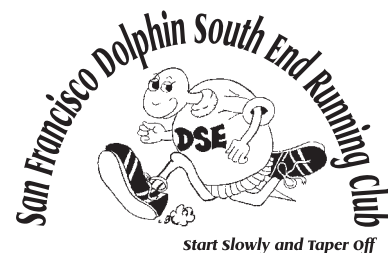


# DSE NEWS

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50th Year

May 2015

## DOUBLE DIPSEA VOLUNTEERS STILL NEEDED

Jennifer Walker

The Double Dipsea is just around the corner, and we still need your help! I have brought the sign-up board to every race, but we still are in major need of volunteers. Aid station, course monitor, parking enforcement and sag wagon are where we are in serious need of sign-ups. If you have not had the chance to sign up yet, please do so at the next race. I ask that you also sign up on <http://www.active.com> so that you receive the volunteer emails, which will give you the information needed for your specific assignment. If you do not have access to a computer or email, let me know after you sign up on the board and I will do the rest. Remember that to be eligible for end-of-year awards you need to have met your volunteer requirements; volunteering at the Double Dipsea is the easiest way to satisfy those requirements all at once. If you have any questions, please reach out to me on social media or email me at [Peachie470@aol.com](mailto:Peachie470@aol.com).

## SUMMER RACE SERIES STARTS SOON!

Janet Nissenson

The 2015 Lake Merced Summer Evening Race Series begins on Thursday, June 4 and continues on through Thursday, August 20. Registration is race day only 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 note that after several years of only charging a \$1 entry fee, we have been forced to raise the fee this year to \$2. This is due to an increase in our permit fees from San Francisco Parks and Recreation. We regret this increase but it was unfortunately unavoidable in order to keep this series afloat. The good news is that we will no longer need to collect donations to fund our post-race snacks since part of the entry fee can now be used for this purpose.

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

## From the President's Desk

KITZZY AVILES

### THE GOLDEN GATE RELAY

DSE is sponsoring two teams at the Golden Gate Relay this year: Killer Bs One and Killer Bs Too. Our two competitive teams have opted to take a break this year, but I hear some friendly competition is brewing between the two teams who will be going head to head from Calistoga to Santa Cruz. You can follow their progress throughout the weekend of May 2-3 on our Facebook Group and via our hashtag: #DSEKillerBs.

Thanks to Ken Fong for organizing the teams, and a special thanks to this year's drivers and course volunteers: Tatiane Barauna, Janice Rensch, Pat Geramoni, Janet Nissenson, Steve Nissenson, Vince French, Angie, Diane Okubo-Fong, Denise Leo, and Patricia Barauna.

Good luck to both teams!

### RACE FEEDBACK FORM

We have added an online form to our website (under Events) to make it easy for you to give us feedback and testimonials on our races. We'd love to hear your suggestions for improvement, and may also use your comments when describing the race courses to help runners know what to expect on race day. Check it out at: <http://dserunners.com/race-feedback/>.

### COURSE RECORD RIBBONS

In addition to the finisher and top 5 ribbons that we normally give out at our weekly races, we'll be ordering special ribbons for our speedy runners who manage to set a new course record! Who will be the first to receive one of these?

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## BOARD AND GENERAL MEETINGS

The next board meeting is scheduled for the afternoon of Sunday, May 31. Contact me for details if you'd like to attend or if you have something you'd like the board to discuss.

## UPCOMING RACES

For those not running or volunteering at The Golden Gate Relay, join us for the **Walt Stack 10K** on **May 3**. Starting at Little Marina Green, runners will enjoy sweeping views of the Golden Gate Bridge as they head west along Crissy Field to Fort Point and back, then run up and over the Fort Mason hill and return the same way to the start. Jane Colman will be the RD, and we're dedicating this run to Don Watson.

**May 10** is our annual **Mother's Day Marina Green 5K**, featuring a fast flat course along Crissy Field and Marina Green. A free Kids' Run will follow.

There is **no DSE race on May 17**, giving our members the opportunity to enter Bay to Breakers.

