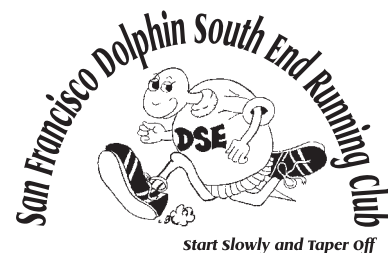


DSE NEWS



49th Year

July 2014

DOUBLE DIPSEA WRAP-UP

Sam Fiandaca, Brazen Racing

Dear Double Dipsea Runners,

Congratulations and thank you very much for being part of the 45th Annual Walt Stack DSE Double Dipsea! Thank you also to all who contributed to the Dipsea Foundation. Your generosity will help maintain the trails this race runs on.

Thanks to the combined efforts of Brazen Racing and the DSE Runners, the 2014 Double Dipsea was a major success. We would like to sincerely thank everyone involved for all their hard work. This race seems almost devilishly designed to frustrate and bewilder runners and volunteers alike. How else could you explain a race almost entirely on single track where you intentionally start your fastest people last? Despite that, everybody from the DSE worked tirelessly and helped over 700 runners have an experience they won't soon forget.

Special congratulations to the overall race winners for each distance! 2012/2013 winner and course record holder Alex Varner (28, San Rafael) had the fastest actual time and pulled off a "threepeat" by beating Alan Reynolds (50, San Rafael) to the finish line by just two seconds.

Sissel Bernsten-Heber (50, Mill Valley), women's handicap winner from 2013, not only defended her title, but also had the fastest actual female time, coming in third overall for the second year in a row.

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From the President's Desk

KITZZY AVILES
SECRETARY

EMS PROCEDURES FOR DSE RACE DIRECTORS

Thanks to Brian Hartley for putting together a list of suggested guidelines to help our race directors with medical emergencies. Although we hope to never have occasion to use these procedures, it is a living document that is subject to change. We have already had two edits. Check out the draft linked from the policies page of our website.

MY EXPERIENCE AT DOUBLE DIPSEA

On June 21, the DSE teamed up with Brazen Racing to carry on Walt's tradition and put on the 45th Annual Double Dipsea. Over 700 runners and hikers completed this year's race, and I was among them. This was my first time running this race, and it did not disappoint. It was the most difficult race I've ever run, but also the most rewarding. What truly made this race special for me was all the smiling DSE faces I saw along the course, both as participants offering each other encouragement and support, as well as the amazing volunteers at every aid station.

I can't express enough thanks for the camaraderie and support I experienced on this course. As I was nearing mile 3, I tripped and face planted on the trail — something that has never happened to me on any run before. I was already worried about finishing this race within the cut-off, and that was the last thing I needed. The gentleman behind me did not skip a beat in offering me his hand,

helping me up, and making sure I was ok. I was covered in dirt and wanted to cry, but a quick assessment told me nothing was broken so I pressed on. The scrapes on my knee stung and when I stopped to check on it, another fellow runner offered me a wet wipe to clean it off. When I made it to the turn around within minutes of the cut-off, I found renewed energy and spirits. With a spring in my step, I set forth to tackle the second half and to my surprise I began to pass people. I was sure to encourage each one of them and that made the time fly. I heard of other random acts of kindness from DSE members, such as Tony Nguyen giving his hydration pack to a fellow runner who needed it more than him, ensuring he was able finish the race safely.

Thanks to Brazen Racing, who did an amazing job carrying on the legacy of this race, and to every DSE member who contributed to making this year's race a success! Visit the Race Results page of our website to see this year's Double Dipsea results

JULY RACE SCHEDULE

July is your last chance to earn volunteer hours to be eligible for the DSE Volunteer Appreciation Picnic to be held in August. If you aren't running the following DSE races, please

CLASSIC STU-PEDS by Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.



CELLULAR MARATHONING
NINE ONE ONE, HONEY, I'VE RUN OUT OF GAS AT TWENTY... NO, GO WITHOUT ME. SEE YOU AT DINNER... YEAH, NO MORE CARDS...

considering helping out instead. We'll specially need extra help on July 13.

