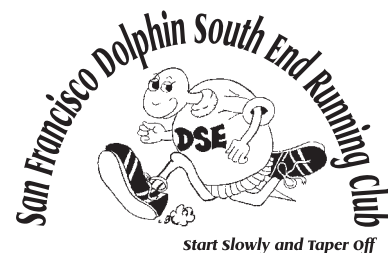


DSE NEWS



50th Year

June 2015

DOUBLE DIPSEA VOLUNTEERS STILL NEEDED

Jennifer Walker

The Double Dipsea is in just a few weeks, 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.

All volunteers will get a Double Dipsea t-shirt, the opportunity to join in the post-race volunteer picnic, and everlasting gratitude (at least until next year's call for volunteers).

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.



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From the President's Desk

AMBER WIPFLER,
SECRETARY

HAPPY JUNE, DSE!

This is Amber Wipfler, DSE secretary, filling in for our esteemed president. If you're like me, you might have set some fitness goals for yourself at the beginning of 2015, and now that the year is almost halfway over (how did that even happen?) it's a good time to review those goals and assess where you are. If you haven't been training as much as you'd hoped, fear not! While the foggy summers in San Francisco might not be ideal for barbecues and poolside parties, they sure are ideal for running. And with the days getting longer and longer, you can put your headlamp to bed for a few months and enjoy some long after-work jogs.

DOUBLE DIPSEA

June also brings us the most celebrated of DSE races — the famed Double Dipsea, set for Saturday, June 20. For those of you who snagged a spot in this sold-out event, good luck and have fun! DSE

ANOTHER BERKELEY FOLDING SESSION

If you live or work in Berkeley, or used to skate at Berkeley Iceland, now is your chance to attend an East Bay folding session at the Berkeley Sports Basement, located in the old Iceland skating rink. The date is July 2, and there will be time for shopping both before and after — and we get the same 10% DSE discount that we get at the San Francisco Sports Basement stores. Details are, usual, on page 11.

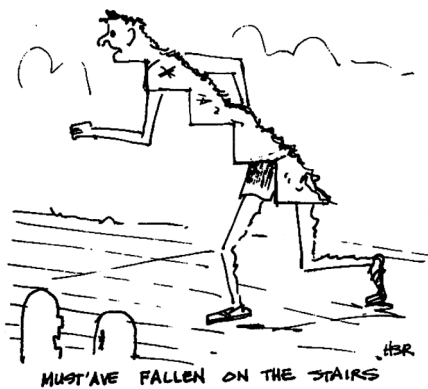
will be selling exclusive Double Dipsea merchandise before and after the race, so be sure to bring a little extra cash to get yourself something. And if you haven't signed up to volunteer, it's not too late! Not only will you get volunteer points that can be redeemed for free DSE races, but you'll get to cheer on and support your fellow runners as they tackle one of the Bay Area's most difficult courses. New members are especially encouraged to join us, as this is a great opportunity to meet your fellow turtles and become more involved in the club. Oh, and did we mention the post-race volunteer picnic? Contact Double Dipsea volunteer coordinator Jennifer Walker (Peachie470@aol.com) to get in on the fun.

BOARD MEETING

The Board meeting scheduled for May 31 has been postponed, but we will be setting a date for early June to discuss some very important issues — namely, the creation of a stroller policy and the implementation of a runner code of contact. We really, really want your input, so please don't hesitate to contact us through the link provided at the DSE website. We look forward to hearing from you!

CLASSIC STU-PEDS

by Stu Ruth



UPCOMING RACES

Now let's talk about races! June heralds the beginning of the Lake Merced Summer Series, with the first Thursday evening race taking place on June 4. What better way to unwind after a tough day at work than a nice, flat 4.5 miles? Two dollars is barely enough for a cup of coffee these days, but at DSE it'll get you a race, snacks, and a chance to socialize with your fellow runners. You can always DVR the basketball game. So be there! We meet in the Lake Merced parking lot

(Lake Merced Blvd. at Sunset) for a 6:30 PM.start.