We return to Golden Gate Park on **May 24** for the **Kennedy Drive 8K**. This out and back course starts uphill on Middle Drive and features rolling hills throughout, but that means you can look forward to a downhill finish.

We head to Pacifica on **May 30** for the **San Pedro Park Trail 2M and 10K Runs**. Don't miss the chance to earn

## CLASSIC STU-PEDS by Stu Ruth



double the points, but be prepared to work twice as hard as these trails are certainly not flat. Please note that this race is taking place on **Saturday** and the 2M race starts at 8:30 AM.

give us sufficient time to set up before trying to sign in.

- Please take an extra moment to print your name legibly on the race day waiver. Sometimes it's easier to read hieroglyphics than it is to guess at a person's illegible scribble.
- We start promptly at 6:30 PM. 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.

We need volunteers every week, especially to help with timing but also with registration and other finish line tasks. Also, we appreciate any assistance in putting away equipment after the race. Thank you to everyone who has volunteered to serve as either a Race Director or to transcribe race results. I will be contacting all of you in early May to draw up a schedule.

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

## 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)

# SANDRA SEIKI

## April 26, 1951 - April 3, 2015

Kevin Lee



After more than two years, Sandra lost her battle with ALS.

She made the most of her life. Sandra was a giver. By day she was a legal secretary; midday she found time for running or walking. In the evening she spent quality time with her family. On Saturday, she went home to visit her mother.

I met Sandra in the late 1980s, when we volunteered regularly at the Pamakid Runners office on Taraval.

Sandra had very high marathon morals. She believed that if you signed up to run a marathon, you should do the training miles and you will be

rewarded. She ran two San Francisco Marathons in the 1980s with 3:25 and 3:30 finishing times.

Everyone who had an opportunity to know Sandra knew how unselfish she was. While she was working on the Peninsula, she would find time to bake a cake for the Wednesday Woodside DSE runners. Sandra also served as DSE secretary 1995-1996 and 1999-2000.

I am glad that she had more than five years of retirement to enjoy. After Sandra's running career ended, she joined a morning Lake Merced walking group.

Sandra loved gardening and took up cabinetry.

It is nice to know that Sandra was able to see both her children wed and to hold her grandchild in her hands.

A celebration-of-life lunch will be held on Friday, May 1 from 1:30 - 5:00 PM at the Merced Room, Westlake Park (near Doelger Senior Center).

# REMEMBERING DON

## May 3, 1929 - March 25, 2015

Jane Colman

Recent DSE members knew Don as the little old man with the big smile who took photos of the runners at DSE races. But old-timers also knew Don as a runner. He ran track at Lowell High School, but after graduating he turned to other pursuits, spending several years in the Merchant Marines and then 37 years as a ship clerk on the waterfront, and all of those years as a social activist and many of them as a labor historian.

In the late 1970s Don started running again, and promptly joined both DSE and the Pamakids. He ran many DSE and other races, and in his brief marathoning career, 1979-1980, he ran the West Valley Marathon, the Golden Gate Marathon and the Sri Chinmoy Marathon. He also volunteered many times at the San Francisco Marathon.

Don ran the Pikes Peak Ascent in



1985, 1987 and 1989. Although he and I met at a Berkeley Runners Club run in 1983 and said hello to each other at DSE runs, we never became really acquainted until our first trip with the PeakBusters, where DSE and Berkeley Runners Club member Bernice Carter (later Brucker-Vincent), Don and I, the three East Bay runners with the group, hiked and ran together. After that 1985 week in Manitou Springs, Don and I started going to DSE runs together and in 1988 were married by DSE founder Walt Stack.

Don was always a DSE loyalist. When he was sidelined for months by an injury, he volunteered every week and received a Volunteer of the Year award. After a 2005 illness which affected his balance and stamina, Don stopped running but walked miles every day and self-timed at DSE races. When that became too much for him, he started his race photography.