We kick off the month with the **Golden Gate Park 10K on July 7**. This is a very popular and well-attended race. Everyone loves running along the rolling hills of the park.

On July 13, we offer two races at Crissy Field. Choose from the **6-hour Distance Classic**, the **Crissy Field 5K**, or you can even do both! The Distance Classic is on a loop course around the lagoon where you can run any distance — from a few miles to an ultramarathon — within the six hours. This is the perfect way to get in one last long run before the San Francisco Marathon. We need extra volunteers to make this event work due to the length of the event (six hours) and the need to track laps of the individual runners.

If trails are more your thing, then you don't want to miss the **McLaren Park 5K on July 20**. It starts at the picnic area at John Shelley Drive in McLaren Park. It's a tough course but it's worth it for the beautiful views.

The **San Francisco Marathon is on July 27**, so there will not be a DSE run. If you are not running this race, come support your fellow members at the DSE aid station. DSE will be manning water stop #6, which is located on Transverse and Cross Over Drive in Golden Gate Park (between miles 12 and 13). We need 30 volunteers. **Please contact Kevin Lee at dse.pekingduck@gmail.com to volunteer.**

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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

This is the first year the race has sold out before race day (well before) and we attribute that to the growing popularity of trail running, the additional exposure of the race to the Brazen Racing fan base and, most of all, the outstanding work of Ken Reed in directing this race over the last 15 years. When Brazen Racing and the Dolphin South End Runners came together to produce this race, we knew that race day would be coming soon and that there was not enough time to gain even one-tenth the Double Dipsea knowledge that Ken possessed after his 15 years of directing this race.

There have been many key people from the DSE involved in running this race each year, and most of those same individuals have continued their hard work through 2014. Ultimately, however, the buck stops with the race director and all involved with the race have leaned heavily on Ken and his expertise.

If not for his many years of hard work, the Double Dipsea would not exist today. Thanks, Ken, for your many



years of service to this race!

We use a method of race photography that utilizes volunteers, rather than professional photographers and a fee for those photos. For runners, this has the drawback that it takes longer to find the photos you want to see. On the other hand, it has the advantage of being completely free to participants, allowing them to download pictures and even print them on their own (and very inexpensively) at places like Costco, Walgreens or any number of online services.

Pictures from these photographers, including Oscar, Jay, Mickey, Jonathan and more, will be uploaded to our Picasa page here: picasaweb.google.com/brazenracing.

As you already know, the Double Dipsea is an exceptionally rough and tumble race with major obstacles, including brutal uphill, treacherous downhill, narrow single track, unstable footing, multiple road crossings and the ever-present danger of runners constantly passing from in front and behind.

In addition to addressing those problems, one must factor in the greatly increased regulation and requirements from permitting agencies, an overwhelming demand for participation (from runners at both the front and back of the pack) and a course that runs through some of the most visited parkland sites in the country.

In short, there is a lot going on here and you have to be either a little bit crazy or a little bit oblivious to sign up for a race with this much potential for danger, frustration and heartbreak.

The 2014 race saw several changes from prior years. The 2015 race will see more. We expect it will be a give-and-take for several years since there is no certainty of new ideas working until we try them out in the real world on race day.

Your feedback is valuable in this process, so that we can learn both what you thought was good and what you think needs to be improved. We can't make every change suggested, but whether it is good or bad we will take all feedback into consideration when planning future races. You can always e-mail us at racedirector@brazenracing.com!

Over 4,000 photos have already been uploaded and more may be coming. Keep checking back as we expect more to be added over the next few days.

With several new factors coming into play (e.g., the greater demand for entry, the increased organizational requirements from the permitting agencies and the enforcement of a closed course), there are changes likely for 2015 and then probably again in future years, as we continue to refine and improve the event in light of the current realities. First and foremost, however, will be keeping the spirit of Walt Stack's race alive and continuing this as both one of the premiere Bay Area races and a shining example of the welcoming sense of community that the

DSE Runners are known for.

