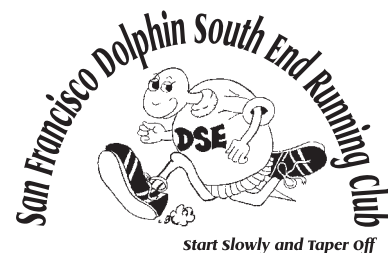


# DSE NEWS



49th Year

January 2015

## DSE ELECTION RESULTS

*DSE election subcommittee: Caron Anderson, Jim Kauffold and Bill Woolf*

The voting for 2015 DSE club officers has been completed and the results are as follows:

**President:** **Kitzzy Aviles** (*our first ever woman president*)  
**Senior VP:** **Michael Gulli**  
**2nd VP:** **Jason Buckner**  
**Secretary:** **Amber Wipfler**  
**Treasurer:** **Chikara Omine**

The new officers will take their positions effective as of the 2015 Gala.

Thanks to all the candidates who participated and to all the DSE members who took the time to vote. Congratulations to the new club officers. Last but not least, a big thanks to last year's officers for an excellent job well done!

## SAVE THE DATE: 2015 DSE GALA

Don't forget the DSE Gala on Sunday, January 25, starting at 4:30 at the South San Francisco Conference Center. Details and the registration form were included as an insert in the December newsletter and are also on the DSE website. Your RSVP and payment must be received by January 14. Come and enjoy the food, entertainment, awards and especially the good company of your fellow DSE members.

And if you want to receive an award, the awards form was an insert in last month's newsletter — or you can fill it out and submit it directly on the DSE website. Either way, it must be received by January 11.

## Inside

### FEATURES

New Sports Basement in Berkeley .....2  
Humboldt Half Marathon .....6  
New York City Marathon.....7

### DEPARTMENTS

Classic Stu-peds.....2  
How to Contact the Newsletter.....2  
How to Contact the DSE.....2  
Volunteers Needed.....3

Race Results .....3-5  
DSE at the Races.....4-5,9  
New Members.....9  
Folding Session Hosts Needed.....9  
Monthly Running Schedule .....10  
Membership Info .....11  
Officers & Coordinators.....11  
Folding Session & Weather Forecast.....11  
Birthdays .....12

## From the President's Desk

◆ ◆ ◆ GEORGE SACCO

This will probably be the last time I write the President's Desk. As I am putting my words together, I am reminded of the remarks made in a speech by General MacArthur. He said, "Old soldiers never die; they just fade away." My counterpoint to that is "DSE Presidents never die; they just fade away." Well, I am not really fading away just yet. I plan to stay in the club a few more years and help wherever I can. I also want you to know that I appreciate the help you have given me in the last two years. I especially thank the two boards that worked with me to keep the club together. I sincerely hope that I met most of your expectations. I ask that you give the new president that same support.

### UPCOMING RACES

In January we have four 5K races. This is the first time that I can recall having that many 5K runs in one month.

On **January 4**, the **Marina Green 5K** starts at Crissy Field, the site of an old Army Air Corps landing strip. This is a good race to start the year. It is mostly flat and the scenery is great, especially as you run toward Fort Point. The fort there is a duplicate of Fort Sumter in South Carolina, where the first shots of the Civil War were fired.

On **January 11**, the **Fort Mason 5K** starts near the Dolphin Club. I am sure you will enjoy running up the hill to Fort Mason. When I run past the fort's grounds I always think of troops that were processed there on their way to the Pacific during World War II.

On **January 18**, the **Waterfront 10M** and **5K** runs are both on certified courses, unusual for DSE races. The two races start at different times, the 5K ten minutes after the 10M's normal 9:00 AM start. Both have early registration discounts before January 11. Check the race schedule to see the various fees for these two races.

The **Rainbow Falls 5K** is the last race of the month. It starts at Kennedy and Transverse Drive in Golden Gate Park. This is one of everyone's favorite races. Who doesn't like running in the park? Count on having a lot of company if you run this one.

Enjoy the January races. I hope it doesn't rain on those Sundays.

### KAISER PERMANENTE HALF MARATHON

Mark your calendars for February 1. We need volunteers for the DSE water stop at the Kaiser Permanente Half Marathon. The DSE water stop is a yearly tradition. Let's show our continued support for the Pamakids, who have put on this race since 1984.