A celebration of Don's life will be held at ILWU Local 34 at 815 Second Avenue, just north of AT&T Park, on Saturday, May 23, with refreshments at 1 PM and program beginning at 2 PM. There is a small parking lot and also a Muni streetcar stop at AT&T Park.

## New Members

### GEYSERVILLE

Jack Rockefeller

### MENLO PARK

Ironmike Schiff

### PACIFICA

Coralee Ayling

### SAN BRUNO

Tammy Leong-Bazouzi

### SAN FRANCISCO

Andrew Alexander-Green

Stacy Anderson

Ian Cooper

Hank Erickson

Margaret Erickson

Chelsea Liakos-Gilbert

Darius Libre

Kim Kahler

Mary Beth Majoros

Emily Ocon

Kirk Schmink



# RUNNING RESULTS

## 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.**

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..

March 29, 2015

Polo Field 5K

**Race Director:** Christine Clark

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Bill Woolf, Phyllis Nabhan, Liese Rapozo, Wally Rapozo, Amber Wipfler, Vince French, Kevin Lee, Noriko Bazeley, Bobby Marty, Jim Kauffold, Denise Leo, Tony Nguyen, Jason Buckner



Race Director Christine Clark

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231 participants: 218 racers (122 men, 95 women, 1 unknown), 13 self-timers



Former DSE president Grant Johnson back in the Bay Area and winning races

© 2015 Paul Mosel



Pat, Jane and Mort

© 2015 Jason Buckner

April 5, 2015

Easter Roller Coaster 5K

**Race Director:** Stephanie Soler

**Volunteers:** Calvin Chan, Jimmy Yu, Bill Woolf, Phyllis Nabhan, Fred Haber, Bobby Marty, Vince French, Richard Finley, Kevin Lee, Noé Castenon, Neal Ashton, Jim Kauffold, Bill Hamilton, Wendy Newman, Georges Buttner, Patrick Lee, Daryl Luppino



Race Director Stephanie Soler

© 2015 Paul Mosel

150 participants: 127 racers (79 men, 48 women), 8 self-timers, 15 kids



Mountain Lake Park

© 2015 Paul Mosel



DSE photographer Paul Mosel

© 2015 Jason Buckner



# 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
<b>Hellyer Park 5K, San Jose, February 28</b>					
65	Neal Ashton	58	3	M55-59	28:35
<b>Foggy Bottom Milk Run, Ferndale, March 8</b>					
21	George Rehmet		1	M45-49	1:10:50
<b>Wine Country 5K, Paso Robles, March 15</b>					
32	Neal Ashton	58	3	M55-59	26:49
<b>Reach for a Star 5K, Brisbane, March 22</b>					
25	Chikara Omine	32	6	M30-34	16:35
44	Jeffery Mendenhall	38	5	M35-39	17:17
52	Cliff Lentz	50	3	M50-54	17:37
64	Adam Littke	40	12	M40-44	18:01
77	Peter Hsia	54	6	M50-54	18:16
79	Bill Wheeler	44	16	M40-44	18:20
81	Jason Reed	36	8	M35-39	18:26
84	Kenley Gaffke	36	9	M35-39	18:32
90	Ky Faubion	30	7	M30-34	18:40
112	Tim McMenomey	54	13	M50-54	19:36
120	David Moulton	47	17	M45-49	19:50
149	Louise Stephens	49	4	F 45-49	20:42
165	Gene French	68	4	M65-59	21:23
177	Hans Schmid	75	2	M75-79	21:57
188	Erika Kikuchi	36	15	F 35-39	22:57
200	James Flanigan	65	6	M65-69	23:34
211	Amy Sonstein	45	6	F 45-49	24:13
214	Anya Durgerian	13	2	F 1-19	24:21
217	Richard Cottrell	74	3	M70-74	24:47
226	Maggie Fillmore	64	7	F 60-64	25:35
229	Denise Leo	39	16	F 35-39	25:51
238	Kat Powell	64	10	F 60-64	27:03
<b>Livermore Half Marathon, March 28</b>					
569	Jim Buck	72	2	M70-79	1:56:21
1051	Phaidra Garcia	44	159	F 40-49	2:08:13
1191	Jane McFarland	65	3	F 60-69	2:11:16
1780	Pat Geramoni	67	5	F 60-69	2:26:33
2646	Mary Gray	53	217	F 50-59	3:05:04
<b>American River 50M, Folsom, April 4</b>					
1	Chikara Omine	32	1	M30-39	6:13:29
22	Nakai Baird	40	5	M40-49	7:40:52
81	Jason Reed	36		M30-39	8:58:42
96	George Rehmet	48		M40-49	9:13:26
110	Erika Kikuchi	36	10	F 30-39	9:19:20
151	Riya Suising	47		F 40-49	9:44:13
457	Kat Powell	64	6	F60-69	12:05:44
551	Tony Nguyen	41		M40-49	12:39:28
608	Kitzzy Aviles	36		F 30-39	13:39:37
<b>Presidio 10, April 12</b>					
<b>10M</b>					
44	Matthew Cox		4	M40-44	1:09:37