We are also happy to report that over \$1,500 was raised for the Dipsea Foundation and this money will be going toward the restoration of the next section of Dipsea Stairs. When completed, an oval donor plaque will be included on them noting the "Walt Stack DSE Runners Double Dipsea" as a major contributor.





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 31, 2014

San Pedro 2M/10K

Race Director: Riya Susing

Volunteers: George Sacco, Bob Butchart, Richard Finley, Romelle Guittap, Gerard Sheehan, Oscar Osorio, Lidia deLeon, Bobby Marty, Calvin Chan, Liese Rapozo, Wally Rapozo, Rubi Kawamura, Patrick Lee, Pat Geramoni, Janet Nissenson



Race Director Riya Susing

© 2014 Paul Mosel

2M: 42 participants: 42 racers (28 men, 14 women)

20K: 70 participants: 68 racers (39 men, 29 women), 2 self-timers



DSE President George Sacco and Bob Butchart finishing the 2M

© 2014 Don Watson



Runners lined up for the 10K start

© 2014 Paul Mosel

June 8, 2014

Twin Peaks 3.65M

Race Director: Jennifer Walker

Volunteers: George Sacco, Vince French, Jerry Flanagan, Rubi Kawamura, Bobby Marty, Mike Hung, Phyllis Nabhan, Christine Clark, Tony Nguyen, Meg Kawahata, Bill Woolf, Johnny Chow, Fred Haber



Race Director Jennifer Walker

© 2014 Paul Mosel

124 participants: 116 racers (65 men, 51 women), 8 self-timers



Heading out toward Twin Peaks

© 2014 Don Watson



Post-race refreshments

© 2014 Paul Mosel

June 15, 2014

Father's Day Rainbow Falls 5K

Race Directors: Virginia & Leo Rosales

Volunteers: George Sacco, Vince French, Calvin Chan, Jimmy Yu, Mort Weisberg, Eric Inouye, Dana Farkas, Dee Farkas, Pat Geramoni, Rubi Kawamura, Phyllis Nabhan, Bobby Marty, Jane Lee, Daryl Luppino, Shannon Luppino, Margo Banowicz, Kevin Lee



Race Directors Leo & Virginia Rosales
© 2014 Paul Mosel

301 participants: 274 racers (151 men, 123 women), 16 self-timers, 11 kids



Heading up Kennedy Drive
© 2014 Don Watson



The kids get ready to run
© 2014 Paul Mosel

◆◆◆ New Members ◆◆◆

MILL VALLEY
Stephanie Chiquillo

SACRAMENTO
Susy Chen

SAN FRANCISCO
Jean Atelsek
Elena Ehrlich
John McCarroll
William Murphy
Winston Parsons
Keisha Sampat

REDWOOD CITY
Gina Moore

SAN JOSE
Thu Nguyen

SAN MATEO
Raymond Schulz
Francis Schulz

SAN RAFAEL
Amy Taylor

◆◆◆ 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:

July 6	Golden Gate Park 10K
July 13	Six-Hour Distance Classic & Crissy Field 5K
July 20	McLaren Park 5K
August 10	Presidio Cross Country 5K
August 17	Brisbane Scenic 5K/12K
August 24	GG Park Cross Country 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 jekauffold@gmail.com.

DSE AT THE RACES



Above: Statuto winner Kenley Gaffke shows off his trophy
Below: DSE members at the Statuto Run
Photos courtesy of Joseph Connelly



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
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Capitola Half Marathon, May 18

17	Riya Susing	46	2	F 40-49	1:29:27
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San Carlos Rotary Run 5K, May 18

7	Glen Furuta		2	M40-49	19:28
299	Jim Kauffold		6	M60-120	38:49

Bolder Boulder Memorial Day 10K, May 26

29822	Jim Kauffold	75	14	M76	1:23:14
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Nitro Trail Runs, Point Pinole Shoreline, May 31 5K

26	Yoly Pantig	42	2	F 40-45	28:21
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Half Marathon

5	Jason Reed	35	1	M35-39	1:34:51
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Statuto 8K Run, 1M Walk, June 1

Note: Finisher times are listed online, but without names or ages, so I have included a time only for the winner.