## CLASSIC STU-PEDS by Stu Ruth



## NEW SPORTS BASEMENT IN BERKELEY

### and Folding Session

Sports Basement opened a new store last November, the Iceland Sports Basement in Berkeley, at the site of the much loved but long-gone skating rink. It's big and filled with all the wonderful products we expect from Sports Basement, and they offer the same discounts that the San Francisco stores do to members of the DSE and other local running clubs.

Come check it out on January 28, when Barbara Robben will host the folding session there for the February DSE News. It's a straight shot from the freeway, but if you don't want to drive across the Bay Bridge on a weekday evening, it's also just half a mile from Ashby BART (and I'll be happy to give you a ride back to BART afterwards), and only a block from the AC Transit transbay F bus.

And East Bay DSE members, here is another rare chance for you to attend a folding session without having to cross the Bay Bridge!

### 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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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](mailto: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](http://www.dserunners.com)

WEBMASTER: Kitzzy Aviles and Jason Buckner

[webmaster@dserunners.com](mailto: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](http://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](mailto: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..

December 7, 2014

Windmill 10K

Race Director: Amber Wipfler

Volunteers: George Sacco, Vince French, Vincent Gulli, Larry Wuerstle, Bobby Marty, Rocco Mullinax, Phyllis Nabhan, Jim Kauffold, Bill Woolf, Kevin Lee, Jimmy Yu, Calvin Chan



Race Director Amber Wipfler

© 2014 Paul Mosel

233 participants: 215 racers (116 men, 99 women), 18 self-timers



Above: Before the race  
Below: post-race refreshments

© 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:

Jan 4	Marina Green 5K
Jan 11	Fort Mason 5K
Jan 18	Waterfront 10M/5K
Jan 25	Rainbow Falls 5K
Feb 8	GG Gate Bridge Vista 10K
Feb 15	Spreckles Lake 5K/1M

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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.

Extra volunteers will be needed for the Waterfront 10M/5K races, including registration, aid station, course monitors, and finish line

Race Director sign-ups for 2015 races are beginning. Sign up now with Jim Kauffold at [jekauffold@gmail.com](mailto:jekauffold@gmail.com).

December 21, 2014

Aquatic Park 10K

**Race Director:** Danni Baird

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Bobby Marty, Vince French, Bill Woolf, Phyllis Nabhan, Kevin Lee, Rocco Mullinax, Mort Weisberg, Pat Geramoni, Vincent Gulli



Race Director Danni Baird

© 2014 Paul Mosel

225 participants: 214 racers (130 men, 84 women), 7 self-timers, 4 kids



Waiting for the start

© 2014 Paul Mosel



View of San Francisco Bay from the course

© 2014 Jane Colmn

## 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](mailto:janecol@lmi.net).

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
----	------	-----	---------	-----------	------

### Rocky Ridge Trail Runs, Las Trampas Wilderness, October 4

#### Half Marathon

14	Jose Maldonado	33	3	M30-34	2:15:27
34	Cristian Alvarez	35	8	M35-39	2:38:42
61	Alfred Hu	54	5	M50-54	2:56:26
146	Tony Nguyen	41	26	M40-44	3:40:40
161	Yoly Pantig	43	8	F 40-44	4:02:35

#### Half Marathon Hikers

30	Jennifer Walker	32			6:51:05
31	Christine Clark	43			6:51:05

### Bizz Johnson Marathon, Susanville, October 12

37	Gregg Whitnah	64	3	M60-64	4:06:53
117	Margie Whitnah	66	2	F 65-69	6:54:41

### Tarantula Trail Runs, Brentwood, October 18

#### Half Marathon

13	Jason Buckner	34	3	M30-34	2:01:04
34	Leopoldo Rosales	60	2	M60-64	2:14:42
45	Alfred Hu	54	5	M50-54	2:22:24
79	Rocco Mullinax	40	11	M40-44	2:42:26
107	Kitzzy Aviles	36	8	F 35-39	3:10:55
128	Mary Gray	52	6	F 50-54	3:50:17
129	Tony Nguyen	41	16	M40-44	3:52:32