April 12, 2015

Golden Gate Park 10K

**Race Director:** Margo Banowicz

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Peggy Kang, Phyllis Nabhan, Bobby Marty, Caron Anderson, Vince French, Kitzzy Aviles, Akemi Iizuka, Brian Hutto, Jane Lee, Neal Ashton, Marsi Hidekawa, Theo & Jeanie Jones, Bill Woolf Noe Castanon, Wally & Liese Rapozo, Jason Buckner



**Race Director Margo Banowicz**

© 2015 Jason Buckner

174 participants: 164 racers (97 men, 67 women) 10 self-timers



**Above: Bill Hamilton**

**Below: Mitchell Sollod**

© 2015 Jason Buckner



April 19, 2015

Windmill 10K

**Race Directors:** Michael, Sheri and Kevin Dunn

**Volunteers:** George Sacco, Jimmy Yu, Calvin Chan, Bob Butchart, Phyllis Nabhan, Liese Rapozo, Wally Rapozo, Dennis Lawlor, Kevin Lee, Neal Ashton, Patrick Lee, Bill Woolf, Denise Leo, Pat Geramoni, Joel Rizzo, Bobby Marty, Amber Wipfler, Vince French



Race Directors Michael, Sheri and Kevin Dunn

© 2015 Paul Mosel

158 participants: 147 racers (84 men, 63 women), 11 self-timers



Above: Bob Theis  
Below: Neal Ashton

© 2015 Paul Mosel



73	George Rehmet	3	M45-49	1:13:35
125	Noriko Bazeley	1	F 55-59	1:17:50
594	Noreen Beiro	7	F 55-59	1:35:53
665	Milinda Lommer	17	F 45-49	1:38:55
761	Douglas Kong	86	M30-34	1:42:44
1018	Christopher Chun	96	M30-34	2:19:26

#### 10K

614	Lucille Wing	9	F 55-59	1:00:59
1391	Gladys Sanders	35	F 50-54	1:20:16

#### 5K

381	Paul Mosel	1	M70-120	38:46
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#### Sactown 10M, Sacramento, April 12

39	Chikara Omine	32	12	M30-34	56:33
46	Timothy Comay	30	13	M30-34	57:10
73	Cliff Lentz	50	1	M50-54	59:52
94	Markham Miller	51	8	M50-54	1:03:15
97	Jeffery Mendenhall	38	6	M35-39	1:03:27
101	Nakia Baird	40	13	M40-44	1:03:45
102	Kenley Gaffke	37	8	M35-39	1:03:45
105	Peter Hsia	54	9	M50-54	1:04:09
109	Jason Reed	36	9	M35-39	1:04:47
118	Roy Clarke	59	3	M55-59	1:05:40
123	David Ly	46	12	M45-49	1:06:09
179	Riya Suising	47	5	F 45-49	1:11:58
182	Louise Stephens	49	6	F 45-49	1:12:23
206	Fiona McCusker	50	5	F 50-54	1:15:12
215	Erika Kikuchi	36	9	F 35-39	1:15:58
386	Kat Powell	64	9	F 60-64	1:29:06
389	Denise Leo	39	20	F 35-39	1:29:17

