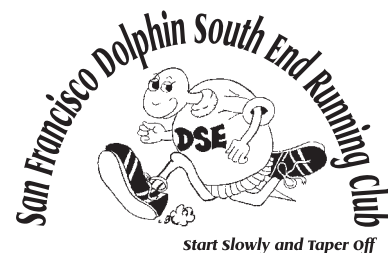


# DSE NEWS



50th Year

November 2015

## DSE 2016 OFFICER CANDIDATES

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

An election for DSE officers will be held again in December. Nominations for officer positions were open until October 31. As of press time, it is our pleasure to announce that we have the following candidates:

**President: Kitzy Aviles**

**Senior VP: Jason Buckner**

**2nd VP: Michael Gulli, Jeorgina Martinez**

**Secretary: Amber Wipfler**

**Treasurer: Christine Clark**

The candidates will each provide a short bio and address a few questions for publication in the December *DSE News*. A ballot will also be provided in the December *DSE News*, on the DSE website and at DSE runs during December. Voting by DSE members will start in early December and continue until Sunday, December 20, shortly after the Aquatic Park 10K. The winning candidates will be announced in the January 2015 *DSE News* and on the DSE Runners Facebook page.

## DSE BOARD MEETING

*Amber Wipfler, Secretary*

The most recent DSE Board meeting was held on September 27, 2015. Here's a quick rundown:

- Volunteer Picnic: Initial feedback regarding the Volunteer Appreciation Picnic has been good, but there's always room for improvement! We have compiled a list of suggestions for next year's Board to implement, including a vegan lunch option, more non-alcoholic beverages, more shade, and an alternative to Evite (some members had problems RSVPing).
- Double Dipsea: Planning is already underway for next year's Double Dipsea.

*continued on page 4*

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## From the President's Desk

◆ ◆ ◆ KITZZY AVILES

### NEXT GENERAL MEMBERSHIP MEETING

Our next General Membership Meeting will be on **November 8**, following the Spreckels Lake races in Golden Gate Park. We will give you an update on what we've been working on from the last meeting and have time to answer your questions.

### GALA REGISTRATION OPEN

Our 2016 Gala will be held on January 23, 2016 and will kick off our 50th Anniversary celebration with a live band! The theme will be Masquerade and the colors will be purple, green, and gold. Check out the invitation in this newsletter to register today. Members who register by Wednesday, December 23 will be entered to win a special raffle prize.

### THANK YOU RACE DIRECTORS!

Thank you to all DSE members who stepped up early this year to serve as race directors and help us put on over 40 races each year. All RD positions were filled by the first week of October! We'd like to acknowledge and thank all members who took on this role, especially those who served more than once (marked with an asterisk\*).

1. Johnny Chow\*
2. Kitzy Aviles\*
3. Mike Rouan\*
4. Mitchell Cvecko\*
5. Joseph Connelly\*
6. Christine Clark\*
7. Jennifer Walker\*
8. Mari de Almeida\* & Seth Ducey\*
9. Jim Kauffold\*
10. Margo Banowicz\*

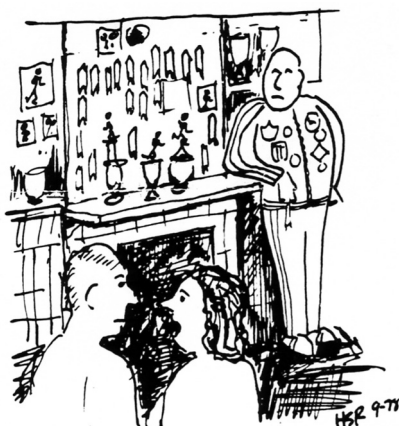
11. Michael Dunn\*
12. Riya Suising\*
13. Brian Hartley\*
14. Leo & Virginia Rosales\*
15. Jason Buckner\*
16. Ken Fong
17. Richard Finley
18. Michael Gulli
19. Amber Wipfler
20. Suzana Seban
21. Stephanie Soler
22. Michael, Sheri & Kevin Dunn
23. Jane Colman
24. Marie-Pierre Carlotti
25. Chikara Omine
26. Noriko Bazeley
27. Jeffrey Shophoff
28. Leslie Dicke
29. Joan Rappaport
30. Markham Miller

### UPCOMING RACES

We kick off November while saying goodbye to October with our **Great "Halloween" Highway 5K on November 1**. This out and back course will start at Taraval next to real bathrooms. Show off your Halloween costume one last time and enter our costume contest. Stick around after the 5K for the Kids' Run.