1	Kenley Gaffke				29:14
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Wally Rapozo
Liese Rapozo
Ken Fong
Larry Wuerstle
Bruce Leary
Yong Cho Haber
Gary Brickley
Mike Rouan
Diane Okubo-Fong
Annelle Brickley
Aaron Brickley
Mort Weisberg

Lake Chabot Trail Challenge, Castro Valley, June 1

Half Marathon

10	Jason Reed	35	2	M35-39	1:43:56
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5K

114	Brian Hartley	60	4	M60-69	33:20
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San Diego Rock 'n' Roll Half Marathon, June 1

221	Jared Chan	13	1	M 12-14	1:28:11
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Windermere Marathon, Spokane, WA, June 1

159	Jim Buck	71	1	M70-99	4:14:23
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Half Marathon

677	Jane McFarland	64	3	F 60-65	2:17:19
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104th Dipsea Race, 7.4M, Mill Valley, June 8

Divisions are I for invited, R for runner.

PL	NAME	AGE	DIV	CLOCK TIME	ACTUAL TIME
14	Cliff Lentz	49	I/14	52:08	57:07
118	Jason Reed	35	I/118	1:00:46	1:01:45
189	James Flanigan	64	I/189	1:04:04	1:19:03
221	David Moulton	46	I/221	1:05:01	1:09:00
290	Jim Buck	71	I/290	1:07:16	1:29:15
372	Chikara Omine	31	I/372	1:08:56	1:09:55
440	Erika Kikuchi	35	I/440	1:11:02	1:19:01
516	Anthony DuComb	64	I/516	1:14:28	1:29:27
522	Bob Cowdrey	69	I/522	1:14:34	1:34:33
551	Russ Kiernan	76	I/551	1:17:46	1:42:55
1125	James Stratta	52	R/513	1:59:28	1:45:13
1142	Barbara Robben	80	I/613	2:00:26	2:25:25
1218	Jessica Pechner	20	R/605	2:06:35	1:47:34
1334	Benjamin Pechner	37	R/720	2:20:03	1:53:02
1359	Valerie Trenev	54	R/745	2:25:18	2:13:17
1393	Bob Henry	75	R/779	2:38:35	2:36:34

Trailquake Runs, Sanborn County Park, June 14

5K

109	Barbara Robben	80	1	F 80-84	53:37
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10K

17	Erika Kikuchi	35	2	F 35-39	1:11:26
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Half Marathon

9	Jason Reed	35	4	M35-39	2:03:00
23	Alfred Hu	53	1	M50-54	2:25:14
52	Leopoldo Rosales	60	1	M60-64	2:36:12
135	Tony Nguyen	40	23	M40-44	3:36:52

Half Marathon Hiker

10	Virginia Rosales	50			4:28:50
11	Christine Clark	42			4:35:59
12	Jennifer Walker	31			4:59:15

Double Dipsea, Stinson Beach, June 21

Age group/handicap categories are Men: 15 and under, 16-39, 40-44, 45-19, 50-54, 55-59, 60-64, 65-59, 70-74, 75-79, 80+; Women: 15 and under, 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

PL	NAME	AGE	DIV PL	CLOCK TIME	ACTUAL TIME
29	Hans Schmid	74	1	2:06:20	2:49:29
86	Jason Reed	35	33	2:23:19	2:23:19
127	Gregg Whitnah	63	6	2:35:58	3:05:58
136	David Wilson	45	14	2:37:04	2:46:04
156	Enrique Rodriguez	39	48	2:40:11	2:40:11
161	Leopoldo Rosales	63	8	2:40:26	3:10:26
207	Jason Buckner	34	62	2:45:55	2:45:55
225	Steven Pitsenbarger	46	23	2:48:01	2:57:01
230	Alfred Hu	54	24	2:48:33	3:03:33
304	Kenneth Fong	52	27	2:59:38	3:13:38
326	Amber Wipfler	34	16	3:02:45	3:16:45
350	Cristian Alvarez	35	102	3:06:20	3:06:20
352	Marcial Saavedra	21	103	3:06:29	3:06:29
399	Oscar Osorio	37	116	3:15:28	3:15:28
426	Gary Brickley	61	14	3:19:15	3:49:15
445	Yoly Pantig	42	25	3:23:05	3:47:05
446	Carol Pechler	74	1	3:23:12	4:17:12
513	Christina Knudson	28	21	3:46:43	3:48:43
514	Francisco Hernandez	27	142	3:36:44	3:36:44