#### Half Marathon Hikers

13	Virginia Rosales	50			3:58:43
16	Christine Clark	43			4:15:22

#### 5K

142	Barbara Robben	80	1	F 80-84	41:19
-----	----------------	----	---	---------	-------

### Let's Go 510, Berkeley, October 25

#### 5K

45	Yoly Pantig	43	3	F 40-44	28:55
253	Barbara Robben	80	1	F 80-84	38:49

#### 10K

174	Rocco Mullinax	49	4	M40-49	53:25
-----	----------------	----	---	--------	-------

### U.S. Half Marathon, November 2

Michael Dunn					2:13:44
--------------	--	--	--	--	---------

### Save Mount Diablo Trail Adventure, Walnut Creek, November 2

#### Half Marathon

107	Aideen Campbell	44	6	F 40-44	2:44:43
114	Yoly Pantig	43	7	F 40-44	2:47:45

#### Half Marathon Hiker

13	Christine Clark	43			4:39:55
14	Jennifer Walker	32			4:43:38

### Pacific Association Cross Country Championships, November 16

#### Women, 6K

101	Louise Stephens	49			25:27
127	Fiona McCusker	50			26:38
147	Jane Stephens	19			28:31
158	Anya Durgerian	13			29:46



162	Carolyn Dingwall	51	29:56
163	Amy Sonstein	44	30:02
194	Barbara Robben	80	45:55
<b>Masters Men, 10K</b>			
60	Jerry Flanagan	49	39:54
84	David Moulton	47	41:47
106	George Rehmet	47	43:48
131	Gene French	68	47:44
141	Jim Flanagan	65	49:19
148	Mark Prichard	59	49:56
150	Noe Castanon	44	50:23
172	Keith Johnson	76	59:50
<b>Open Men, 10K</b>			
74	Chikara Omine	32	34:53
107	Andrew Macnider	26	37:24
133	Ian Macnider	29	41:46

**Avengers Super Heroes Half Marathon Disneyland, Anaheim, November 16**  
Michael Dunn 2:12:39

**Awesome 80s Run 5K, November 23**  
3 Riya Suising 1st woman 21:59

<b>Nitro Turkey Trot, Pinole, November 27</b>				
<b>5K</b>				
359	Barbara Robben	80	1	F 80-84 42:52
<b>10K</b>				
30	Leopoldo Rosales	60	1	M60-64 47:24
121	Rocco Mullinax	40	13	M40-44 57:46
167	Jaurie Evangelista	37	17	F 35-39 1:01:54
324	Mary Gray	52	12	F 50-54 1:22:13
326	Virginia Rosales	50	13	F 50-54 1:22:20

<b>Oceanside Turkey Trot, November 27</b>				
<b>5K</b>				
424	Amy Sonstein	44	9	F 40-44 24:33
<b>1/4M</b>				
37	Rebecca Sonstein	3	37	F 1-4 4:43

<b>Quadruple Dipsea, November 29</b>				
1	Chikara Omine	32	1	M30-39 4:12:00
42	Kenley Gaffke	36	16	M30-39 5:42:45
52	Nakia Baird	39	21	M30-39 5:52:01
132	Hans Schmid	74	1	M70-99 6:48:20
146	Diann Leo	27	2	F 20-29 6:57:21

<b>Run Wild 5K, November 30</b>				
19	Kegan Kawamura		7	M15-19 19:28
149	Rubi Kawamura		12	F 50-59 27:32
188	Margaret Walter		8	F 10-14 28:43
191	Monica Vasquez		16	F 40-49 28:49
221	Kristen Walter		21	F 40-49 29:34
241	Joseph Connelly		16	M50-59 30:00
249	Darin Pakkala		35	M40-49 30:13
283	Owyn Pakkala		22	M10-14
351	Gregory Brown		12	M60-69 33:02
353	Paul Mosel		1	M70-79 33:02
384	Dana Farkas		33	F 50-59 33:49
402	Michael Rouan		28	M50-59 34:14
403	Michaela Rouan		37	F 20-29 34:14
405	Christopher Chun		40	M30-39 34:16
415	Peter Flessel		3	M70-79 34:32

*continued on page 9*

**December 20, 2014**  
**Golden Gate Bridge Vista 10K**  
**Race Director:** Riya Suising  
**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Vince French, Peggy Kang, Michael Gulli, Caron Anderson, Jennifer Walker, Dennis Lawlor, Bill Woolf, Louise Stephens, Jane Stephens, Phyllis Nabhan, Markham Miller, Cristian Alvarez, Bobby Marty, Amber Wipfler, Mort Weisberg, Peter Flessel, Kevin Lee



