 2014

This is a summary of the salient points covered at the Board Meeting held on May 11.

Updating Pre-Race Announcement:

We are updating the pre-race announcements to include, "Per RRCA guidelines, running with headphones, dogs or strollers is strongly discouraged. If you choose to run with these items, you do so

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at your own risk."

Race Director Changes: To clarify the race director changes, Jim Kauffold will write an article for the newsletter and for insertion in the website. [Editor's note: See page 5.]

Changes to Folding Sessions: This topic was tabled for a General Meeting, which is planned for July or August.

EMS update: Brian has completed an EMS procedural guide for race directors. George will reformat the guide for Brian's review. The CPR/first aid scheduling is moving forward. We plan to have our first CPR/first Aid training sessions in the next few months.

New Volunteer Point System to take effect January 1, 2015: The new volunteer point system will be described in the October/December newsletter.

Posting of Volunteer Requirements for Gala: An article on the volunteer requirements for Gala awards will be written for the newsletter. This is to encourage more members to understand and meet the volunteer requirements.

Race Schedule Committee: We need to start looking for a new Race Schedule Committee Chair. Janet has done a great job, but we can't expect her to do this job forever. George asked the Board members to be part of the committee.

CLASSIC STU-PEDS by Stu Ruth



We encourage all club members to also be part of this important endeavor. Without a race schedule the club has no meaning to exist.

UPCOMING RACES

The **Summer Evening Race Series** starts on **June 5**. The race series is a 4.5-mile loop starting and finishing at the Sunset Blvd parking lot at Lake Merced. It will continue every Thursday evening through August 21. The cost is only \$1.00. How can you beat that?

On **June 8**, we will run the **Twin Peaks 4M**. If you like hills, this run for you. It starts and finishes near the reservoir at Galewood and Clarendon Avenues.

June 15 is the **Father's Day Rainbow Falls Day 5K**. We had our Mother's Day 5K at the Marina, so why not celebrate Father's Day with a 5K in Golden Gate Park?

The **Double Dipsea** is on **June 21**. Don't forget that this is a Saturday. The DSE is still part of this run and we need your help if you are not running.

On **June 29**, the **Bay Trail 4M** is in DSE Runners-friendly South San Francisco. The parking is great. The restrooms are right near registration. And it is a relatively flat and fast course.

I hope that June will be busting out all over (those of you who are old enough will remember that song).

CHANGE IN POLICY FOR VENDORS AT RACES

1. Vendors may provide products to be included with other race day refreshments.
2. The DSE does not sanction the presence of vendors at DSE races.

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 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



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.

May 11, 2014

Mother's Day Marina Green 5K

Race Director: Kitzzy Aviles

Volunteers: George Sacco, Jimmy Yu, Vince French, Calvin Chan, Laurie Quinlan, Don Nutthaus, Jason Buckner, Shahid Hussain, Phyllis Nabhan, Ken Allen, Bobby Marty, Mort Weisberg, Noriko Bazeley



Race Director Kitzzy Aviles

© 2014 Paul Mosel

347 participants: 310 racers (146 men, 164 women), 14 self-timers, 23 kids



Pre--race socializing

© 2014 Paul Mosel



Comparing colorful shoes

© 2014 Paul Mosel

May 25, 2014

Kennedy Drive 8K

Race Director: Richard Nishiki-Finley

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Liese Rapozo, Wally Rapozo, Vince French, Dana Farkas, Dee Farkas, Bobby Marty, Phyllis Nabhan, Mark Prichard, Diana Garcia Prichard



**Race Director Richard Nishiki-Finley
with Diane Nishiki**

© 2014 Paul Mosel

141 participants: 125 racers (78 men, 47 women), 16 self-timers,



**Paul Mosel, Phyllis Nabhan
and Geores Buttner**

© 2014 Paul Mosel

◆◆◆ Volunteers

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:

| | |
|---------|------------------------------------------------|
| June 8 | Twin Peaks 4M |
| June 15 | Father's Day Rainbow 5K |
| June 29 | Bay Trail 4M |
| July 6 | Golden Gate Park 10K |
| July 13 | Six-Hour Distance Classic & Crissy Field 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.