#### Raleigh Rock 'n' Roll Half Marathon, Raleigh, NC, April 12

22	Jared Chan	14	1	M12-14	1L26:29
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#### Santiago Marathon, Santiago, Chile, April 12

Carol Pechler	1	F 65+	5:21:18
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#### Ruth Anderson Ultras, April 19, 2015

##### 50K

19	Mark Prichard	59	5:36:54
21	Denise Leo	39	5:41:17
24	Kat Powell	54	5:46:18
34	Johnny Chow	51	6:33:19
44	Danni Baird	31	8:46:08
46	Diann Leo	27	9:59:00

##### 50M

4	Nakia Baird	40	7:07:35
7	Noriko Bazeley	56	8:43:56

##### 100K

1	Chikara Omine	32	7:06:30
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#### Boston Marathon, April 20

2422	Peter Trussas	44	331	M40-44	2:59:10
2481	Kenley Gaffke	37	1753	M35-39	2:59:22
3608	Jason Reed	36	2304	M35-59	3:09:50
9066	Erika Kikuchi	36	1543	F 35-39	3:26:55
10416	Riya Suising	47	144	F 45-49	3:30:49
19249	David Ly	46	2115	M45-49	4:02:07
20667	Lucille Wing	58	322	F 55-59	4:10:51
21281	Leopoldo Rosales	61	648	M60-64	4:15:22
23890	Sam Roake	79	18	M75-59	4:41:15



**Across the Bay, April 26****5K**

102	Barbara Bauer	62	1	F 60-64	34:40
155	Jonas Wong	9	4	M 1-14	36:24
162	Laura Froelich	47	11	F 45-49	36:46
167	Nancy Yin-Pollock	39	16	F 35-39	36:57
261	Julie Yee	45	18	F 45-49	42:24

**12K**

165	Yvan Le Borgne	31	30	M30-34	1:01:20
233	Lidia Deleon Ochoa	39	8	F 35-39	1:03:38
257	Paloma Kokshoorn-Herrewijn	49	7	F 45-49	1:03:55
481	Julia Mutere	25	43	F 25-29	1:09:49
668	Alice Talpin	31	70	F 30-34	1:13:52
723	Joseph Connelly	53	29	M50-54	1:15:19
751	Jason Wong	14	9	M 1-14	1:15:34
770	Mitchell Sollod	76	4	M75-98	1:15:57
824	Jeff Kramer	47	57	M45-49	1:16:46
829	Katie Schenkkan	26	72	F 25-29	1:16:57
830	Suzana Seban	61	9	F 60-64	1:16:57
927	Michael Rouan	51	38	M50-54	1:18:47
1016	Ramona Esquivel	34	125	F 30-34	1:20:45
1066	Gary Aguiar	60	15	M60-65	1:22:00
1217	Erica Chesley	27	113	F 25-29	1:25:26
1339	Wendy Newman	65	2	F 65-69	1:28:17
1400	Darin Pakkala	45	78	M45-49	1:29:39
1610	Carol Pechler	74	2	F 70-74	1:34:24
1767	Ryiah Nevo	41	154	F 40-44	1:39:07
1919	Lesley Pakkala	45	128	F 45-49	1:46:13
1927	Elaine Gecht	71	4	F 70-74	1:46:31
1977	Dennis Hassler	81	5	M75-98	1:48:45
2277	Mary Jean Pramik	66	9	F 65-69	2:11:34