We have two races to choose from on **November 8, Spreckels Lake 5K** and **San Franciscan Mile**. Can't decide? Then run both for a chance at double age division points! The mile will start

## CLASSIC STU-PEDS by Stu Ruth



ITS YOUR TURN TO BRING UP RUNNING

at 8:45 AM and follow the uphill course from Spreckels Lake to Transverse Drive. The 5K will follow a half hour later to give those running both races time to return to the start. Stick around after the race for the **General Membership Meeting**.

The **Lake Merced Half Marathon** will take place on **November 15** starting at 8 AM from the parking lot at Sunset Blvd. This course consists of three laps around Lake Merced, and there will be a water stop halfway through the loop. If you're not up for the half marathon, you can opt to run a single loop instead and enter the **4.5-Mile** race starting at

9 AM.

For our last race of the month, the **Waterfront 5K on November 22**, we return to the Sierra Point Marina in Brisbane. Enjoy a scenic out-and-back course along the Bay Trail.

There will be no **DSE race on November 29**. This was originally the date of the Run Wild 5K, but that race has now been moved to December 6. Enjoy your Thanksgiving weekend!

◆ ◆ ◆ **New**  
**Members** ◆ ◆ ◆

**DAILY CITY**  
Melissa Welch

**PACIFICA**  
Dimitri Arndt-Truong  
Katya Arndt-Truong  
Nathanael Arndt-Truong  
Reema Arndt-Truong

Deidra Axt  
Janeen Malatesta  
Judah Thomas

**SAN FRANCISCO**  
Amy Jo Fillin  
Duncan Werner

**SAN JOSE**  
George Clark

**SAN MATEO**  
Maasa Seaberg  
Matthew Seaberg

### 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)

# REMEMBERING NEIL MAHONEY

December 1, 1927 - October 3, 2015

*Jeannine Mahoney-Sexton*



Longtime DSE member Neil Mahoney was born in Sacramento. He graduated from Sacramento High School class of 1946 and went on to study at Sacramento City College. He served

his country in the United States Army.

Neil loved sports, especially baseball, and consistently cheered on his two favorite teams, the San Francisco Giants and the New York Yankees.

When he decided to pursue his running adventures, he chose his beloved San Francisco, Hawaii and beautiful Trinidad on the California coast. An avid runner, he loved San Francisco, the Bay to Breakers and Golden Gate Park.

The amazing thing was that Neil ran 36 marathons, planned Pupu parties in Hawaii, and facilitated one of the best trips in my life — the Clam Beach Run in Trinidad. He was determined to make these runs fun for everyone.

So he would pick up the telephone, cross his fingers and dial, making arrangements for groups of all sizes, families, friends from all parts of the world, and community.

Neil, a beloved runner and square dancer, helped everyone pursue their running goals. His generosity, spirit, quick wit and sense of humor made everyone feel comfortable. About a decade after running his marathons, he and his friends from the early 1970s to 1990s planned many runs. If you happened to noticed on the DSE signup sheet “older than dirt” — well that was my dad!

Along the way, he made friends and supporters of the Double Dipesea and Trinidad-Clam Beach Run, making every trip more memorable each year.

Neil will be missed by all whose lives he touched.

*Calvin Chan adds:*

Aloha and Mahalo to a good friend. From the walkabouts at Serramonte, the Friday nights at the Buena Vista and the Pupu partys thousands of miles across the Pacific Ocean, Mahalo.

It was 30 years between visits for me. When I heard about a group going to Honolulu for a marathon, I was in. Fifteen

years later, I’m now on my way back from a Hawaiian cruise, back to my dozens of Aloha shirts and Hawaiian CDs.

R.I.P. Neil

Mahalo from your Ohana

*Joe Oakes adds:*

I remember Neil as a gentle man, a gentleman, who was always there with his little smile, his twinkling eyes and his Irish droll humor. It has been a long time since seeing him (or for that matter, anyone at a DSE run), but to me he personified the San-Francisco-ism that is the essence of the DSE. He was part of the furniture for a long, long time.