Along with the Summer Series, DSE has an awesome race calendar for the month of June.

June 7 is the **Lake Merced 4.5**, which, as its name implies, takes you on a 4.5-mile jaunt around Lake Merced.

On **June 14**, come to the **Bay Trail 4 Mile**, a flat and fast paved course that begins and ends at the Oyster Point Marina in South San Francisco.

June 21 is the day to celebrate Dad by running the **Father's Day 5K** in his honor — or better yet, bring him along! This race starts and ends at Rainbow Falls in Golden Gate Park, and is followed by a Kids' Race for the little ones.

Finally, on **June 28**, we have the new and improved **Great Highway 5K**, which will begin and end at Lower Great Highway and Taraval. Did you hear that? Taraval, not Lincoln!

Happy running, and I'll see you at the races!

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com. Or just check the website on folding session day.

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@lmi.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Kitzzy Aviles and Jason Buckner

webmaster@dserunners.com

SUMMER EVENING RACE SERIES STARTS THIS MONTH

Janet Nissenson

The Lake Merced Summer Evening Race Series returns this year on Thursday, June 4, and continues for twelve consecutive weeks through August 20. Thank you to everyone who has volunteered thus far to be a race director or to help with race results.

While these weekly races are generally smaller and much more low-key than our regular Sunday runs, we still have need for volunteers each week. If you can help with any of the following jobs, please consider doing so. You will receive the appropriate volunteer points, same as you would for a Sunday race.

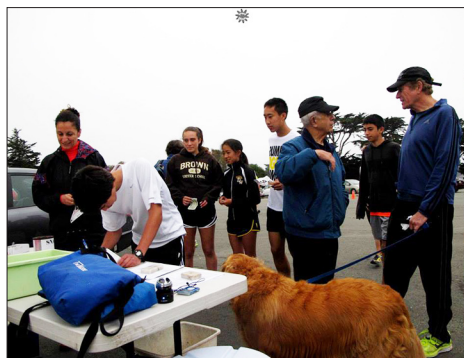
Registration (arrive by 5:45 PM, you can still run the race at 6:30)

Finish line – timers, bib number recorders

Course monitors/course control

And of course we are always in need of volunteers to help us set up and put away equipment, so even if you run the race you can still pitch in afterwards.

Looking forward to another great summer series!



Above: Summer series registration
Left: Summer series post-race snacks
© 2013 Paul Mosel

◆ ◆ ◆ New
Members ◆ ◆ ◆

CORTE MADERA

Barbara Musser

SAN FRANCISCO

Danielle Levitas

Shinyoung Park

Elio Polsinelli

Sandra Polsinelli

Daniel Underraga

Phalla Yann

SAN RAFAEL

Tracy Harding

SOUTH SAN FRANCISCO

James Haddon

Lisa Wong

JEAN HABER

January 5, 1928 - April 24, 2015

Jane Colman

Fred Haber's mother and longtime DSE member Jean Haber died on April 25. DSE old-timers will remember her accompanying Fred to Sunday races many years ago; those of us who attended *DSE News* folding sessions when Fred and Yong hosted them every month (or in the last few years, when they hosted the folding session/Halloween party every year) will remember Jean from her presence there. I certainly remember her and her sparkling conversation.

Jean moved as a child from Los Altos to San Francisco, where she later met her husband Bill and raised their five children. She loved San Francisco the opera, reading, crossword puzzles, Jeopardy, baking, all animals, her family and dear friends. In her later years she made her home with Fred and Yong in both Berkeley and San Francisco.

Jean will be greatly missed by her family and friends.

We offer our condolences to Fred and Yong and Jean's non-DSE family members.

Jean Haber and Don Watson enjoying conversation on Halloween, 2013, as they frequently did at DSE folding sessions.