**Capitol City Classic, Sacramento, April 26****5K**

132	Dana Farkas	56	4	F 55-59	34:00
362	Dee Farkas	87	2	F 75+	57:02
363	Michele Sims	57	21	F 55-59	57:02

**12K**

12	Chikara Omine	32	3	M30-34	41:24
18	Timothy Comay	30	4	M30-34	42:34
27	Cliff Lentz	50	1	M50-54	44:11
36	Adolfo Andrade	35	2	M35-39	45:37
38	Joe Wehrheim	43	9	M40-44	45:51
45	Markham Miller	51	6	M50-54	47:22
46	Nakia Baird	40	11	M40-44	47:49
56	Roy Clarke	59	4	M55-59	49:00
58	Jason Reed	36	3	M35-39	49:37
76	Louise Stephens	49	2	F 45-49	53:08
121	Kat Powell	64	5	F 60-64	1:04:18
221	Jane Colman	71	4	F 70-74	1:25:21

**10M**

9	Jared Chan	14	1	M 1-19	1:08:53
351	Mitchell Cvecko	30	31	M30-34	1:56:51
505	Jennifer Walker	32	69	F 30-34	2:28:41

**Big Sur Marathon, April 26**

206	Riya Suising	47	3	F 45-49	3:31:07
1190	Steve Snyder	53	99	M50-54	4:18:05
1981	Gregg Whitnah	64	47	M60-64	4:48:07
3370	Margie Whitnah	66	4	F 65-69	6:17:35

# ◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2015, especially for the June issue. Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

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

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

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store or at their new Iceland store in Berkeley. 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).

In particular, let me know soon if you can host a folding session the week of June 29.

# FOGGY BOTTOM MILK RUN

George Rehmet

Avenue of the Giants and Humboldt Redwoods are two of the best-known races that are put on by the Six Rivers Running Club. But I was pleasantly surprised to learn about a third big race that this club puts on: the Foggy Bottom Milk Run. It's the RRCA State Championship race for the 10-mile distance, so I was invited up to the town of Ferndale (which has been the setting for movies such as *Outbreak*, *The*



*Majestic* and *Salem's Lot*) to represent the RRCA national office as a state representative. Approximately five hours north of San Francisco, the town of Ferndale is comprised of Victorian style houses and storefronts.

With a race start time of noon, it was nice to sleep in given the change in time due to Daylight Saving Time. The flat 10M and 4M races take runners through farmlands north of Ferndale after going through the downtown street of Ferndale. All finishers in both races received medals. The conditions were near perfect for running — upper 40s and overcast skies. The top runners in both races received award mugs.

In the 10M race, top runners and age group winners in the master age groups received a unique award — silver coins (nicknamed HUMS) minted in Humboldt County. The idea of the coins came from Ken Young (note: he is one of the founders of the USATF Road Course Certification booklet that is used for certifying a course) to help promote the race further. Each coin illustrates the economic activities of Humboldt County. So I was so nicely surprised to be awarded such a coin, for which I had run a 1:10:50 in the race.



I was told by Cindy and Gary Timek, who are the Avenue of the Giants race director and club president, respectively, to stay for the 2M race which started at 2 PM., and I'm glad that I did! After the previous races which had a combined 435 entrants, the 2M race had nearly 1,200 entrants, of whom over 80% were

children. Race Director Marlene Allen informed me that there are competitions among the local schools for the cow trophies. Moreover, the awards for the children go 30 deep for each gender and age category. I was pleasantly awestruck to find that a running club had done a fabulous job promoting children's running. In fact, the club helps support children's running programs in the local school. Moreover, the club will purchase running shoes for children who cannot afford them.

As a RRCA State Representative, I find the Six Rivers Running Club one of my favorite clubs. I enjoy meeting up with them because of the great races the club puts on and their wonderful support of their local communities and the RRCA. And now I am happy to report a third reason: the magnificent support of children's running in the beautiful Redwood Coast.

More information on the Foggy Bottom Milk Run is at <http://www.foggybottommilkrun.com>.

More information on the Six Rivers Running Club is at <http://www.6rrc.com>.



## THE LIVERMORE HALF: WINE WITHOUT WHINING

Jim Buck



The second running of the Livermore Half Marathon wound through the city streets, backroads and bike trails of Livermore, California on Saturday, March 28, 2015. Those runners

not mesmerized by competition and speed were treated with fine views of the rolling hills of the Livermore Valley and its burgeoning wine region, most notably the Wente Vineyards.