**Race Director Riya Suising**  
© 2014 Paul Mosel

225 participants: 216 racers (115 men, 101 women), 9 self-timers



**Above: Caron Anderson, Pat Geramoni, Carol Pechler and Paul Mosel**

**Below: Runners gathering before the race start**

© 2014 Paul Mosel



# HUMBOLDT REDWOODS HALF MARATHON

Riya Suising

This year I ran the Humboldt Redwoods Half Marathon for the first time, on October 19. I had been running the Nike Women's Marathon full marathon every October for the past five years straight, and since this year Nike dropped the full marathon and held only the half, I felt the opportunity to skip Nike and try something else.

The Humboldt Half Marathon was perfect. Even though it was just a half, I heard good feedback from other runners from last year who ran it as a PA/USATF race, meaning it was a fast course with competitive runners from Northern California. The course ran through the Avenue of the Giants in Humboldt Redwoods State Park, and some even said the course was out-and-back and downhill in both directions, ideal for a new personal record.

But the biggest draw was that Humboldt was one of Pamakid's club-sponsored races this year, meaning it was free! As a Pamakid member, one of the biggest perks is to participate in many road, cross-country and ultra races throughout the year. The club has a list of many races in each category and sponsors members to run for free as long as we wear the club uniform and pay our nominal annual dues. Did I say we get to run for FREE! Check out [Pamakids.org](http://Pamakids.org).

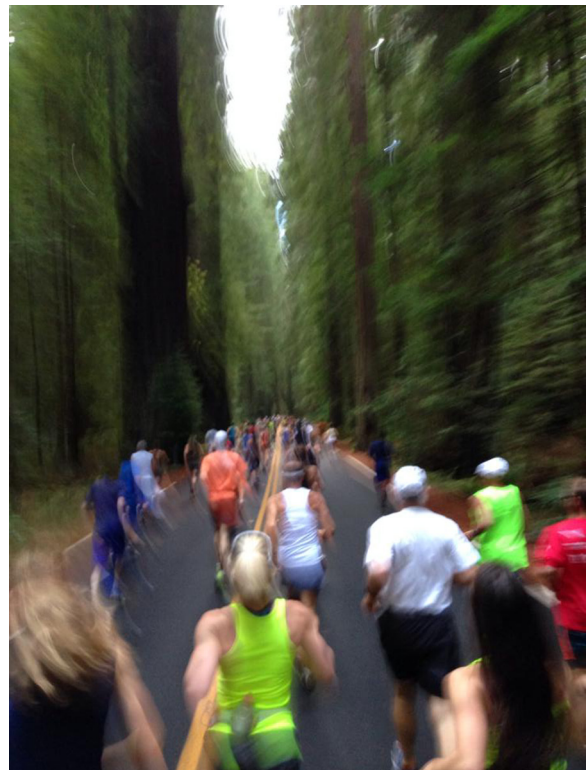
The road trip to Humboldt was half the adventure. About a dozen Pamakid runners joined the event and we all drove up on Saturday and stayed in Garberville in small motels. Most of the runners stayed at the Best Western, while Louise Stephens, Zack Hedling and I stayed at the Humboldt Redwoods Inn. Arriving at the motel at 10:00 PM, it ominously resembled the Bates Motel. When the innkeeper came into the front office, he appeared tall and a bit creepy, even more than Norman, but looks can be deceiving, and he turned out to be very friendly and helpful. The simple room and beds were just as good as that in any Motel 6, and we all got a great sleep before the race.