◆◆◆ Folding Session Hosts Needed ◆◆◆

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

554	Tony Nguyen	40	60	3:47:51	3:51:51
582	Erica Hernandez	31	35	3:58:30	4:12:30
616	Kitzzy Aviles	35	43	4:15:52	4:31:52
649	Margie Whitnah	65	2	4:49:10	5:33:10

Hikers

42	Virginia Rosales	50			5:27:44
53	Jennifer Walker	31			5:47:13
55	Mary Gray	52			5:52:46
56	Christine Clark	21			5:55:47

San Francisco Summer Solstice 6, 12 & 24 Hour Run, June 21

6 Hour

22	Tony Riley	47	3	M40-49	25.464
29	Ryan Baird	36	4	M30-39	21:220

24 Hour

11	William Dai	44	3	M40-49	100.795
14	Noriko Bazeley	55	1	F 50-59	96.551
19	Kenley Gaffke	36	6	M30-39	87.002
26	Danni Baird	31	3	F 30-39	80.636
39	Bob Cowdrey	70	2	M 70+	65.782

See Jane Run Half Marathon, Alameda, June 22

5	Jared Chan	13	1	M 1-18	1:32:46
7	Sasha Cox	31	1	F 30-39	1:34:49
321	Sheri Dunn	47	43	F 40-49	2:19:36

The Riveter Marina Bay Half Marathon, Richmond, June 22

18	J.R. Mintz	47	7	M40-49	1:34:14
443	Jane Colman	71	1	F 70-99	1:32:42
550	Ryiah Nevo	40	92	F 40-49	3:15:54

10K

162	Barbara Robben	80	1	F 70-99	1:19:05
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Alamo 5K, June 22

Men

22	Brian Hartley	61	3	M60-69	30:36
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Women

14	Dana Farkas	55	4	F 50-59	29:22
51	Michele Sims	57	13	F 50-59	55:49
52	Dee Farkas	86	1	F 70-99	55:51

San Jose Giants Run, June 22

5M

4	Tim McMenomey	53	1	M50-54	31:05
26	Marciano Pimentel	31	6	M30-34	34:57
370	Jason Wong	13	8	M <15	49:20
458	Jerry Wong	46	18	M45-49	51:19
517	Pat Geramoni	66	1	F 65-69	54:21
777	Jennifer Walker	31	91	F 30-34	1:07:01

5K

16	J.R. Mintz	47	2	M45-49	20:36
89	Neal Ashton	57	4	M55-59	26:37
96	Lisa Griffin	49	3	F 45-49	27:04
585	Jonas Wong	8	45	M <15	37:19
644	Julie Yee	45	30	F 45-49	40:17

Western States 100M Endurance Run, Squaw Valley to Auburn, June 28-29

132	Jason Reed	35			24:29:43
189	Chikara Omine	31			27:15:15
232	Nakia Baird	39			28:24:05

WINDERMERE HALF MARATHON

Jane McFarland

The Trip to Spokane, Washington to run the half marathon course in the Windermere Marathon was truly a fun experience. The 13.1 miles from the bus drop-off at Mirabeau Park were flushed and lush with River nature. The supposedly downhill run was interspersed with soft rolling hills (unlike San Francisco) ,just to keep the runners awake and winded. Although there was no music along the course until the drums at Gonzaga University near the end, the numerous water stations were loaded with cheering neighbors. They also gave out these new energy boosters in the shape of Gummi Bears. Not sure if they worked but, as an Gummi Bear aficionado, I truly drank the kool aid on this one. I brought some home from the expo also! The course runs through the fabulous Gonzaga University where a group of large drums were being played and could be heard for miles. This afforded some mental inspiration to keep me moving along in the unseasonably hot day. What with the early start and thinking I was in the "cold north," of course I overdressed! The heat continued to rise as our race was delayed to match the full marathon's late start.