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

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

LMJS 4th Sunday Runs, Oakland, April 27

5K

| | | | | | |
|---|---------------|----|---|--------|-------|
| 6 | Tim McMenomey | 53 | 1 | M50-59 | 19:33 |
|---|---------------|----|---|--------|-------|

Capitol City Classic 10M, Sacramento, April 27

| | | | | | |
|---|------------|----|---|--------|---------|
| 8 | Jared Chan | 13 | 1 | M 1-15 | 1:07:48 |
|---|------------|----|---|--------|---------|

Miwok 100K, Stinson Beach, May 3

| | | | | | |
|-----|----------------|----|--|--|----------|
| 233 | Jerry Flanagan | 48 | | | 14:33:39 |
| 299 | Jim Ruppert | 51 | | | 15:24:23 |

Pacific TherX 5K 4Play, Portola Valley, Mary 10

| | | | | | |
|-----|-----------------|--|----|---------|-------|
| 20 | Sloane Cook | | 15 | M20-29 | 16:23 |
| 69 | Kenley Gaffke | | 10 | M30-39 | 18:09 |
| 125 | Louise Stephens | | 8 | F 40-49 | 20:14 |
| 141 | Riya Suising | | 12 | F 40-49 | 20:55 |
| 161 | Mark Prichard | | 32 | M50-59 | 22:35 |
| 183 | Maggie Fillmore | | 4 | F 60-69 | 25:10 |
| 202 | Jane Stephens | | 2 | F 14-19 | 29:02 |
| 218 | Jane Colman | | 3 | F 70-79 | 35:23 |
| 225 | Barbara Robben | | 1 | F80-120 | 38:56 |

Quicksilver 100K/50K, San Jose, May 10

| | | | | | |
|----|----------------|----|----|--------|----------|
| 1 | Chikara Omine | 31 | 1 | M30-39 | 9:51:52 |
| 10 | Nakia Baird | 39 | 6 | M30-39 | 11:59:45 |
| 48 | Jerry Flanagan | 48 | 16 | M40-49 | 15:06:18 |

50K

| | | | | | |
|-----|-------------|----|----|---------|----------|
| 115 | Tony Nguyen | 40 | 19 | M40-49 | 8:36:11 |
| 121 | Danni Baird | 30 | 16 | F 30-39 | 10:06:10 |

Silver State 50M/50K, Reno, May 17

| | | | | | |
|----|-----------|----|---|---------|---------|
| 44 | Diann Leo | 27 | 4 | F 20-29 | 7:21:32 |
|----|-----------|----|---|---------|---------|

50M

| | | | | | |
|---|---------------|----|---|--------|---------|
| 9 | Chikara Omine | 31 | 4 | M30-39 | 8:59:10 |
|---|---------------|----|---|--------|---------|

Bay to Breakers, May 18

Note: I accumulated these results over several days, and place numbers may have changed.

| | | | | | |
|------|-----------------|--|-----|---------|-------|
| 160 | William Wheeler | | 11 | M40-44 | 46:05 |
| 192 | Jack Collins | | 6 | M45-49 | 47:03 |
| 204 | David Ly | | 10 | M54-49 | 47:24 |
| 260 | Vincent Gulli | | | | 48:36 |
| 266 | David Moulton | | 13 | M45-49 | 48:42 |
| 290 | Ken Allen | | 14 | M45-49 | 49:22 |
| 406 | William Misener | | 10 | M16-19 | 51:08 |
| 446 | David Wilson | | 31 | M45-49 | 51:41 |
| 582 | Brandon Heiken | | 52 | M35-39 | 52:52 |
| 737 | Jeff Bergin | | | | 54:29 |
| 770 | Michael Gulli | | 33 | M50-54 | 54:41 |
| 964 | Erika Kikuchi | | 11 | F 35-39 | 56:21 |
| 971 | Sandor Mandoki | | 207 | M25-29 | 56:25 |
| 983 | Hans Schmid | | 1 | M70-74 | 46:30 |
| 1034 | Tony Riley | | 71 | M45-49 | 56:54 |