The race drew about 150 runners for the full marathon, about 200 for the 5K, and almost 600 for the half marathon, with the half being in the PA/USATF Road Race Grand Prix schedule and attracting the top racing teams across Northern California. Once the race started we ran out and back on the Avenue of the Giants. Unlike the Nike Women's Marathon where gorgeous Olympic celebrities, flashy consumer brands and blasting loudspeakers pump up the adrenaline of 20,000 female runners of all levels, the Humboldt Half Marathon swept us swiftly and quietly through a two-lane road between the tallest living beings on this earth. Towering redwood trees over 200 feet tall lined the sides of the roads as we could only hear the soft pitter-patter of running shoes grace the asphalt and our own hearts and lungs beating and breathing as we tried to maintain pace or slowly work our way through the pack. The course was winding but interesting, mostly flat but slightly rolling, and it did feel like having many downhill sections in both directions. There was only one small hill at mile 1, which we also encountered at mile 12, an abrupt reminder to give one hard push for the final mile. Just before the final turn at mile 13, we encountered a man playing the bagpipes, a la Big Sur Half Marathon, but in this other

majestic world.

Overall the race was lots of fun with great race excitement. Even though the Pamakid club made the race free for its members, the half marathon only costs \$60-65 for everyone else, very affordable compared to the Nike Women's Marathon and Half. Besides the usual technical t-shirt, we also received a nice canvas tote bag and a finisher's medal, all adorned with the same Humboldt Redwoods Marathon design of an owl in the redwood trees. As I finished third in my age division, I also received a bottle of beer and a beer opener/medal which also had the matching owl/redwood design. First place age division winners also received a nice mug, and overall winners got very nice plates for trophies. A few other Pamakid members also placed in their age divisions, so our team did rather well.

The trip back was just as much fun as the race itself, with a Pamakid team pizza lunch in the small town of Hopland on the way back. Carpooling back to San Francisco in a compact Honda Civic with five tired runners and all our gear for the weekend made for a memorable experience in learning more about ourselves, each other and why we run. This year I made the decision to escape the artificial consumer marketing of Nike and do without another Tiffany necklace around my neck. In return I found a race that brought me closer to the natural wonders of our own beautiful California, and surrounded myself with top runners from our own Pamakid club and other clubs to push myself harder in this race through the beautiful California Redwoods.

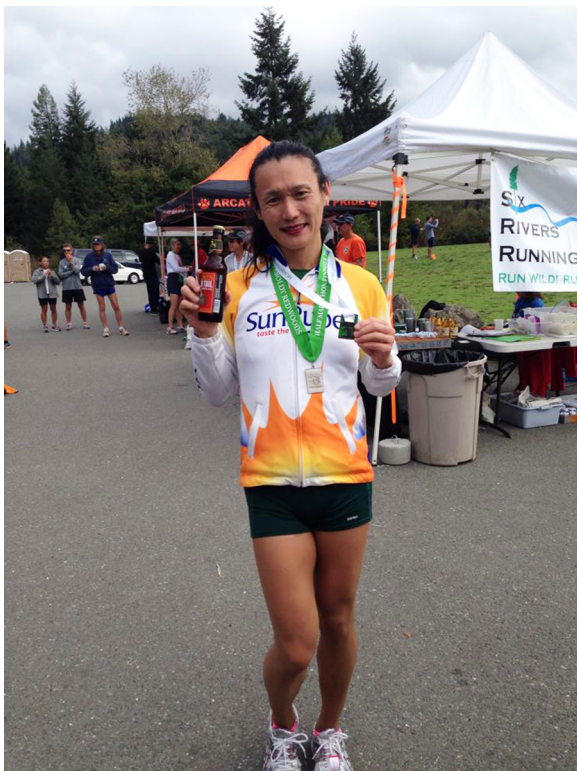


Humboldt runners heading out on the Avenue of the Giants





Before the Humboldt Half Marthon



Riya after her Humboldt Half Marathon finish

## TCS NEW YORK CITY MARATHON NOVEMBER 2, 2014

*Riya Suising*

When people ask me what's the best marathon I have run, I first answered with the San Francisco Marathon, as we run across the Golden Gate Bridge. Then when I ran the LA Marathon, that became my favorite, as both the running and spectator crowds were so huge and there was excitement beaming throughout the whole city. When I ran the Boston Marathon, that became my favorite with screaming crowds the last five miles from Heartbreak Hill until the finish. But when I ran the NYC Marathon, the largest marathon in the world, that has become the biggest and the best one I've run, with screaming crowds from the very beginning to the very end, spectators lined up many rows deep cheering you on in your own parade to celebrate your months of training and your own story that you bring.