© 2013 Phyllis Nabhan



© Phyllis Nabhan 2013

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, 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.
- You can call me at 510-652-3116.
- Or you can send me a note at 692 60th Street, Oakland, CA 94609..

May 3, 2015
Walt Stack 10K

Race Director: Jane Colman

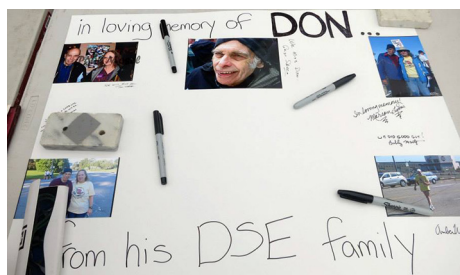
Volunteers: George Sacco, Amber Wipfler, Richard Finley, Bill Woolf, Phyllis Nabhan, George Sacco, Jim Kauffold, Luis Mauricio, Jim Kauffold, Rubi Kawarmua, Chikara Omine, Paul Mosel



Race Director Jane Colman

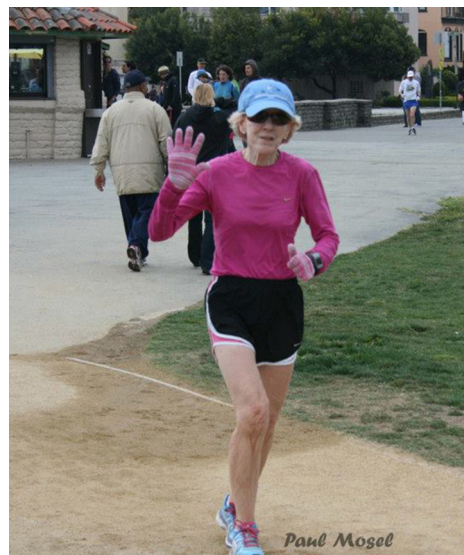
© 2015 Paul Mosel

126 participants: 118 racers (71 men, 47 women), 8 self-timers



The race was dedicated to Don Watson

© 2015 Paul Mosel



Jeanie and Theo Jones

© Paul Mosel 2015



DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
Brazen Goonies, Vacaville, March 28					
Half Marathon					
97	Yoly Pantig	43			2:35:34
123	Rocco Mullinax	41			2:48:36
170	Tony Nguyen	41			3:20:44
175	Christine Clark	43			4:10:29
10K					
43	Jaurie Evangelista	38			1:04:42
145	Jason Buckner	35			1:34:04
146	Kitzzy Aviles	36			1:34:04
Brickyard Race, Martinez, April 12					
4M					
44	Dana Farkas	56	3	F 50-59	45:35

46	Brian Hartley	61	7	M60-69	46:06
72	Dee Farkas	87	1	F 80+	1:18:00

8M

26	Rocco Mullinax	41	8	M40-49	1:06:42
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Benicia Run for Education 5K April 19

157	Brian Hartley		4	60-69	32:25
186	Dana Farkas				33:57
462	Dee Farkas				48:31
463	Michele Sims				48:32

Diablo Trails Challenge, Walnut Creek, April 19

50K

104	Aideen Campbell	45	4	F 45-49	8:48:35
110	Alfred Hu	54	15	M50-54	8:54:43
131	Rocco Mullinax	41	14	M40-44	9:35:43
143	Yoly Pantig	43	8	F 40-44	119:09

Half Marathon

270	Mitchell Cvecko	30	16	M30-34	3:47:35
5K					
215	Barbara Robben	81	1	F 80-84	42:43
287	Christine Clark	43	23	F 40-44	55:15

Miwok 100K, Stinson Beach, May 2

42	Chikara Omine	32			11:36:47
51	Baiji He	34			11:48:33
132	Erika Kikuchi	36			13:19:52
265	Noriko Bazeley	56			15:08:16
266	Hans Schmid	75			15:09:12