The nearly 3,000 runners finishing the course began their trek in the heart of the downtown area. It was 8 AM, 48 degrees and sunny — perfect running weather. In a matter of minutes many would be sweating profusely. After 3.5 miles on the city streets a right turn took runners onto a regional park trail for the next several miles. Much of the run meandered along these trails, over small foot bridges and paved bike paths. Good running surfaces. Throughout this area I traded places with a young lady who ran with music blasting loud enough for me to hear several paces away. She wasn't hauling speakers but the music was coming from somewhere.

By mile 6, with the race nearly halfway in the bag, we turned onto Arroyo Road., taking us past the Wente



Vineyards. This marvelous 1.5-mile, level straightaway was my favorite part of the course. We had left the winding trails and low rolling hills behind and could settle into a reasonable pace. I was thinking that maybe the hills I'd heard about were not so bad after all.

But pleasant reveries were soon replaced by the grim reality of



Wente Vineyards

significant hills looming ahead. Nevertheless, the body prevailed and shortly after mile 10 we were on a downhill trek through another park, into the city and across the finish line. One of the last wooden bridges, about two miles out from the finish, was interesting. With half a dozen or more runners on it at any given time, the bridge seemingly bounced along to its own cadence. The runner's descending foot is surprised by the bridge surface coming up to greet it. All coordination is momentarily lost as the foot traffic bounces across to the other side.

The festival and all aspects of the race were well executed. This race also included pacers to assist runners in achieving their desired race goals. Pacers carried signs with finishing times at 5-minute intervals between 1:30 and 2:30. I finished at 1 hour and 56 minutes and in those last few miles I had dreaded seeing the 2:00 pacer pass in front of me. I held him off this time but that day will come soon enough. I also stayed out of earshot of the music lady. It was too much heavy metal for me anyway.

Runners crossing the finish line received a large medal and a commemorative wine glass — the medal being in the form of a metallic coaster large enough to handle a wine bottle. Most participants then headed for the post-race festivities that included rollicking music and free wine and beer (in the new glass of course!). An interesting aspect of this race was that

nearly two-thirds of the 2,807 finishers were women. Not that I'm complaining, but there was a day when those numbers were usually reversed. Maybe it's the wine that attracts the gentler sex...

There's something special about an event like this on a Saturday. After an exhausting workout and time spent recovering (or partying) there's an entire next day to relax and contemplate future challenges before facing that Monday morning grind. Several other SF Dolphin South End Running Club (DSE) veterans strode among the grapevines this day. Finishing the half were Jane McFarland, Mary Gray, Pat Geramoni and her daughter Phaidra Garcia. Look at that! Even within DSE participants, the women totally outnumbered the men.



Jane stomping grapes

## News Brief: Rehmet Elected to National RRCA Board

Des Moines, IA, April 24, 2015: Longtime DSE member George Rehmet was elected for a two-year term as Western Regional Director for the RRCA, of which the DSE is a member. George will start serving his term for the national board on May 1. George has been an RRCA State Representative since 1999 (with a break from 2004-2007), having been nominated by then-club-president Joe Oakes. He is the only state representative to have been awarded Outstanding RRCA Representative of Year twice. George will remain state representative until a replacement can be found.

## Volunteers Needed

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

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

May 3	Walt Stack 10K
May 10	Mother's Day Marina Green 5K
May 24	Kennedy Drive 8K
<b>SAT</b> May 30	San Pedro Park 10K/2M
June 7	Lake Merced 4.5M
June 14	Bay Trail 4M

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 points. Volunteer points are mandatory in order to be considered for any year end club awards.

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

# ◆◆◆ 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.

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**For 24-Hour race information call the DSE Race Hotline at 415-978-0837**

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## **Sun May 3 Walt Stack 10K**

START/FINISH: Yacht Rd parking lot, 1 block north of Marina Blvd (Little Marina Green)

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

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 start. Then run left along diagonal dirt path, left onto Marina Blvd and traverse uphill/downhill on Fort Mason path. Turn around at vertical wood posts at east end of Fort Mason hill and return same way to finish.