| | | | | |
|-------|---------------------|------|---------|---------|
| 1097 | Oscar Osorio | 112 | M35-39 | 57:25 |
| 1333 | Alan Fullerton | 268 | M25-29 | 58:59 |
| 1362 | Andrew Macnider | 276 | M25-29 | 59:08 |
| 1364 | Ian Macnider | 277 | M25-29 | 59:09 |
| 1398 | Mark Prichard | 26 | M55-59 | 59:18 |
| 1545 | Theresa Kolish | | | 1:00:12 |
| 1708 | Jim Mlsener | 80 | M50-54 | 1:01:08 |
| 1838 | Kenneth Fong | 84 | M50-54 | 1:01:56 |
| 1952 | Lidia Deleon | 34 | F 35-39 | 1:02:37 |
| 2188 | Amber Wipfler | 91 | F 30-34 | 1:03:37 |
| 2462 | Wayne Plymale | 24 | M60-64 | 1:04:46 |
| 2976 | Shahid Hussain | 453 | M30-34 | 1:06:49 |
| 3468 | Richard Nippes | 13 | M65-69 | 1:08:34 |
| 3547 | Mitchell Sollod | 1 | M75-79 | 1:08:48 |
| 3673 | Ken Weller | 15 | M65-59 | 1:09:17 |
| 3682 | Samuel Roake | 2 | M75-79 | 1:09:19 |
| 3768 | Monica Vasquez | 78 | F 40-44 | 1:09:37 |
| 3817 | Christina Knudson | 218 | F 25-29 | 1:09:47 |
| 3870 | Mathieu Cognac | 582 | M25-29 | 1:10:02 |
| 4322 | Masataka Negishi | 54 | M60-64 | 1:11:27 |
| 4392 | David Humphreys | 220 | M50-54 | 1:11:38 |
| 4646 | John Stenson | 316 | M45-49 | 1:12:18 |
| 4674 | Cara Hanson | 155 | F 35-39 | 1:12:21 |
| 4798 | Graham Napier | 247 | M50-54 | 1:12:44 |
| 5065 | Jack Major | 7 | M70-74 | 1:13:33 |
| 5160 | Mark Kelley | 176 | M55-59 | 1:13:52 |
| 5253 | Oscia Wilson | 355 | F 35-39 | 1:14:09 |
| 5836 | John Herbert | 35 | M65-59 | 1:15:39 |
| 6090 | Suzana Seban | 14 | F 60-64 | 1:16:18 |
| 6536 | Yong Haber | 51 | F 55-59 | 1:17:32 |
| 6570 | Erica Lee Elford | 259 | F 35-39 | 1:17:40 |
| 6595 | Joseph Connelly | 333 | M50-54 | 1:17:43 |
| 6950 | Kathleen Brennan | 531 | F 30-34 | 1:18:34 |
| 6963 | Johnny Chow | 346 | M50-54 | 1:18:36 |
| 7780 | Pius Kamber | 120 | M60-64 | 1:20:33 |
| 7819 | Martha Arnaud | 238 | F 40-44 | 1:20:41 |
| 8026 | Marian Lyons | 4 | F 65-69 | 1:21:06 |
| 8479 | Katie Schenkkan | 727 | F 25-29 | 1:22:12 |
| 9254 | Carol Pechler | 2 | F 70-74 | 1:24:09 |
| 9761 | Jennifer Lee | 833 | F 30-34 | 1:25:26 |
| 10683 | Laura Froelich | 312 | F 45-49 | 1:28:03 |
| 10927 | Salena Copeland | 572 | F 35-39 | 1:28:40 |
| 11415 | Sue Warnke | 603 | F 35-39 | 1:29:51 |
| 12176 | Natalie Brueggemann | 1110 | F 30-34 | 1:32:04 |
| 12250 | Michael Rouan | 566 | M50-54 | 1:32:12 |
| 12420 | Mike Hung | 210 | M60-64 | 1:32:45 |
| 12431 | Jennifer Chow | 1180 | F 25-29 | 1:32:47 |
| 12709 | Clare Senchyna | 153 | F 55-59 | 1:33:41 |
| 13449 | Jann Montenegro | 1291 | M25-29 | 1:36:02 |
| 13451 | Daniela Go | 1316 | F 25-29 | 1:36:03 |
| 14508 | Dave Picariello | 257 | M60-64 | 1:39:49 |
| 14539 | Kevin Lee | | | 1:39:58 |
| 14642 | Brierly Reybine | 8 | F 70-74 | 1:40:20 |
| 14730 | Peter Emanuel | 173 | M16-19 | 1:40:39 |
| 14766 | Maria Wamsley | 393 | F 50-54 | 1:40:47 |
| 14767 | Dave Emanuel | 655 | M50-54 | 1:40:48 |
| 14769 | Thomas Emanuel | 169 | M12-15 | 1:40:48 |
| 15542 | John Blankenship | 159 | M65-69 | 1:44:05 |
| 17403 | Diane Okubo-Fong | 512 | F 50-54 | 1:53:16 |
| 17518 | Mary Jean Pramik | 43 | F 65-59 | 1:53:59 |