*Jane Colman adds:*

I first met Neil in 1985 when I started going to post-race breakfasts at the Seagull in the far outer Sunset. It was there that I heard about the trek to the Trinidad-Clam Beach Run on the day of the lowest low tide in February. Don Watson and I started going in 1987 and continued well into the 21st century. It was a ritual that Neil orchestrated: he rented a van so that we could travel together; we made the same stops on the trip north, ate at the same restaurants while we were in Trinidad, made the same visits, went on the same Sunday morning trail run and made the same stops on the way home Sunday.



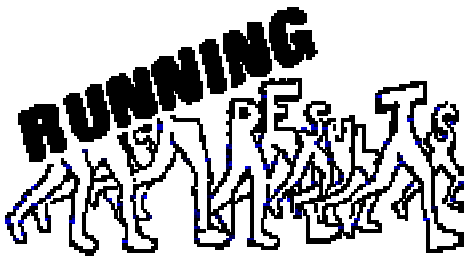
The highlight of the race was the final section on the beach. After running about 10K through hilly country roads, we dashed down a steep hill, forded the Little River (which could be anywhere from ankle deep to waist high) and ran on the smoothest, hardest-packed beach I’ve ever seen, and then



gathered around a huge bonfire and picked up our shoes (if, as I always did, we preferred to run barefoot on the beach) which had been trucked from the river crossing to the finish. But Saturday’s real highlight was always the post-race gathering at the home of Neil’s cousin Gwyneth Susan and her husband

Ernie. Gwyneth welcomed a horde of sweaty runners into her home, fed us all homemade hucklebuckle with tea and coffee, and acted as if we were doing her a favor.

Neil also directed the DSE’s Saint Patrick’s Day race for many years, all decked out in his Irish green. Like everyone else who knew him, I will always remember his friendliness, wit and sense of humor.



September 27, 2015

Lindley Meadow Cross Country 5K

**Race Director:** Leslie Dicke

**Volunteers:** George Sacco, Wally Rapozo, Liese Rapozo, Vince French, Phyllis Nabhan, Kitzzy Aviles, Bobby Marty, Amber Wipfler, Akemi Iizuka, Patrick Lee, Diann Leo, Bill Hamilton, Marsi Hidekawa, Jim Kauffold, Kevin Lee, Jeorgina Martinez, Geores Buttner, Daryl Luppino, Jim McBride



**Race Director Leslie Dicke**

© 2015 Paul Mosel

131 participants: 105 racers (77 men, 28 women), 14 self-timers, 12 kids



**Above: Jane Colman and Judith Jarosz**  
**Below: Post-race refreshments**

© 2015 Paul Mosel



## ◆◆◆ Volunteers Needed ◆◆◆

*Janet Nissenson*

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:

Nov 1	Great Highway 5K
Nov 8	Spreckels Lake 5K/1M
Nov 15	Lake Merced Half Marathon and 4.5M
Nov 22	Waterfront 5K
Dec 6	Windmill 10K
Dec 20	Aquatic Park 10K
Dec 27	GG Bridge Vista 10K

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.

Extra volunteers will be needed for the Lake Merced Half Marathon on November 15 (registration, finish line, aid stations, course monitors). If you still need volunteer credits for this year, this is a good opportunity to sign up and help out.

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.

ONLY TWO MORE MONTHS REMAIN to get your volunteer credits in order to qualify for year end awards! Don't miss out on those age division awards, Mongo trophies, etc.

Board Meeting continued from page 1

In 2016, look to the return of the DSE Special Awards (Family and Athena/Clydesdale) and volunteer station captains. There will also be a special lunch provided for our volunteers on the Mill Valley side, as it is generally not possible for them to get to Stinson Beach in time for the post-race barbecue.

- **Club Vehicle:** We haul a considerable amount of equipment for our weekly races, not to mention the coolers of water and the DSE tent. Although the purchase of a club vehicle is not financially or logistically a possibility, we are considering putting some club money toward the repair of a club member's truck, which will then be used by our equipment manager to haul everything to and from the races.
- **Equipment Rental/Loaning Policy:** A few times a year, we get requests from DSE members for the use of DSE race equipment. We will be writing and enacting a formal policy to deal with such requests.

As always, we welcome your feedback on these and any other issues. You are welcome to contact any of us on the Board—just approach us at a race or e-mail us via the DSE website (click "About Us," then "Officers" for a list of every Board members' contact information).