Western Pacific Trail Runs, Fremont, May 2

Half Marathon

5	Jose Maldonado	34	1	M30-34	1:26:21
257	Michael Cvecko	30	22	M30-34	2:29:52
370	Gary Aguiar	60	7	M60-64	4:43:11

10K

294	Dennis Hassler	81	1	M80-84	1:27:14
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5K

221	Barbara Robben	81	1	F 80-84	40:25
347	Richard Hannon	79	1	M75-79	53:09

Pacific THERz 5K4Play, Portola Valley, May 3

50	Jeffery Mendenhall	38	4	M35-39	17:29
55	Cliff Lentz	50	2	M50-54	17:35
77	William Wheeler	45	13		18:46
82	Kenley Gaffke	37	6	M35-39	18:42
102	Nakia Baird	40	13	M40-44	19:49
141	Riya Suising	47	6	F 45-49	21:46
119	Fiona McCusker	50	2	F 50-54	22:14
174	Richard Cottrell	74	4	M70-74	24:37
176	Hans Schmid	75	1	M75-79	24:40
179	Anya Durgarian	14	1	F 01-19	24:47

Avenue of the Giants Marathon, May 3

261	Michael McPartlan	50	15	M50-54	4:26:10
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Cinderella Trail Half Marathon, Oakland, May 9

1	Timothy Comay	30	1	M30-34	1:36:36
70	David Klinetobe	54	4	M50-54	2:42:40

Wildcat Trail Races, El Sobrante, May 9

Half Marathon

10	Dan Pagano	45	1	M45-49	1:48:57
66	Alfred Hu	54	4	M50-54	2:20:00
148	Rocco Mullinax	41	22	M40-44	2:54:57

May 10, 2015

Mother's Day 5K

Race Director: Marie-Pierre Carlotti

Volunteers: George Sacco, Amber Wipfler, Bill Woolf, Phyllis Nabhan, Liese Rapozo, Bobby Marty, Jason Buckner, Kitzzy Aviles, Kevin Lee, Noriko Bazeley, Gene French, Noé Castanon, Jim Kauffold, Rubi Kawamura, Wendy Newman, Vince French, Georges Buttner, Wally Rapozo, Daryl Luppino

Paul Mosel



Race Director Marie-Pierre Carlotti

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261 participants: 221 racers 121 men, 96 women, 4 unknown), 11 self-timers 29 kids



Post-race gathering and refreshments

© 2015 Paul Mosel

May 24, 2015

Kennedy Drive 8K

Race Director: Chikara Omine

Volunteers: Calvin Chan, Jimmy Yu, Peter Flessel, Bill Woolf, Phyllis Nabhan, Bobby Marty, Kevin Lee, Caron Anderson, Rubi Kawamura, Marsi Hidekawa, Pat Geramoni, Carol Pechler



Race Director Chikara Omine

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128 participants: 24 racers (80 men, 44 women), 4 self-timers



Above: Race registraion

**Below: Volunteer Phyllis Nabhan
and photographer Paul Mosel**

© 2015 Paul Mosel



Half Marathon Hikers

14	Ryiah Nevo	41			3:39:31
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Sequoia Stampede 5K Fun Run, Redwood City, May 9

91	Pat Geramoni	67	1	F 60-69	28:00
151	Jim Kauffold	77	2	M70-79	39:12

Quicksilver 100K/50K, San Jose, May 9

100K

1	Chikara Omine	32	1	M30-39	9:05:48
26	Nakia Baird	40	11	M40-49	11:39:03
51	William Dai	45	23	M40-49	12:38:44
54	Kenley Gaffke	37	14	M30-39	12:47:59