2014 RACE DIRECTOR POLICY FOR WEEKEND DSE RUNS

Jim Kauffold

As we approach the summer racing season we are thanking all of the DSE members who have managed the DSE runs as race directors and volunteers this year.

The board has clarified the procedures and incentives for Race Directors, which are documented as follows:

First and foremost a race director (RD) must be a current member (dues paid) of the club. This requirement is for insurance purposes.

The RD will receive twelve age division points for each race directed for a maximum of three races directed in a calendar year. The third race for age division points must be after July first in the year. A person may be a RD for more than three times in a year subject to the approval of the RD coordinator.

An RD is entitled to a cotton DSE t-shirt or two DSE race entries after directing the first race in any year.

An RD who has directed two or more races is entitled to a hi-tech DSE t-shirt or five DSE race entries after directing another DSE race after July first of the year. The race entries may be given away.

If you have directed a race this year and didn't receive your shirt or entries, see Calvin Chan.

If the RD brings refreshments for the runners, the RD will be compensated for expenses (usually up to \$65) with a limit based on the expected number of runners for the race. A nRD may delegate the task of bringing and preparing refreshments for the race to a DSE member and that person will be compensated. Other members may bring and prepare snacks for the runners (without reimbursement) but should advise the RD. The type of refreshment is up to the discretion of the person bringing the refreshments.

Please note that a Race Director Checklist for your use is available on the DSE website by selecting Volunteers, Race Directors. Your directing and volunteering are appreciated.

| | | | |
|---------------------------|------|---------|---------|
| 17751 Michael Gama | 561 | M55-59 | 1:55:14 |
| 17888 Gladys Sanders | 530 | F 50-54 | 1:56:07 |
| 18027 Jesse Agbayani | 350 | M60-64 | 1:57:05 |
| 18505 Kelly Daikoku | 558 | F 50-54 | 1:59:57 |
| 18671 Bill Boehner | 367 | M60-64 | 2:01:14 |
| 19324 James Golden | 383 | M60-64 | 2:06:00 |
| 19325 Cheri Hadley | 183 | F 60-64 | 2:06:00 |
| 19692 Seth Ducey | 1129 | M40-44 | 2:08:37 |
| 20847 Ann Agbayani | 670 | F 50-54 | 2:17:25 |
| 20975 Elizabeth Valdellon | 457 | F 55-59 | 2:18:25 |
| 20863 Roxanna Pezzy | 453 | F55-59 | 2:17:27 |
| 22254 Roxie Miles | 239 | F 12-15 | 2:30:16 |
| 22256 Christine Miles | 761 | F 50-54 | 2:30:17 |
| 23221 Scott Benbow | 888 | M50-54 | 2:38:40 |
| 23724 Harry Cordellos | 52 | M75-59 | 2:43:04 |
| 24571 Hidenori Utsugi | 1092 | M45-49 | 2:50:27 |
| 25792 Athena Papadakos | 1235 | F 45-49 | 3:03:48 |
| 26826 Hideaki Kawabori | 384 | M12-14 | 3:18:04 |
| 26831 Ryoko Kawabori | 2095 | M30-34 | 3:18:08 |
| 26832 Masahito Kawabori | 1562 | M35-39 | 3:18:09 |
| 27579 Ryiah Nevo | 1612 | F 40-44 | 3:34:52 |

Tilden Tough Ten, Berkeley, May 18

| | | | |
|---------------------|----|--|---------|
| 20 Peter Hsia | 53 | | 1:08:48 |
| 23 Jason Reed | 35 | | 1:09:48 |
| 176 Maggie Fillmore | 64 | | 1:36:31 |
| 178 Mark Huffman | 57 | | 1:36:53 |
| 198 David Klintobe | 53 | | 1:42:40 |
| 227 Geores Buttner | 77 | | 2:00:17 |