# 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)

**Note to New York City Marathon runners:** If you want to be listed in next month's column, let me know. I will look up only names of people I know have run it.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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## UC Santa Cruz XC Challenge, 4M, August 22

### Women

36	Tehani Nishiyama	30			29:03
47	Riya Suising	48			29:47

### Masters Men

23	Joe Wehrheim	43			25:30
31	Luis Mauricio	43			26:42
66	Hans Schmid	75			31:04
70	Gene French	69			31:39
78	Mark Huffman	58			34:09
79	Jim Flanigan	66			34:13

### Open Men

7	Grant Johnson	32			21:42
17	Chikara Omine	32			23:03
28	Jeffery Mendenhall	38			24:47

## Phil Widener Empire Open XC, 3.4M, Santa Rosa, August 29

### Women

42	Louise Stephens	50			23:48
68	Fiona McCusker	51			25:31
92	Anyia Durgerian	14			27:44

### Masters Men

27	Luis Mauricio	43			21:19
51	Roy Clarke	59			23:19
69	Michael Gulli	55			24:38
80	Gene French	69			25:59
92	Jim Flanigan	66			28:08

### Open Men

13	Grant Johnson	32			18:08
17	Chikara Omine	33			18:41
30	Jeffery Mendenhall	38			20:03
39	Kenley Gaffke	37			21:20

## Golden Gate Park XC Open, 4M, September 13

### Women

64	Louise Stephens	50			28:28
67	Tehani Nishiyama	30			28:44
82	Riya Suising	48			29:51
94	Fiona McCusker	51			20:34
158	Amy Sonstein	45			46:19

### Masters Men

49	David Ahn	40			26:08
73	David Moulton	48			27:59
116	Gene French	69			30:42
123	Hans Schmid	75			31:21
131	George Durgerian	48			32:55
135	Jim Flanigan	66			33:32
142	Theodore Jones	76			36:00

### Open Men

95	Kenley Gaffke	37			25:33
100	Aram Durgerian	20			26:25

October 11, 2015

Rockaway Beach 5K

**Race Director:** Mitchell Cvecko

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Bobby Marty, Liese Rapozo, Wally Rapozo, Martha Arnaud, Caron Anderson, Chung Nguyen, Nicole Kawahira, Marsi Hidekawa, Jim Kauffold, Kevin Lee



Race Director Mitchell Cvecko

© 2015 Paul Mosel

107 participants: 101 racers (50 men, 41 women), 6 self-timers



Above: Refreshments

Below: Caron, Liese, Aida, Carol

© 2015 Paul Mosel



October 18, 2015

San Bruno Mountain 5K.12K

**Race Director:** Jason Buckner

**Volunteers:** Calvin Chan, Jimmy Yu, George Sacco, Bobby Marty, Martha Arnaud, Oscar Osorio, Cristian Alvarez, Caron Anderson, Patrick Lee, Kevin Lee



**Race Director Jason Buckner**

© 2015 Paul Mosel

5K: 61 participants: 56 racers (29 men, 27 women), 5 self-timers

12K: 55 participants: 55 racers (38 men, 17 women)



Above: Virginia and Christine on the trail  
Below: A park resident off the trail

© 2015 Paul Mosel



## Palo Alto Moonlight Run, September 25

### 5K

416	Allen Lucas	58	31	M50-59	34:40
417	Diane Lucas	57	18	F 50-59	34:43

### 10K

351	Pat Geramoni	67	2	F 60-69	1:01:54
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## Garin Park XC Challenge, 5K, Hayward September 26

### Women

54	Louise Stephens	50			22:13
60	Riya Suising	48			22:49
72	Fiona McCusker	51			23:48
96	Anya Durgerian	14			27:19
105	Maggie Fillmore	65			29:36
106	Kat Powell	64			29:53

### Masters Men

65	Michael Gulli	55			22:20
80	Gene French	69			23:06
100	Jim Flanagan	66			26:23
105	Mark Huffman	48			27:32

### Open Men

42	Chikara Omime	33			17:11
75	Jason Reed	36			18:58
87	Kenley Gaffke	37			19:47

## Bonnie Addario Lung Cancer Foundation Run, 4.1M, September 27

Pat Geramoni	2	F	55+
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## LMJS 4th Sunday Runs, Oakland, September 27