The exciting end of the race in Riverfront Park brought us over the bridges and along the rushing river for which Spokane is known. I did place third in my age category and it was very exciting to receive a neat Lucite plaque depicting a winged running shoe. The race also provided the best photo booth I have seen at any event. All runners received commemorative photos — as many as they wanted!

I am all about destination races to keep running interesting. It keeps me inspired to train and allows my curiosity for new areas to unfold.

SPOKANE AND THE WINDERMERE MARATHON

Jim Buck

In the early morning hours of June 1, runners arrived at Spokane's local stadium from all directions. The first school bus leaving for the marathon and half marathon starts would get underway at 5:00 AM. Although the two races began at different locations, they were scheduled for simultaneous 7:00 AM starts. Not wanting to hang out too long at the start, I figured I'd catch the 5:30 AM transport. Well, nearly everyone thought the same thing when, due to lack of passengers, the first bus didn't leave until I got there.

The Windermere Marathon begins about 17 miles east of Spokane in the city of Liberty Lake. From there runners take a tour of Liberty Lake neighborhoods, mainly along well-maintained bike paths, for about seven miles before joining the Centennial Trail and heading due west to Spokane.

The 37-mile Centennial Trail follows the contours of the rapidly flowing Spokane River and is fully paved along its length. Marathoners will run the trail into downtown Spokane and finish along the river in Riverfront Park. Half marathoners join the same trail about 13 miles out from Spokane in the town of Spokane Valley. It is our duty as runners in the full event to see how many of the half marathons we can catch and lap before they finish. I must say with some pride that I did overtake a few halfers. So they were heavyweights and only barely walking; that's not the point.

The marathon start at Liberty Lake suffered about a 20-minute delay this year when a bus and a van were late getting there. This was a little uncomfortable since many had already been sitting at the curb or standing for an hour or more. But the 55-degree temperature was ameliorated somewhat by the calm air and full sunshine. Sitting at the curb, I could already feel the heat on my shoulders.

Just prior to the start, Elaine Koga Kennelly, the race director and Dolphin South End club member, introduced a 79-year-old runner who had been seriously injured at last year's Boston Marathon. Bill Iffrig had part of his right quadriceps blasted away. Nevertheless, he has healed nicely;

this was to be his first attempt at the marathon distance since Boston.

After the national anthem and a starting toot from the race director, the runners headed onto the streets and bike paths of Liberty Lake, a very clean and upscale neighborhood. Within the first half mile one runner went down hard onto the concrete when she failed to navigate a curb. But in the entire race that was the only injury I saw. Of course, there was the injury to my pride when I look at my time, but that's another issue. Just after passing the water station at mile two, I walked for the first time — only a few yards, but it was an ominous sign. This was not to be my day. It's possible I just don't have any days anymore. I ended up walking, sometimes power-walking, a couple dozen times in the race, finishing in 4:14:23. When my watch showed 1:57 at the halfway point I saw a chance to finish under four hours but the endurance was not there. Amazingly, 79-year-old Bill Iffrig finished only six minutes behind me at 4:20:36. We completed the race 1st and 2nd in the 70-98 age group. Bill was very disappointed there was no 75-79 age-group for him to lead. But as geezers go, there's something to be said for just being alive.

The marathon course along the Spokane River is very scenic, the trail crossing over the river a few times just to keep things interesting. The water of the Spokane flows very swiftly in a westerly direction — so fast, in fact, that I never saw a boat or a person in the river. It's probably much too dangerous. The course is slightly downhill over its full 26 miles, dropping over 100 feet. Nevertheless, there are those rolling up and down sections that just don't show up on a course profile. Still, if you like long straightaways, you could set a personal record. Although the course was well marked at every mile, very much like other marathons I have run, the mile markers seemed to get further and further apart as the course wore on. Maybe it's all in my head...or my feet.