50K

142	Tony Nguyen	41	25	M40-49	9:20:34
146	Kat Powell	65	1	F 60-69	9:48:58

Silver State 50, Reno, May 16

50M

18	William Dai	45	8	M40-49	9:23:33
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50K

45	Jason Reed				6:42:18
73	Rocco Mullinax				8:26:59

Bay to Breakers, May 17

52	Grant Johnson		6	M30-34	40:14
102	Andrew Alexander Green		15	M30-34	43:05
117	Anthony Katz		19	M30-34	44:20
153	Craig Dunn		8	M40-44	45:49
178	William Wheeler		8	M45-49	46:29
190	Dylan Sutton		11	M40-44	46:57
269	Vincent Gulli		64	M25-29	48:55
278	Kenley Gaffke		22	M35-39	49:08
284	Pedro Alvarez		20	M40-44	49:12
368	Sven Wolf		10	M50-54	50:23
372	David Moulton		22	M45-49	50:26
390	Matthew Cox		24	M40-44	50:40
594	Michael Gulli		9	M55-59	52:59
642	David Wilson		34	M45-49	53:30
715	Luis Mauricio		53	M40-44	54:08
922	David Myers		53	M45-49	55:58
1140	Erika Kikuchi		27	F 35-39	57:33
1294	Mark Prichard		25	M55-59	58:31
1379	Hans Schmid		1	M75-79	59:00
2052	Lidia deLeon		49	F 35-39	1:02:20
2221	Kenneth Fong		82	M50-54	1:03:11
2253	Kevin Lee		23	M60-64	1:03:18
2463	Joel Rizzo		156	M45-49	1:04:12
2508	Wayne Plymale		27	M60-64	1:04:25
2971	David Haimes		235	M40-44	1:06:09
3067	Kirk Schmink		491	M30-34	1:06:33
3326	Ken Weller		12	M65-69	1:07:36
4237	David Humphreys		149	M55-59	1:10:38
4255	Jacob Warman		650	M30-34	1:10:41
4384	Daryl Luppino		157	M55-59	1:11:05
4412	Rene Rodriguez		71	F 45-49	1:11:10
4610	Jaurie Evangelista		135	F 35-39	1:11:45
4710	Mark Zaller		172	M55-59	1:11:59
4803	Johnny Chow		202	M50-54	1:12:12
5001	Richard Nippes		29	M65-69	1:12:42
5007	Mitchell Sollod		5	M75-79	1:12:43
5269	Sharon Crost		91	F 45-49	1:13:20
5966	Marian Lyons		4	F 65-69	1:15:14

6179	Lisa Griffin	80	F 50-54	1:15:41
6243	Krystle Mariano	444	F 30-34	1:15:50
6513	Fionnola Villamejor	139	F 45-49	1:16:35
6697	Gary Brickley	102	M60-64	1:17:03
6905	John Herbert	45	M65-69	1:17:29
6767	Mark Kelley	233	M55-59	1:17:11
7066	Faithy Leong	266	F 35-39	1:17:49
7177	Brooks Esser	245	M55-59	1:18:03
7240	Gerald Flynn	51	M65-69	1:18:11
7591	Michael Rouan	226	M50-54	1:19:05
7909	Gary Bengier	135	M60-64	1:19:50
8093	Mathieu Cognac	1079	M30-34	1:20:14
8146	John McCarroll	275	M55-59	1:20:24
8176	Russell Breslauer	21	M70-74	1:20:28
8571	Kim Kahler	367	M50-54	1:21:16
8903	Shahid Hussain	756	M35-39	1:22:06
8917	Dave Picariello	153	M60-64	1:22:08
8928	Aideen Campbell	221	F 45-49	1:22:09
9128	Joseph Connelly	382	M50-54	1:22:36
9297	Barbara Bauer	50	F 60-64	1:22:58
9548	Steve Musser	26	M70-74	1:23:31
10207	Carol Pechler	1	F 75-79	1:25:03
11726	Phalla Yann	530	F 35-39	1:28:43
12049	Thomas Emanuel	107	M12-15	1:29:33
12080	Maria Wamsley	276	F 50-54	1:29:38
12215	Lucy Wing	147	F 55-59	1:29:56
12695	Darin Pakkala	643	M45-49	1:31:05
12971	Geoffrey Sears	511	M50-54	1:31:44
13646	Paul Mosel	44	M70-74	1:33:37
13917	Salena Copeland	712	F 35-39	1:34:26
14316	Daniela Go	1425	F 25-29	1:35:41
14478	Susy Chen	1354	F 30-34	1:36:09
14574	Kami Kitchen	603	F 40-44	1:36:27
14788	Jann Montenegro	1537	M25-29	1:37:05
15826	Gladys Sanders	443	F 50-54	1:40:38
15874	Diane Okubo-Fong	445	F 50-54	1:40:49
16329	John Blankenship	62	M70-74	1:42:41
16417	Darius Libre	620	M50-54	1:43:11
16503	Wen He	1579	F 30-34	1:43:29
17430	Jennifer Chow	1677	F 30-34	1:47:40
17560	Lesley Pakkala	636	F 45-49	1:48:20
18311	Shifra Gaman	149	F 60-64	1:52:06
18993	Charlene Boysen	722	F 45-49	1:55:47
19164	Jesse Agbayani	341	M60-64	1:56:42
19714	Peter Vang	1775	M25-29	1:59:55
20803	Margo Banowicz	401	F 55-59	2:06:42
21148	Matthew Bouchard	1148	M40-44	2:09:15
21712	Diane Lucas	315	F 55-59	1:51:46
21995	Michael Gama	697	M55-59	2:14:56
23139	Harry Cordellos	36	M75-59	2:23:31
23739	Elizabeth Valdellon	553	F 55-59	2:27:38
26238	Roxanna Pegley	687	F 55-59	2:45:29
25712	Juby Benin	1626	F 35-39	2:41:35
27942	Ann Agbayani	1130	F 50-54	3:03:36