### 5K

51	Dana Farkas	56	5	F 50-59	31:49
54	Brian Hartley	62	4	M60-69	32:43
81	Barbara Robben	81	1	F 70+	54:40
85	Dee Farkas	87	2	F 70+	62:26

### 10K

1	Adam Little	41	1	M40-49	39:23
16	Mary Gray	53	1	F 50-59	85:27

## San Bruno Mountain Park XC 5K, October 3

### Women

49	Louise Stephens	50			22:28
56	Erika Kikuchi	37			23:19
65	Fiona McCusker	51			23:47
86	Anya Durgerian	14			25:57
102	Amy Sonstein	45			31:09

### Masters Men

47	David Moulton	48			21:44
53	Michael Gulli	55			22:22
83	Jim Flanagan	66			25:28

### Open Men

9	Grant Johnson	32			16:35
29	Chikara Omime	33			17:22
34	Jeffery Mendenhall	38			17:41
51	Jason Reed	36			19:00
61	Kenley Gaffke	37			19:32

## Rocky Ridge, San Ramon, October 3

### Half Marathon

16	Peter Hsia	55	1	M55-59	2:17:13
40	Jason Buckner	35	9	M35-39	2:39:22
47	Riya Suising	48	3	F 45-49	2:42:22
106	Leopoldo Rosales	61	3	M60-64	3:09:31
108	Alfred Hu	55	5	M55-59	3:10:40

153	Tony Nguyen	42	16	M40-44	3:34:17
190	Rocco Mullinax	41	22	M40-44	4:03:59
216	Ryiah Nevo	41	14	F 40-44	5:52:23
218	Mitchell Cvecko	30	11	M30-34	6:35:43
<b>Half Marathon Hikers</b>					
22	Diane Lucas	57			4:53:26
23	Virginia Rosales	51			4:53:45
31	Christine Clark	44			5:11:22
36	Allen Lucas	58			5:35:43
45	Jennifer Walker	33			6:35:43

#### **Sonoma Trail Half Marathon, Santa Rosa, October 3**

10	Noriko Bazeley	1	F 50-59	3:16:10
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#### **Bridge to Bridge, October 4**

##### **12K**

14	Adam Littke	4	M40-49	47:24
71	Matthew Cox	15	M40-49	53:21
90	Juan Melendez	6	M50-59	54:24
240	Marie Pierre Carlotti	6	F 50-59	59:09
455	Jack Walker	7	M60-69	1:03:57
682	Marion Levesque Cohen	83	F 30-39	1:07:24
781	James Walter	146	M40-49	1:08:43
1110	Joel Cohen	179	M40-49	1:12:27
1117	Katie Schenkkan	134	F 17-29	1:12:31
1274	Cara Hanson	186	F 30-39	1:14:28
1300	Suzana Seban	4	F 60-69	1:14:47
1419	Shad Hussain	251	M30-39	1:16:21
1459	Krystle Mariano	223	F 30-39	1:16:40
1545	Marian Lyons	8	F 60-69	1:17:42
1634	Wilca Gallagher	76	F 50-59	1:18:39
1953	Michael Rouan	184	M50-59	1:22:34
1968	John McCarroll	185	M50-59	1:22:43
2059	Kristen Walter	207	F 40-49	1:24:19
2118	Carol Pechler	1	F 70-79	1:25:13
2210	Erica Chesley	292	F 17-29	1:26:49
602	Anne Carta	69	F 30-39	1:06:20
2230	Marinete Falcao Amaya	136	F 50-59	1:27:05
2323	Henry Nebeling	1	M80-120	1:29:11

##### **5K**

29	Erika Kikuchi	2	F 30-39	23:01
60	Todd Robbins	11	M30-39	25:00
170	Feliz Menjivar	6	M 8-12	28:36
271	Alan Quinlan	38	M30-39	30:25
533	Stacy Anderson	82	F 30-39	34:14
648	Barbara Bauer	5	F 60-69	35:27
648	Darin Pakkala	72	M40-49	35:27
651	Owyn Pakkala	36	M13-16	35:28
771	Paul Mosel	5	M70-79	36:55
924	Russell Breslauer	7	M70-70	38:57
1050	Kelly Daikoku	77	F 50-59	41:03
1398	Lesley Pakkala	195	F 40-49	49:08
1535	Shifra Gaman	43	F 60-69	53:05

#### **Martinez Run for Education, 5K, October 4**

126	Brian Hartley	62	3	M60-69	32:45
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#### **Dick Collins Firetrails 50M, Castro Valley, October 10**

33	William Dai	45			9:26:56
66	Noriko Bazeley	57			10:19:15
104	Dan Nishiyama	38			11:13:09

continued on page 9

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

The *DSE News* needs folding session hosts for the the week between Christmas and New Years, as well as for all of 2016. 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. It's not required, but hosts usually provide some of the food for the post-folding potluck.