## **Sun May 10\* Mother's Day Marina Green 5K**

START/FINISH: East Beach, Crissy Field

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

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

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

## **Sun May 17 NO DSE RUN**

Opportunity to run Bay to Breakers: [www.baytobreakers.com](http://www.baytobreakers.com)

## **Sun May 24 Kennedy Drive 8K**

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at barricade and return same way to finish.

## **Sat May 30 San Pedro Valley Park Trail Runs: 2M/10K**

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

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

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

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

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

If you are running both races, you must finish the 2M race prior to the 9 AM start of the 10K race.

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

## **Sun June 7 Lake Merced 4.5M Run**

START/FINISH: Sunset Blvd Parking Lot at Lake Merced

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.



## 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 Co-ordinator, 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: Tuesday, June 2  
TIME: **6:30 PM**  
HOST: Kitzzy Aviles  
Presidio Sports Basement  
610 Old Mason St, San Francisco  
407-479-8747

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

There will be little or no rain in May, although some showers are possible around the middle of the month. For the most part it will be typically cool and foggy near the coast for many May days. It will warm up for the first weekend of the month, then cool down for the end of the first week followed by another cooling trend in the second week of May with a strong onshore flow. The warmest weather for San Francisco will begin around May 22, with a few days in the upper 70s to mid-80s. It will be cooler for the last weekend of May.

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



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ANGELICUS  
Walt Stack

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LOST AND FOUND Geores Buttner

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Chikara Omine

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Kenneth Fong

Pat Geramoni

Janet Nissenson

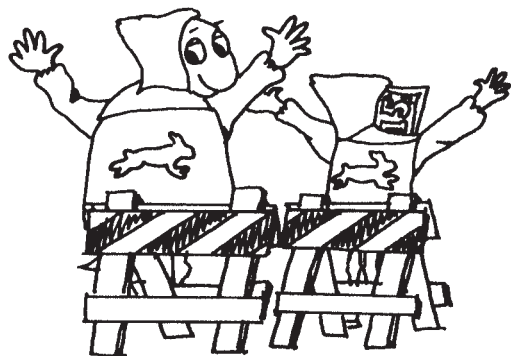
### DSE PHOTOGRAPHER

Paul Mosel

**SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB**

805 VEGA CIRCLE  
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



## Happy Birthday!

### MAY

1 Erica Hernandez  
2 Carol Pechler  
Phineas Wehrheim  
Sven Wolf  
3 Anthony Katz  
Ian Macnider  
4 Stephanie Chiquillo  
5 Bruce Leary  
William Stephens  
6 Matt Geis  
Daniel Pagano  
7 Johanna Merriss  
Jacob Warman  
8 Steve Corona  
Oscia Wilson  
9 Alice Dingwall  
Carolyn Dingwall  
Richard Finley  
Maggie Haack  
Joseph Williams

10 Michael Cawthon  
Antonella Goldsbourough  
Ernesto Granillo  
Larry Jewett  
11 Danni Baird  
14 Meighen Speiser  
15 Mary Jean Pramik  
16 Jackson Polverari  
17 Elaine Mah  
Vicky Santos  
18 Jeorgina Martinez  
19 Jean Atelsek  
Jane Stephens  
20 Michael Gee  
21 Edward Arias  
Marcus Johnson  
Gina Moore  
William Woolf  
22 Jennifer Lee  
23 Pedro Alvarez  
Janet Isleib  
Michele Sims

24 Mikiko Bazeley  
Steve Nissenson  
25 Letty Garbisch  
27 Jeff Kramer  
Eric Pollack  
28 Georgia Miles  
Olivia Miles  
Maria Saguisag-Sid  
Ceis Wildin  
Julie Yee  
Mark Zaller  
29 Conal Gallagher  
Ben Osipow  
30 Tom Huster  
Maggie Mazur  
31 Yvan Le Borgne  
Michael McPartlan