Ohlone Wilderness 50K, Fremont, May 18

| | | | |
|-------------------|----|--|---------|
| 85 Noriko Bazeley | 55 | | 7:05:24 |
|-------------------|----|--|---------|

Horseshow Lake Trail Runs, Palo Alto, May 18 **Marathon**

| | | | | |
|-------------------|----|---|---------|---------|
| 17 Gregg Whitnah | 63 | 1 | M60-69 | 5:45:28 |
| 29 Margie Whitnah | 65 | 1 | F 60-69 | 8:57:50 |

50K

| | | | | |
|--------------|----|---|--------|---------|
| 3 J.R. Mintz | 47 | 2 | M40-49 | 5:14:24 |
|--------------|----|---|--------|---------|

Portland Rock 'n' Roll Half Marathon, May 18

| | | | | |
|----------------|----|---|--------|---------|
| 146 Jared Chan | 13 | 1 | M12-14 | 1:32:37 |
|----------------|----|---|--------|---------|

Danville 10K Run, May 24

| | | | | |
|---------------|--|---|--------|---------|
| Brian Hartley | | 2 | M60-69 | 1:08:59 |
|---------------|--|---|--------|---------|

Marin Memorial Day Races, Kentfield, May 26

10K

| | | | | |
|-------------------------|----|----|---------|-------|
| 52 Sloane Cook | 24 | 26 | M19-29 | 34:46 |
| 71 Chikara Omine | 31 | 14 | M30-34 | 35:24 |
| 90 Cliff Lentz | 49 | 5 | M45-49 | 35:58 |
| 104 William Wheeler | 44 | 16 | M40-44 | 36:44 |
| 138 Jason Reed | 35 | 11 | M35-39 | 38:22 |
| 139 Peter Hsia | 53 | 11 | M50-54 | 38:26 |
| 156 Steven Pitsenbarger | 46 | 15 | M45-48 | 39:06 |
| 160 David Ly | 45 | 16 | M45-49 | 39:19 |
| 213 Jared Chan | 13 | 5 | M13-18 | 41:31 |
| 225 Louise Stephens | 48 | 4 | F 45-49 | 42:16 |
| 227 Riya Susing | 45 | 5 | F 45-49 | 42:24 |
| 251 Hans Schmid | 74 | 1 | M70-74 | 44:09 |
| 281 Fiona McCusker | 49 | 10 | F 45-49 | 46:16 |
| 300 Akemi Iizuka | 50 | 7 | F 50-54 | 47:34 |
| 307 Noriko Bazeley | 55 | 4 | F 55-59 | 47:54 |
| 330 George Durgerian | 47 | 26 | M45-49 | 49:21 |

THE FIRST DOUBLE DIPSEA ENTRY FORM, 1970

with thanks to Barbara Robben

FIRST ANNUAL DOUBLE DIPSEA HANDICAP RACE

Sponsored By: San Francisco, Dolphin, South-End Club Runners (SF DSE)
Co-Sponsors: National Trophy Company, 2233 Market Street, San Francisco 861-6616
Olympic Sporting Goods, 2241 Market Street, San Francisco 552-1675
Sanctioned By: Pacific Association of the Amateur Athletic Union

Date: Sunday, September 13, 1970. Starting time 10:00 a.m. sharp
from Greyhound Bus Depot, Mill Valley. Check-in 8:00 To 9:30

Distance & Course: 13.4 miles of steep hills & rough trails. The race will be run over the regular
Dipsea course from Mill Valley to Stinson Beach and return via the same.
Time limit - 4 hours

Rules: All contestants must be registered with the AAU and have a current AAU card.
Cards may be obtained from the AAU Office, 942 Market Street, Suite 601,
San Francisco, California, c/o Peter O. Mattei. All runners must be in good
physical condition and have certification that they have trained for this event
and a medical certificate dated within 120 days of this race.

Entry Fee: \$2.00 per contestant. Entries must be postmarked not later than
September 6, 1970. No post entries.