If you don't have space at home, you can arrange with Sports Basement to host it at their Presidio store (where they will supply drinks) or at their new Iceland store in Berkeley. Chikara Omine, the DSE treasurer, will reimburse you for any folding session expenses, up to \$50 (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).

# THE WOMEN! THE MEN! SAN FRANCISCO!

## NIKE WOMEN'S HALF MARATHON 10/18/15

Oh, it was fun again, especially because Henk and I stayed in a hotel next to Union Square, where the race would start, and we soaked in all the pre-race excitement of those 25,000 runners and their supporters milling around in happy excitement. So many young women — and men — many from out of town, so many first-time half-marathoners. They couldn't believe that their names were posted — looked like etched in glass! — on the wall outside the Niketown store. They shopped in groups, compared, commented, and laughed a lot. The eleventh year of the Nike race, and this has become a San Francisco tradition by now.

At 6:30 Sunday morning, at 60 degrees and almost no wind or clouds, we took off westward. We were mostly women: some said they liked having a women's group, with maybe less fear of being tripped or elbowed. And they were young: 70% of the women and 74% of the men were 39 or younger.

This was the second year of Nike's half marathon only. Why did they drop the full marathon? I haven't gotten an answer yet from Beaverton, Oregon, but here are guesses by the TriCalifornia (outsourced) race organizers at the "race packet pickup" in the Westin Hotel:

- The half has filled up much faster than the full, the first nine years.
- So, each of those years after the half filled up, many runners tried to sign up for the full in order to do the half.
- Nike organizers didn't like that, so a few years ago they specified that anyone with a "full" bib who stopped at the half would get a DNF and therefore no recognition of their finish of the first half.
- By the fourth year, 2008, Nike had 100,000 trying to sign up, so they implemented a lottery. Of these 100K, more than half wanted to run the first half only.
- Nike saw they were meeting a potential market: of endurance races for women — also allowing men — but not for full marathons. Nike's online training plan and training runs out of their Nike stores attracted many newcomers to endurance running. And, their partnerships with Tiffany and with the Leukemia and Lymphoma Society of America attracted many as well.
- Because fewer women wanted to sign up for a full marathon, Nike saw that they could more easily fill their max with halves.
- Besides, the full marathon needed more infrastructure for that second half.
- In 2013, Nike inaugurated their second "half" race, in Washington, D.C., but then they dropped D.C. after 2014. The San Francisco remains the only Nike-sponsored race in the U.S.
- So, Nike went out of the "full" business. They didn't need it, and in San Francisco, they were able to charge, and get, \$200 for our entrance bibs! These young women coming from Kansas and Orlando wanted that Tiffany necklace as well as their visit to

Carol Pechler

our city!

- By 2015 Nike has started 19 more races, all in other countries, but they're not all halves; some are shorter. The names of their race cities are printed on the back of our racer back shirt:: Nagoya, Hong Kong, Guangzhou, Mexico City, Taipei, Manila, Amsterdam, Quito, Seoul, Milan, Istanbul, Paris, Medellin, Toronto, Berlin, London, Moscow, Stockholm and San Francisco. More recently, they've added Lima.

Two of my observations about men during the race:

- "If you're walking, move to the curb!" This loud call came from a young Anglo man, kinda thick, who weaved through the somewhat slower women turning right going downhill in Golden Gate Park, from Chain of Lakes onto Martin Luther King. A young woman behind me shouted to him, "This is a ladies' race, mister man!"
- (But, when I looked at the record, I saw that once again this year, five percent of the finishers were men, 1,120 of them.)\*
- Later, on the steep uphill mile of Lincoln Blvd (at about mile 10, at least a hundred volunteer staffers cheered us upward, singing, chanting, high-fiving, flashing NWM signs such as, "This hill is why you ran all those miles!"

And at the top, a tall young Anglo man passed me with, on the back of his shirt,

"I'm single

415- " (and I don't remember the rest of the number).