Water stops and aid stations were plentiful and well-organized, occurring roughly every two miles. Most stations also provided small cups of Gummi Bears, a pleasant new wrinkle for me. Although there were adequate water stops, the heat undoubtedly took its toll, particularly for mid-pack and back-of-the-pack runners out on the course for an extended time.



Jane shows off her finisher's medal



Elaine presents age-group award to Jim Buck

◆◆◆ 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 July 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.

Sun Jul y13*

6-Hour Distance Classic & Crissy Field 5K

START/FINISH: East Beach at Crissy Field

6-Hour Distance Classic

STARTING TIME: 8:00 AM; finish by 2:00 PM

ENTRY FEES: \$8 members; \$10 non-members through July 6

\$10 members; \$12 non-members after July 6 and on race day

COURSE DESCRIPTION: Run multiple laps. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

Crissy Field 5K

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

ENTRY FEES: \$3/\$5 Normal Fees

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

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

Sun July 20

McLaren Park 5K

START/FINISH: Picnic area off John F. Shelley Drive

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

COURSE DESCRIPTION: Run east on trails towards Wild Overlook/Inspiration Way, cross Shelley Drive at the stop sign and continue on trails to Mansell Avenue. Cross Mansell and head west on the Inspiration Way route towards the park entrance. Cross Mansell again at the park entrance, then head north along the west side of the park to the water tower. Run the trails along the north side of the park, cross the footbridge, and finish near the Shelley Drive picnic area.

Sun July 27

NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon – www.runsfm.com

Sun Aug 3

NO DSE RUN

DSE Volunteer Appreciation Picnic (by invitation only)

◆◆◆ 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: Thursday, July 31, 2014
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@lmi.net.

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

July will be warmer than normal, with fewer foggy mornings and more sunshine at the coast. As of this writing, no rain is expected. After normal weather through the Fourth of July weekend, temperatures are expected to heat up again with a few days in San Francisco in the upper 70s to mid-80s and over 100 in the warmest Bay Area inland locations. Cooling is expected around mid-month with the City temperatures returning to the 60s and low 70s. Beginning around July 20, it will be hot inland, with San Francisco having a few days in the 80s. The last week of July will probably also be warm to hot with little or no fog.

♦♦♦ Club Officers & Coordinators ♦♦♦



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RETURN SERVICE REQUESTED



Happy Birthday! ♦
JULY

- ? John Paul McSherry
- 1 Sasha Cox
Peter Hsia
- 2 George Mitchell
Ken Weller
- 3 Linda Carter
John Gregson
Claudine Osipow
Jaeden Pollack
- 4 Regine Dandan
Fiona McCusker
- 5 Marie-Pierre Carlotti
Thomas Emanuel
Cheri Hadley
- 6 Neal Allen
Jack Bascom
- 8 Yoshio Daikoku
Tara Flanagan
Dina Kovash
Katherine Walter

- 9 Franco Dandan
Dan Osipow
- 10 Sandra Sigurdson
George Teiber
- 12 Gerard Sheehan
- 13 Joon Hee Lim
Gavin Thacher
- 15 Ann Agbayani
Riya Suising
- 16 Danielle Sly
William Wheeler
- 17 Juan Melendez
Kathleen Napier
- 18 Vincent Gulli
Marciano Pimentel
- 19 Mark Huffman
Kay Teiber
- 20 Connor Flanagan
Nathaniel McCaffray

- 21 Robert Butchart
Laura Froelich
Athena Papadakos
- 23 Bill Dake
- 24 Collen Serafin
- 25 Joe Czech
- 26 Kevin Lane
Jackie Old
Jonas Wong
- 27 Christina Knudson
Liam Murphy
- 28 Margie Whitnah
- 29 Margaret Walter
- 30 David Brownstein
Wallace Rapozo
Robert Theis
- 31 Kristin Jacobson
Peter Lee
Amelia Mutere