I ran the TCS (Tata Consultancy Services) New York City Marathon on November 2 this year, my second NYC Marathon. My first NYC was in 2011, and my second was supposed to be in 2012, but was cancelled due to Hurricane Sandy even though I had already arrived in NYC at the time. I got a refund and decided to skip 2013, but wanted a taste of the Big Apple again and went back this year. This year the NYC Marathon was officially the largest marathon in the world with 50,530 finishers, the greatest number ever.

Getting in is the first challenge for most people. The lottery system is open and fair, but one has about a 10% chance of getting in, even after paying an \$11 processing fee to enter. I was lucky to be fast enough get in as a Time Qualifier, but the qualifying times are a bit tighter than those in the Boston Marathon, so you still have to train hard. There are many other ways to get in too, 9+1 (completing 9 NYRR races and volunteering for one in a single year), running 15 past NYC Marathons, denied three times previously (no longer available after 2014), and of course running for charity. No matter how you get in, whatever method you find, do it and you'll have the experience of your lifetime, whether you're a novice or seasoned marathon runner.

This marathon gives you a full taste of New York City, starting in Staten Island, and taking you through all five boroughs, Brooklyn, Queens, Manhattan, the Bronx, and back to Manhattan to finish in Central Park. Crowds are screaming and cheering you on from the very beginning, every block until the finish, except on the bridges where spectators aren't allowed to stand. Like other marathons, crowds like to cheer on runners whom they can identify or identify with. The runners who got the most cheers were the ones with their names on the shirts or ones wearing their country's flag. Italian runners who wore the Italian flag colors got the most cheers, as well as German, Swiss and most other Europeans.

Since I found it virtually impossible to place in my age division, I decided to run for fun this year and dressed up instead. That's also another good way to catch the spectators' attention and garnish more cheers. I put on the same outfit I wore at the LA and Boston Marathons this year, including my wings of course, and the cheers for "fairy," "princess,"



“ballerina,” butterfly,” were all for me. That motivated me along the course until I heard louder screams for “Italia” or “Viva Mexico.” This year race day turned out to be cold and windy.

The first two miles was running across the Verrazano-Narrows Bridge from Staten Island to Brooklyn. With four waves and three color groups in each wave, both upper and lower decks of the bridge were packed to get 50,000 runners across. With the wind blowing us back and forth, most runners were already battered in the first two miles. At the end I learned that my wings and tutu didn’t really help in windy conditions, as my finish time was over 10 minutes slower than my previous NYC Marathon. However, I did place in the Best 38 Costumes of the NYC Marathon.

The other great part about the NYC Marathon is New York City itself. It’s a great place to visit, and you can make a whole weekend or an entire week around your visit and never get bored. *[Editor’s note: Or a month or so.]* The NYC Marathon event itself is world class, produced by New York Road Runners (NYRR), with every detail carefully planned from beginning to end, and runners led through every step of the process. This year the event gave the runners a few new souvenirs. Those opting out of a checked gear bag could receive a thermal poncho instead. That turned out to be really nice, warm and fluffy, a perfect souvenir on a cold, windy day. At the expo ASICS also offered every runner a personalized pace wristband as well as an intriguing mini marathoner statue, customized with photos taken from all 4 angles of me and individually printed with a 3D printer. Other first-time NYC marathoners would also have an exciting time at the expo with many cool souvenirs and running gear to commemorate their experience.

From DSE, Tony Nguyen (and sidekick Chris Jones), Noriko Bazeley, Mark Mooney and Pat Geramoni also ran. As expected, NYC is so big that I wasn’t able to meet any of them as we were all so busy that weekend. I did bump into Noriko unexpectedly at the finish line as well as Lanore, another masters runner from Tamalpa. I also ran into Megan, another masters runner from Impalas; it made my trip interesting to find other runners from California.

The race is over, but NYC Marathon is still posting on Facebook almost everyday, sharing statistics from the race and heartwarming stories from all types of individuals. It’s the small stories that remind us of how special we all are, not just the runners, but also the supporters, volunteers, staff and our own families who make this all possible for us. My second NYC is done, but I can see many more in the future.