A woman behind me called to her companion, "Remember that number! What a great pickup!"

Actually, I'm a little surprised that more men don't run this San Francisco half marathon; it's known to be well organized, with so many good looking women, and October is such a wonderful weather month in our city. Maybe men are put off by the name, "Nike Women's..." and by the small Tiffany necklace for a finisher's medal. Otherwise, I haven't noticed any disadvantage for the men (except for that retort "mister man!").



Nike Women's Marathon photo before the start

Another special bonus for me of staying in the Handlery Hotel downtown was that several runners met in our hotel room before the race, where we could look down on the growing excitement to the start on Union Square before we joined in.



**Cara Hanson, Vanessa Littleton, Arlene McCarthy, Sameera Gutta, Carol Pechler**

The finish line, for the second year, was on the Marina. Walking to pick up our Tiffany necklaces, I saw and heard more intense excitement than at other finishes: women crying with relief and with pain, expressing "I finished it!" "That last hill!" "I can hardly walk!" And then, separately, the five of us who had started out together returned back downtown. Some of us walked the 3-1/2 miles of beautiful sights. Fun day!

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 \* To see results and other info, the website is tricky to navigate. Start with Facebook, maybe Google, of "Nike Women's Marathon." Get on to Run Nike Women Series. Find a picture (down after several comments) of a big smart phone showing "results and photos." Click on that, and then, to the left, you'll choose one of these. Enter a person's name. Then to get more info about that person's results, click on the person's name.

#### *DSE at the Races*

*continued from page 7*

105	Tehani Nishiyama	30		11:13:09
170	Hans Schmid	75		12:31:41

#### **Willow Hills XC Open 5K, Folsom, October 10**

##### **Women**

37	Riya Suising	48		22:07
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##### **Masters Men**

17	Joe Wehrheim	43		19:24
52	Gene French	69		23:22
71	Jim Flanigan	66		25:29

##### **Open Men**

19	Chikara Omine	33		17:22
25	Jeffery Mendenhall	39		17:50
39	Jason Reed	36		19:36

#### **Rock 'n' Roll Brooklyn Half Marathon, October 10**

6567	Katie Schenckan	26	1172	F 25-29	2:10:44
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#### **San Ramon Run for Education, 5K, October 11**

	Brian Hartley		7	M60-69	31:36
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#### **Bizz Johnson Trail Marathon, Westwood, CA, October 11**

89	Margie Whitnah	67	2	F 65-69	6:51:50
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#### **Los Vaqueros Tarantula Run, Brentwood, October 17**

##### **Half Marathon**

4	Jason Reed	36	1	M35-39	1:43:43
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##### **5K**

38	Yoly Pantig	44	3	F 40-44	31:34
100	Christine Clark	44	9	F 40-44	42:24

#### **Do It for Delaney, Fremont, October 17**

15	Neal Ashton	59	3	M50-59	27:58
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#### **Nike Women's Half Marathon, October 18**

12605	Carol Pechler		1	F 75-59	2:40:41
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#### **OktoberRun. Redwood City, October 24**

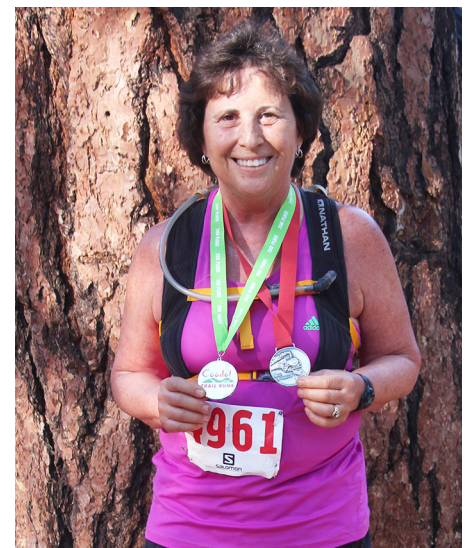
##### **Half Marathon**

213	Phaidra Garcia	44	13	F 40-49	2:06:19
289	Pat Geramoni	67	4	F 60-69	2:18:10
351	Mitchell Cvecko	30	62	M30-39	2:46:44

##### **5K**

6	Jared Chan	15	3	M13-18	18:09
37	Erika Kikuchi	37	1	F 30-39	21:14

**Margie Whitnah after  
the Bizz Johnson Marathon**



# ◆◆◆ 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.

## **Sun Nov 1\* Great "Halloween" Highway Run 5K**

**Come dressed in your Halloween finest!**

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.