Handicaps: 25 Min. - 12 years old & under, 58 years young & over, all female entries
20 Min. - 50 to 57 12 Min. - 40 to 44
15 Min. - 45 to 49 Scratch - All Others

Trophies: 1st, 2nd & 3rd place trophies for: Actual fastest time, age 40 to 49 (handicap),
females, and teams (5 members qualify as a team).
1st place trophies for: (handicap) age 50 to 57, 58 & over, and 12 & under.
Trophy to the oldest finisher under 4 hours.
Trophy to the youngest finisher under 4 hours.
Special Dipsea patches to the first 125 finishers and ribbons to all runners
thereafter. Late entries will not qualify for a patch.
Special award to the first finisher under 4 hours that weighs 200 pounds or more.

WAIVER - OFFICIAL ENTRY FORM

In consideration of my entry, I, intending to be legally bound, do hereby, for myself, my heirs,
executors and administrators waive, release and forever discharge any and all rights and claims
which I may have or which may hereafter accrue to me against the sponsors, the Pacific Association
of the AAU, the officials, and/or the Amateur Athletic Union of the AAU, the officials
and/or while traveling to and from the event and participation, or its or their respective officers,
agents, representatives, successors and/or assigns, for any and all injuries suffered by me at
this event.

DATE _____ SIGNED _____
Participant Parent or Guardian
NAME _____ AAU Reg. No. _____
ADDRESS _____ Birthdate _____ Age _____
Representing (Club/School) _____
MAIL ENTRIES TO: Walter Stack, 321 Collingwood Street, San Francisco, California

2014 DOUBLE DIPSEA RACE AND VOLUNTEERING

Janet Nissenson

This year's Double Dipsea race is being held on Saturday, June 21. We still need many volunteers to help with this event, even though it is now under the management of Brazen Racing. DSE continues to work very closely with Brazen to ensure that this great race continues its fine tradition of providing a safe and enjoyable running experience to its participants. DSE is receiving compensation from Brazen for each volunteer we provide, so please continue to support the race by volunteering and helping the club out.

Many DSE members have relied heavily on Double Dipsea in past years to fulfill their volunteer requirement for the year. This is still your best option, as working a full shift at the race will give you enough hours to qualify for year-end awards like age division points and Mongo trophies. And since the vast majority of our other weekly races this year already have race directors signed up, it will be difficult for many members to get their volunteer hours in otherwise.

All Double Dipsea volunteers receive a race T-shirt (your choice of cotton or tech fabric in a variety of sizes), are invited to the post-race volunteer picnic at Stinson Beach, and will also be invited to the DSE volunteer picnic in August.

Volunteer sign-ups are being handled through Active.com this year, which is a far more efficient way of managing this task, and virtually the same sort of procedure one would use to sign up online for a race. The link to register as a volunteer is <https://endurancecui.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. Thanking you in advance for volunteering and your continued efforts to support this great race!

| | | | | | |
|-----------|-----------------|----|----|---------|---------|
| 366 | Wayne Plymale | 62 | 12 | M60-64 | 51:52 |
| 388 | Maggie Fillmore | 64 | 7 | F 60-64 | 52:50 |
| 401 | Megan Nguyen | 46 | 15 | F 45-49 | 53:57 |
| 404 | Amy Sonstein | 44 | 13 | F 40-44 | 54:21 |
| 411 | Diann Leo | 27 | 25 | F 19-29 | 55:05 |
| 415 | Denise Leo | 38 | 21 | F 35-39 | 56:25 |
| 416 | Jane Stephens | 19 | 26 | F 19-29 | 56:32 |
| 470 | Gary Aguiar | 59 | 32 | M55-59 | 1:10:57 |
| 473 | Jane Colman | 70 | 3 | F 70-74 | 1:12:24 |
| 474 | Barbara Robben | 80 | 1 | F80-120 | 1:13:09 |
| 5K | | | | | |
| 41 | Mark Huffman | 56 | 6 | M50-59 | 23:28 |
| 86 | Lisa Griffin | 49 | 5 | F 40-49 | 27:05 |
| 118 | Keith Johnson | 76 | 2 | M70-79 | 28:49 |
| 123 | Dana Farkas | 55 | 8 | F 50-59 | 29:06 |
| 137 | Geores Buttner | 77 | 3 | M70-79 | 29:51 |
| 146 | Grace Shohet | 55 | 10 | F 50-59 | 30:29 |
| 188 | Marcus Johnson | 21 | 4 | M19-29 | 34:11 |
| 198 | Cammie Dingwall | 51 | 15 | F 50-59 | 35:46 |
| 221 | Marcia Martin | 61 | 4 | F 60-69 | 38:18 |
| 232 | Dennis Hassler | 80 | 1 | M80-120 | 39:24 |
| 255 | Dee Farkas | 86 | 1 | F80-120 | 54:59 |