San Carlos Rotary Run, May 17

5K

284	Jim Kauffold	6	M60-120	39:26
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10K

16	George Rehmet	7	M40-49	43:42
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◆◆◆ Folding Session Hosts Needed ◆◆◆

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

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

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

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store 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 (or 510-652-3116 if you don't use email).

72	Phaidra Garcia		10	F 40-49	
73	Pat Geramoni		2	F60-120	1:02:21
81	Gregory Brown		8	M60-120	1:05:23

Horseshoe Lake Trail Runs, Palo Alto, May 17

Marathon

16	Gregg Whitnah	64	1	M60-69	5:31:44
18	Alfred Hu	54	3	M50-59	5:37:22
24	Margie Whitnah	66	1	F 60-69	8:19:40

50K

25	Tony Nguyen	41	6	M40-49	8:53:42
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Capitola Half Marathon, May 17

23	Riya Suising	47	1	F 40-49	1:30:38
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Marin Memorial Day Races, Kentfield, May 25

10K

10	Grant Johnson	32	3	M30-34	32:17
44	Chikara Omine	32	10	M30-34	34:49
75	Cliff Lentz	50	4	M50-54	36:13
78	Jeffery Mendenhall	38	8	M35-39	36:19
85	Adolfo Andrade	35	9	M35-39	36:47
87	Bill Wheeler	45	11	M45-49	36:52
116	Peter Hsia	54	13	M50-54	38:23
119	Adam Littke	41	14	M40-44	38:33
156	Steven Pitsenbarger	47	18	M45-49	40:00
173	Sven Wolf	51	19	M50-54	40:34
196	Enrique Rodriguez	40	21	M40-44	41:20
272	Riya Suising	47	7	F 45-49	44:31
275	Hans Schmid	75	1	M75-79	44:36
281	Fiona McCusker	50	6	F 50-54	44:53
371	Anya Durgerian	14	5	F 13-18	49:18
379	Richard Cottrell	74	4	M70-74	49:48
415	Kat Powell	64	12	F 60-64	51:34
435	Edwin Navarro	65	7	M65-69	52:40
455	Rocco Mullinax	41	39	M40-44	53:36
456	Denise Leo	39	30	F 35-39	53:45
458	Amy Sonstein	45	17	F 45-49	53:53
485	Steve Musser	69	9	M65-69	57:27
524	Keith Johnson	77	4	M75-79	1:02:24
543	Jane Colman	71	6	F 70-74	1:10:11
553	Barbara Robben	81	1	F80-120	1:19:49