Riya Placed in the Best 38 Costumes at the New York City Marathon



## ◆◆◆ New Members ◆◆◆

**BERKELEY**  
David Newdorf

**FAIRFIELD**  
Gary Schmidt  
Addison Schmidt  
Gracie Schmidt  
Mariah Schmidt

**MILL VALLEY**  
Valerie Cohen

**OAKLAND**  
Shifra Gaman  
Luis Mauricio

**SAN FRANCISCO**  
Ramona Esquivel  
Jerico Padallan  
Larry Rich

**SOUTH SAN FRANCISCO**  
Jaurie Evangelista

## ◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2015. 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](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

### DSE AT THE RACES

*continued from page 5*

419	Katherine Walter	15	F 10-14	34:38
420	James Walter	52	M40-49	34:38
441	Henry Nebeling	1	M80-99	35:42
458	Joana Menoza	31	F 20-29	36:08
475	Melissa Honores	61	F 40-49	37:02
532	Lesley Pakkala	66	F 40-49	39:08
556	Dennis Hassler	2	M80-99	40:46
593	Gladys Sanders	51	F 50-59	42:47
658	Ann Agbayani	60	F 50-59	46:09
659	Jesse Agbayani	20	M60-69	46:10
815	Dee Farkas	1	F 80-99	1:01:04
816	Barbara Robben	2	F 80-99	1:01:15

### Quarry Lakes Turkey Trail Runs, December 6 Half Marathon

45	Alfred Hu	54	6	M50-59	1:59:10
165	Jennifer Walker	32	28	F 30-39	4:10:09

### Marathon

32	Gregg Whitnah	64	1	M60-69	4:46:13
72	Margie Whitnah	66	1	F 60-69	7:23:29

### Christmas Relay, December 14

Team Tortoise Maximus	3	M 70+	2:55:08
Peter Flessel			47:49
Sam Roake			38:36
Jack Bascom			43:58
Dave Floersch (captain)			44:55

### Woodside Ramble Half Marathon, December 14

116	Karen Pinckard	55	7	F 50-59	2:46:41
152	Jim Kauffold	77	1	M70-79	3:36:45
153	Mary Gray	52	10	F 50-59	3:41:28

### LA County Holiday Half Marathon, Pomona, December 14

Michael Dunn	2:13:15
Sheri Dunn	2:21:19
Kevin Dunn	3:01:47

# ◆◆◆ 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](http://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 Jan 4\* 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). Continue on Marina Blvd and return same way to start, then 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 Jan 11 Fort Mason 5K**

**START/FINISH:** Aquatic Park, Jefferson & Hyde Streets

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

**COURSE DESCRIPTION:** Run westbound on Aquatic Park promenade, up and over Fort Mason hill, right turn onto Marina Blvd. Continue on Marina Blvd to the 1.55-mile turnaround and return same way to finish.

## **Sun Jan 18 Waterfront 10M & 5K \***

**START/FINISH:** Sierra Point Marina, 400 Sierra Point Parkway, Brisbane

**DIRECTIONS TO RACE:** Take the Sierra Point Parkway exit from Hwy 101. Merge onto Sierra Point Parkway and take it to the end of the road. Turn left into the parking lot.

**ENTRY FEES:**

Prior to 1/11: 10M: \$5 members, \$8 nonmembers

5K: \$3 members, \$5 nonmembers

After 1/11 and race day: 10M: \$8 members, \$10 nonmembers

5K: \$5 members, \$7 nonmembers

Age division awards for both races.

**STARTING TIMES:** 10M - 9:00 AM! Course closes at 11:30 AM

5K - 9:10 AM

**COURSE DESCRIPTION (10M):** Run southbound on paved Bay Trail, past Oyster Point, Genentech and Point San Bruno to the turnaround. Return same way to finish.

**COURSE DESCRIPTION (5K):** Run southbound on paved Bay Trail towards Oyster Point to the turnaround. Return same way to finish.

\*Certified Courses: 10M #CA12024TK, 5K #CA12025TK

## **Sun Jan 25 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.

## **Sun Feb 1 NO DSE RUN**

DSE Volunteers at Kaiser Permanente Half Marathon water station - [www.pamakids.org](http://www.pamakids.org)



## 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](http://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](http://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](mailto: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: Wednesday, January 28  
TIME: **6:30 PM**  
HOST: Barbara Robben  
Iceland Sports Basement  
2727 Milvia St., Berkeley  
(between Ward and Derby)  
510-524-2383 (home)

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'll begin at 6:30 PM and usually wrap up before 8:30 PM so you'll have time to shop.