DSE members Jeanie Jones, Jane Colman, Wally Rapozo, Marsi Hidekawa, Caron Anderson and Bobby Marty help Don Watson celebrate his 85th birthday at the May newsletter folding session at Sports Basement

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New Members

LAGUNITAS

NEAL ALLEN

MENLO PARK

Kevin Lane

PACIFICA

Aaron McCoy

Phil Treichel

Sheryl Treichel

Tyler Treichel

PETALUMA

Carla Willey

REDWOOD CITY

Gina Moore

SAN FRANCISCO

Bridgit Bewley

Anthony Katz

Katie Schenckan

Danielle Sly

Eleanor Sly

Henry Sly

Paul Sly

Tom Sly

Meghan Sullivan

Julie Yee

Jerry Wong

Jason Wong

Jonas Wong

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for all of 2014, starting with the August 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).

THE RELAY 2014

Diann Leo (with text/insight from Janet Nissenson, Riya Suising, and Ken Fong)

On May 3-4, DSE sent four 12-person teams to the 2014 Golden Gate Relay. The Relay encompasses 191 miles from Calistoga to Davenport, cycling through the 12-person rotation thrice. Here are the highlights from this year's adventure:

Open Racing – 2nd place, 18:36:36 - Captains Kenley Gaffke and Chikara Omine - With two members coming fresh from the Los Angeles Speed Project, the Racing Team showed they were inspired to “find your fast.” Yet even with the fastest time on record for any DSE team, the DSE Racing finished second behind a faster Google 1 team. DSE Racing's overall actual finish time (average 5:50 pace!) was three and a half minutes quicker than their projected time.



Walt Stack's Dirty Old Men (aka Masters Racing) – 5th place, 21:16:14 – Captain Peter Hsia - With nearly half the team in their 50s, this team had several new team members and were assigned to the final start wave at 3 PM along with the Open Racing Team. The Masters finished more than an hour faster than the team in sixth place overall and won the Men's Masters Division by more than three hours. Their super fast finish (average 6:40 pace!) gave DSE two teams in the top five overall out of 190 teams total.



Killer B's Masters - 43rd place, 26:28:28 – Captain Ken Fong - Both Killer B's Open and Masters teams started together in the 11:30 AM start wave. Pre-race projections had them running almost neck and neck for the majority of the race, and finishing within ten minutes of each other. In the end, due to some injuries and illnesses on the B's Open team, the B's Masters teams ended up finishing more than an hour ahead of their younger counterparts.

Killer B's Open - 70th place, 27:39:05 – Captains Joana Mendoza and Riya Suising: Van 1 had a very strong first six runners, keeping van 2's resting breaks to a minimum. Van 2, with four first-time Relay runners, decided The Relay isn't just about running, but documenting the adventure, posing for selfies, and having fun. With the tone set for fun, the Killer B's Open Team likely set the social media record of any previous DSE team, taking over 1500 photos from the Van 2 perspective alone.



Tandem to the running itself, the runners were assisted by the people organizing, crewing, driving or volunteering at an exchange. Very special thanks to the following for helping out through some or all hours of the day and night:

Overall DSE Captain: Janet Nissenson

Drivers: Erin Wagner, Steve Nissenson, Vince French, Diane Okubo-Fong, Bill Hamilton, Denise Leo, Angie Moehring

Volunteers: Diann Leo, Tehani Thompson, Mikiko Bazeley, Roger Bazeley, Seth Ducey, Patricia Barauna, Julius Ng, Mark Magers

Crew: Lea De Vylder, Janet Nissenson

In spite of the inevitable exhaustion, dehydration and injury, DSE's participation in The Relay continues to prove a great display of camaraderie for the club. Each participant, whether running, volunteering, crewing or driving, has a unique individual and team experience. All four DSE teams placed in the top 70 of 190 teams. Thank you again to DSE for sending the teams to “California's longest party!”