5K

90	Mark Huffman	57	10	M50-59	25:29
117	Maggie Fillmore	65	3	F 60-69	28:08
168	Brian Hartley	61	6	M60-69	32:15
182	Dana Farkas	56	13	F 50-59	33:14
240	Dee Farkas	87	1	F80-120	58:29
241	Michele Sims	58	18	F 50-59	58:29

Nitro Trail Runs, Pinole, May 30

Half Marathon

38	Leopoldo Rosales	61	2	M60-64	1:52:55
71	Joel Rizzo	49	14	M45-49	2:06:30
119	Salena Copeland	37	9	F 35-39	2:42:19
121	Mitchell Cvecko	30	8	M30-34	2:43:27

Half Marathon Hikers

8	Virginia Rosales	51			3:06:56
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5K

155	Barbara Robben	81	1	F 80-84	41:53
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◆◆◆ 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:

June 7	Lake Merced 4.5M
June 14	Bay Trail 4M
June 21	Rainbow Falls 5K
June 28	Great Highway 5K
July 5	Golden Gate Park 10K
July 12	6-Hour Run/and Crissy Field 5K

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653.

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer points. Volunteer points are mandatory in order to be considered for any year end club awards.

Extra volunteers will be needed for the 6-Hour Running Festival on July 12 — registration, lap counters, aid station, etc.

Race Director s are still needed for 2015 races. Sign up now with Jim Kauffold at jekauffold@gmail.com.

A GREAT MARATHON, EVEN FOR THE DOGS: SANTIAGO, CHILE, APRIL 12, 2015

Carol Pechler

"She's brought her dog!" I thought, as I saw a yellow lab trotting beside a runner ahead of me, around kilometer 12. "They're allowed here? But, hey, it has no leash." The dog stopped to drink and splash in a large puddle at the side of our course, and spectators laughed approvingly. After several lap-lap-laps with its big pink tongue, it resumed trotting with the human runners on the course, but it didn't rejoin that woman. "Hey, it's one of Santiago's street dogs!"

This marathon is really about the dogs. After just a few days in Santiago in preparation for this marathon, I had become aware of street dogs (perros callejeros) in this country. In 2006, an estimated 250,000 street dogs lived in Santiago alone, and they're everywhere in the rest of the country as well. English sheepherders brought dogs to this country before the 19th century, and the descendant dogs look familiar: yellow labs, German shepherds... large dogs. They look very healthy and contented, and local people feed them. We saw a few in every block. They sleep in front of stores and on sidewalks; we didn't see them pushed away when they enter stores or museums. They wait for green lights and then trot across busy streets with the humans. As one Chilean said, "Nelson Mandela said the measure of a culture is its care for its weakest. We in Chile care for our street dogs." Articles and letters to the editor of *El Mercurio*, Santiago's newspaper, offer advice and concern about "the situation." Euthanasia is out of the question. Sterilization is considered, but funding hasn't been found.



The marathon organizers' booklet devoted two pages to their plans for "the dog situation" on marathon day. [I translate] "In order to avoid interruption of the runners on the marathon and in order to elevate the standard of quality of competition, we offer a pioneering and complete

plan of action." It further stated that several dog protection organizations had volunteered to contain dogs at seven places along the course, and these places were shown on their map. Veterinarians and other skilled dog handlers would care them for them. They would be chipped, and organizers assured that they would be available for adoption or returned to the streets where they were picked up.



The marathon is also special for other reasons:

Santiago is an enjoyable, easy city to visit: very easy to get around, efficient and modern. Weather is fine, people are friendly.