Please remember to bring drinks or food to share. If you would like to host a folding session, contact Jane Colman at [janecol@lmi.net](mailto:janecol@lmi.net).

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



After the hard freeze through the day after New Year's, the sunny weather will come to an end, with milder weather and rain beginning on January 7 and lasting for several days. After a few dry days, rain will return for a day or two around January 12 or 13. We can expect dry weather around mid-month for a few days before rain moves back into the picture around the third week of January. Dry sunny weather is likely the last week of the month.

Overall, January will have near- to above-normal rainfall.

## ♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT  
ANGELICUS  
Walt Stack

### PRESIDENT

George Sacco

[gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com)

### SR. VICE PRESIDENT

Michael Gulli

[vincentsarah@sbcglobal.net](mailto:vincentsarah@sbcglobal.net)

### 2ND VICE PRESIDENT

Kenley Gaffke

[viajero1978@yahoo.com](mailto:viajero1978@yahoo.com)

### SECRETARY

Kitzzy Aviles

[kitzzy+dse@gmail.com](mailto:kitzzy+dse@gmail.com)

### TREASURER

Chikara Omine

[chikaranese@yahoo.com](mailto:chikaranese@yahoo.com)

### OFFICERS AT LARGE

Kevin Lee

[dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com)

Jim Kauffold [jekauffold@gmail.com](mailto:jekauffold@gmail.com)

Diann Leo

[diann.michele@gmail.com](mailto:diann.michele@gmail.com)

### OPERATIONS

Gary Brickley [gary@brickley.com](mailto:gary@brickley.com)

Jerry Flanagan [jerryflan@yahoo.com](mailto:jerryflan@yahoo.com)

Jim Kauffold [JEKauffold@gmail.com](mailto:JEKauffold@gmail.com)

Wendy Newman [wsn99@aol.com](mailto:wsn99@aol.com)

Janet Nissenson

[lnissenson@aol.com](mailto:lnissenson@aol.com)

Bill Woolf [billwoolf2@aol.com](mailto:billwoolf2@aol.com)

**MEMBERSHIP** Richard Finley

[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)

**EQUIPMENT** Vince French

### CLOTHING SALES

Calvin Chan

[calwentjogging@yahoo.com](mailto:calwentjogging@yahoo.com)

### DSE RACE RESULTS

Pat Geramoni [spgeramoni@att.net](mailto:spgeramoni@att.net)

Marsi Hidekawa

[mhidekawa@gmail.com](mailto:mhidekawa@gmail.com)

Denise Leo [legdead117@yahoo.com](mailto:legdead117@yahoo.com)

Chikara Omine

Steven Pitsenbarger

[stevenpits@gmail.com](mailto:stevenpits@gmail.com)

### KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

### PERMITS

Pat Geramoni

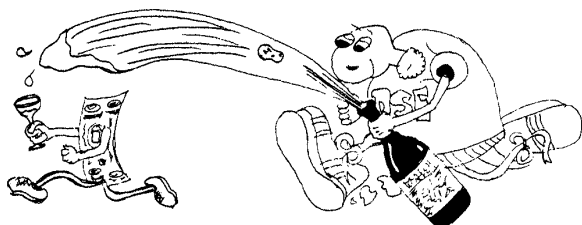
Janet Nissenson

Kenneth Fong

### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

The logo for the Road Runners Club of America (RRCA) is located in the top right corner. It features the letters "RRCA" in a large, bold, italicized sans-serif font. Below this, the words "ROAD RUNNERS CLUB OF AMERICA" are written in a smaller, all-caps sans-serif font. Underneath the text is a stylized graphic of two runners in silhouette, one slightly ahead of the other, running towards the right. They are positioned within a large, downward-pointing triangle that is formed by two diagonal lines meeting at a point at the bottom. A registered trademark symbol (®) is located at the bottom right of the triangle.

20	Joe Mochnick
21	Mari De Almeida
22	Renee Anderson
	Will Quan
23	Katelyn Flanagan
	Yong Haber
	Phyllis Nabhan
	Lucy Wing
24	Luis Mauricio
27	John Gorenfeld
	Theresa Kolish
28	Gogo Haas
	Wanling Law
29	Larry Rich
	Mira Saltiel
30	Jennifer Sampat
31	Cliff Lentz