◆◆◆ 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

Thursday June 5 Summer Evening Race Series Begins at Lake Merced

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$1 (no coins please). Race day registration only.

1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start before 6:30 PM. Finish line closes at 7:30 PM.

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.

Sun Jun 15 Father's Day 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

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**

Sat Jun 21 Double Dipsea Handicap Race 13.7M

START/FINISH: Stinson Beach parking lot

For registration information please visit www.brazenracing.com

COURSE DESCRIPTION: Out and back course follows Dipsea Trail over Mt. Tamalpais.

Sun Jun 29 Bay Trail 4M

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

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

COURSE DESCRIPTION: Run southbound on paved Bay Trail towards Genentech headquarters. Turn around at the 2 mile mark, a short way past the second bridge, and return same way to finish.

Sun Jul 6 Golden Gate Park 10K

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

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

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

◆◆◆ 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.surbanrun.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: Tuesday, July 2, 2014

TIME: **6:30 PM**

HOST: Amy Sonstein

Presidio Sports Basement

610 Old Mason Steet

San Francisco

415--563-5316 (home)

415-254-7480 (cell)

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. *Note that we are starting earlier than usual, so that we will have time to shop before Sports Basement closes at 9 PM.*

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.

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

Unremarkable weather is expected in June, with two brief warm-to-hot spells. The first will be at the end of the first week in June, with San Francisco getting into the 80s and the fog staying far offshore. The other will be in the middle of the last week in June. The Dipsea will be mostly sunny with temperatures in the 60s. It will probably be warmer for the Double Dipsea. In between, we'll have dry weather and seasonable temperatures with the usual amount of night and morning low clouds and coastal fog.



♦♦♦ Club Officers & Coordinators ♦♦♦



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Walt Stack

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Daryl Luppino 650-757-5247

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Pat Geramoni

Janet Nissenson

Kenneth Fong

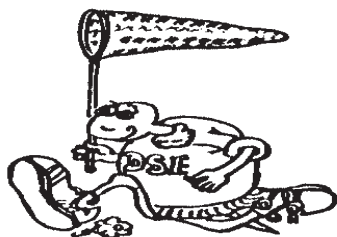
DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



Happy Birthday!

JUNE

| | |
|---|-----------------------|
| 1 | Nicole Agbayani |
| 2 | Laura Escobar |
| | Masataka Negishi |
| 3 | Laurence Cheng |
| | Sheryl Treichel |
| 4 | Daz Lamparas |
| 5 | Ryan Baird |
| | Adrian Escobar |
| | Mike Escobar |
| | Michaelyn Miyagishima |
| | Rebecca Sonstein |
| 6 | Will Colglazier |
| | Joshua Dandan |
| 7 | Ed Caldwell |
| | Jane Colman |
| | Stephanie Flanagan |
| | Marcia Martin |
| | Daniel Ruppert |

| | |
|----|-------------------|
| 8 | Geores Buttner |
| | Sheldon L. Gersh |
| | Daniel Rodriguez |
| 9 | Sebastien Leger |
| | Nancy Yin-Pollack |
| | Paul Zager |
| 10 | Robert Archibald |
| 11 | Tim Comay |
| | Brian Hartley |
| | Jane Lee |
| | Brierly Reybine |
| 12 | Jann Montenegro |
| 14 | Ella Escobar |
| 15 | Kathleen Brennan |
| | Amy Burke |
| | Fabian Rodriguez |
| | Jason Shugars |

| | |
|----|------------------|
| 16 | Bob Cowdrey |
| | Dennis Lawlor |
| | Emalea Pakkala |
| 17 | Johnny Chow |
| | Pauline Dake |
| | Hideaki Kawabori |
| 18 | Kelly Daikoku |
| | James Golden |
| 19 | Gregory Brown |
| 24 | Edward Haack |
| | Janice Rensch |
| 25 | Joseph Alvarado |
| | Joe DiGiacomo |
| | Seth Ducey |
| 27 | Lou Bristol |
| | Erika Kikuchi |
| 28 | Bob Kovash |
| 30 | Pia Dandan |
| | John Lindberg |
| | Marcial Saavedra |