The marathon organizers gave a strong hint that they're campaigning to be designated as World Major Marathon Number Seven: participation of runners has increased to 28,000 (though only 4,500 of us were full marathoners), and they claimed that this is the most important marathon of the region, that is, South America. I was surprised to discover that I was the only marathon finisher of the F65+ group. Those senior Chilean woman could use a pep talk!

Afterwards, Henk and I hiked snow- and glacier-covered mountains in astoundingly beautiful, majestic Patagonia. Though sparsely populated by humans, that huge terrain (the size of Germany, France and England combined), is abundantly teeming with animals, including guanacos (very cute relatives of llamas), ostriches, and flamingos.

◆◆◆ 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 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.

Sun Jun 14 Bay Trail 4M

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

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

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

Sat Jun 20 Double Dipsea Handicap Race 13.7M (Brazen Racing)

START/FINISH: Stinson Beach parking lot

For registration information please visit www.brazenracing.com

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

Sun Jun 21* Father's Day Rainbow Falls 5K

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

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive, then back onto Kennedy Drive and return westbound to finish.

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

Sun Jun 28 Great Highway 5K

START/FINISH: Lower Great Highway & Taraval

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

COURSE DESCRIPTION: Run northbound from sidewalk onto Great Highway pedestrian path and run eastbound. Turn around just before Lincoln Way and return to finish.

Thursday June 4: Summer Evening Race Series Begins at Lake Merced

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

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

1 hour time limit. If you can't complete the course in 1 hour (13:25 pace) you must self-time and start prior to 6:30 PM.

Finish line closes at 7:30 PM.

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 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 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 2
TIME: **6:30 PM**
HOST: Jane Colman
Berkeley Sports Basement
2727 Milvia St, Berkeley
(between Ward and Derby)
510-705-3305

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.

Weather ♦ ♦ ♦ Report ♦ ♦ ♦ Meteorologist Mike Pechner

June gloom will continue along the coast, in San Francisco and near the Bay with lots of low clouds and fog. Temperatures will continue to be below normal at and near the coast and in the Bay and only near normal in the warmer inland spots like the 680 corridor. Temperatures will begin to climb during the second week of June and we will see the warmest temperatures so far this year, with no fog. It could be unusually hot for the Dipsea. Temperatures will reach 80 at the coast, near 90 in San Francisco and over 100 just before mid-month. It will cool again to near or below normal during the third week of June, with the return of lots of fog and clouds clouds and coastal overcast. The normal summer pattern is expected during the fourth week of June, cool and foggy at the coast and warm inland with highs in the 90s.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Kitzzy Aviles

dse@kitzzy.com

SR. VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

2ND VICE PRESIDENT

Jason Buckner

jason@jasonbuckner.com

SECRETARY

Amber Wipfler

Amber.Wipfler@doj.ca.gov

TREASURER

Chikara Omine

chikaranese@yahoo.com

OFFICERS AT LARGE

Kevin Lee

dse.pekingduck@gmail.com

Tony Nguyen vitamint73@yahoo.com

Christine Clark chrisliz43@gmail.com

OPERATIONS

Gary Brickley gary@brickley.com

Jim Kauffold JEKauffold@gmail.com

Wendy Newman

wsnew99@gmail.com

Janet Nissenson

jlnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP

Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT

Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@yahoo.com

LOST AND FOUND Geores Buttner

DSE RACE RESULTS

Pat Geramoni spgeramoni@att.net

Marsi Hidekawa

mhidekawa@gmail.com

Denise Leo legdead117@yahoo.com

Wendy Newman

Chikara Omine

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

DSE PHOTOGRAPHER

Paul Mosel

805 VEGA CIRCLE
FOSTER CITY, CA 94404



24 Gary Goldsbrough
Edward Haack
Janice Rensch
25 Joseph Alvarado
Joe DiGiacomo
Seth Ducey
27 Lou Bristol
Erika Kikuchi
28 Bob Kovash
29 Max Rappaport
30 Tony Nguyen
Marcial Saavedra
Hana Sung-Drury