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

**(Note: Daylight Saving Time ends —set clocks back 1 hour)**

## **Sun Nov 8 Spreckles Lake 5K & San Franciscan Mile**

REGISTER: Both races at Kennedy Drive/36th Ave. across from Lindley Meadow

ENTRY FEES: One race - \$3 members, \$5 nonmembers; two Races - \$5 members, \$7 nonmembers

**1M:**

START: Kennedy Drive across from Lindley Meadow

STARTING TIME: 8:45 AM

FINISH: Kennedy & Transverse

COURSE DESCRIPTION: Run eastbound (uphill) from start to finish along Kennedy Drive.

**5K:**

START/FINISH: Kennedy Drive Near Spreckles Lake

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, left onto Chain of Lakes dirt path, left onto ML King Drive pedestrian path, left onto Transverse Drive, left onto Kennedy Drive to downhill finish.

## **Sun Nov 15 Lake Merced Half Marathon & 4.5M Runs**

ENTRY FEES: Half Marathon - \$5 members, \$8 non-members through 11/8; \$8 members, \$10 non-members after 11/8  
4.5M Run - Usual \$3/\$5 fees

START/FINISH: Sunset Blvd Parking Lot at Lake Merced

**Half Marathon**

STARTING TIME: 8:00 AM, Course closes at 11:00 AM

Age Division Awards

COURSE DESCRIPTION: Run three clockwise loops around the lake staying entirely on jogging/pedestrian path. The third loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

**4.5M Run**

STARTING TIME: 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 Dec 6 Windmill 10K**

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive to intersection just before McLaren Lodge (Kezar Drive/Second Barricade). Turn around and return the same way back to finish.

## **Sun Dec 13 NO DSE RUN**

## 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: Monday, November 30  
TIME: **6:30 PM**  
HOST: Amy Sonstein  
Presidio Sports Basement  
610 Old Mason Street  
San Francisco  
415-254-7480

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

Winter will begin by the end of the first week in November, after record warmth in October. The first significant rain of the fall should hit San Francisco and the Bay Area at the end of the first week of November, along with the first snow of the season in the Sierra. Dry and warmer weather, with above-normal temperatures, will return for the second week of the month. Dry but cooler weather will unfold after mid-month with some light showers north of San Francisco. A cold winter storm will move in just before Thanksgiving. After a brief break, we'll have another storm at months end with more rain here and more snow in the Sierra.

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



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ANGELICUS  
Walt Stack

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LOST AND FOUND Geores Buttner

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Paul Mosel

**SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB**

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RETURN SERVICE REQUESTED



## Happy Birthday!

### NOVEMBER



1 Lucy Peek  
Aragely Rodriguez  
2 Tyler Treichel  
4 Aram Durgerian  
Agent Orange  
5 Mikayla Krawczyk  
6 Jose Cavalari  
Daryl Luppino  
Lesley Pakkala  
7 Matthew Cox  
Denise Leo  
Tehani Nishiyama  
Owyn Pakkala  
8 Gary Chan  
10 Neek LaMantia  
Jose Maldonado  
11 Christian Agbayani  
Jackie Cooke  
Steve Musser  
Shinyoung Park

12 Roy Clarke  
William Misener  
Mark Parsons  
Brian Sena  
13 Deidra Axt  
Karen Astin  
Ellen Breslauer  
14 John R. Houghton  
Phillip Schulz  
15 Freya Wehrheim  
16 Victoria Monfried  
17 Benjamin Peek  
18 Michael Gulli  
Bill Murphy  
19 Reema Arndt-Truong  
Nicole Kawahira  
Elaine McCracken  
Gloria McKay  
22 Iain Ferreira  
Jeanie Jones  
Roxie Miles  
Peter Webb  
David Wilson

23 Robert Brizuela  
Phaidra Garcia  
Marion Levesque  
Nga Nguyen  
24 Michelle Agbayani  
25 David Lim  
Julie Munsayac  
26 Kevin Dunn  
27 Kenneth Fong  
28 Harry Cordellos  
Becky Rozewicz  
29 Nancy Hartley  
Schuyler Horn  
30 Mitchell Cvecko  
? Davide Ferretti