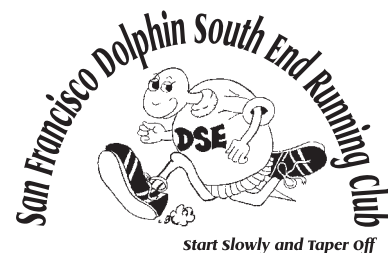


# DSE NEWS



50th Year

December 2015

## DSE 2016 OFFICER ELECTION

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

The ballot for the election of 2016 DSE club officers is included as an insert in this issue of the *DSE News*. You may mail the ballot in or deposit it in a ballot box at upcoming DSE races. The voting will close shortly after the Aquatic Park10K on December 20. You must be a DSE member (dues paid) for your vote to be counted.

A big thanks to our candidates:

President: Kitzy Aviles

Senior VP: Jason Buckner

2nd VP: Michael Gulli, Jeorgina Martinez

Secretary: Amber Wipfler

Treasurer: Christine Clark

Candidate statements begin below:

### KITZZY AVILES, CANDIDATE FOR PRESIDENT

I enjoyed being the DSE president in 2015 and leading a phenomenal group of hard-working officers. My focus for this year was to increase member recognition and communication. We accomplished this by implementing the new Volunteer Points System, recognizing our top volunteers at the Annual Volunteer Appreciation Picnic, creating a public Facebook page for race announcements and other club updates and having an officer introduce and thank our race directors at each meeting. For 2016, I plan to continue these efforts to increase participation and use technology to improve efficiency in club operations. I look forward to working with the new officers and all members to celebrate DSE's 50th anniversary and set up DSE for another 50 years of success.



### JASON BUCKNER, CANDIDATE FOR SENIOR VICE PRESIDENT

Hey everyone it's your friendly neighborhood long haired vice president! It's been a great year serving DSE, and I've really enjoyed learning how all the different processes work in the club.

*continued on page 3*

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## From the President's Desk

KITZZY AVILES

### THANK YOU!

As another year in DSE history comes to a close, it's fitting that we reflect on the year's challenges and everything we accomplished. I want to take the time to thank the 2015 DSE Board and the entire membership for an outstanding year. It was my pleasure getting to know you, hearing your concerns, and working together to continue to make DSE the best running club in the Bay Area. Don't forget to vote during the month of December for who you want leading DSE in 2016!

### GENERAL MEMBERSHIP MEETING & HOLIDAY SOCIAL

The last general membership meeting of the year will be on **December 13** at the **Presidio Sports Basement Big Room** starting at **3 PM**. Sports Basement will also host a holiday shopping party for us, which means DSE members will receive a 20% discount on this day. In addition to giving you club updates and getting your feedback, we thought this would be a great opportunity to socialize with your fellow DSE members and celebrate the holidays, so we booked extra time. We'll provide pizza for everyone, and Sports Basement will provide some snacks and drinks. **Feel free to bring a snack, dessert, or drink to share.**

### DOUBLE DIPSEA UPDATE

General registration for the Double Dipsea will open in mid-March 2016. DSE will have a limited number of spots for active DSE members to get a chance to register early. We'll provide more details at the meeting, but know that there will be requirements to

qualify for this perk, including being an active member with dues paid for at least one year prior and eight volunteer points earned within the previous 12 months.

#### SUBMIT YOUR AWARDS FORM

Active members who wish to be considered for a Mongo, Top 5 Race Miles, or Top 5 Total Miles awards must submit the awards form by Saturday, January 2. Check out the insert in this issue for both the form and criteria, or the Awards Criteria page under the Awards menu on the website for details.

#### UPCOMING RACES

We'll start off December with a tour of all the amazing sites along Kennedy Drive in Golden Gate Park with the **Windmill 10K on December 6**. This out-and-back course will start at the Dutch Windmill on Kennedy Drive.

Even though the Christmas Relays have been rescheduled, **there will not be a race on December 13**. Enjoy a little extra sleep, then join us at Sports Basement at 3 PM for the general membership meeting and holiday social.

We'll return the following Sunday, **December 20**, with the **Aquatic Park 10K**. This scenic out-and-back course starts at Aquatic Park and takes runners through Fort Mason, Marina Green, and Crissy Field. There will also be a kids'

## CLASSIC STU-PEDS

by Stu Ruth



race after the 10K finishes.

To close out the year, we have another treat of a race, the **Golden Gate Bridge Vista 10K on December 27** with lovely views of our bridge, starting at the USSF Monument.

## DSE GALA

Christine Clark, DSE Gala Coordinator

WOW! I cannot believe 2016 is just around the corner! That means our DSE Masquerade Ball is almost here! I hope everyone has marked their calendars for Saturday, January 23 at the United Irish Cultural Center. Hors d'oeuvres and no host bar will begin at 4:30 PM and go on until dinner which is served at 5:30 PM. The theme is masquerade, so bring your favorite mask. And we are doing something pretty exciting this year... dancing to a live band, *What the Funk*. We will be also kicking off DSE's 50th anniversary in 2016.

If you have not submitted your reservation yet, you can find a copy of the invitation online in the Newsletter section of the DSE website under November 2015. Members who pay by Wednesday, December 23 will be entered in a special raffle drawing. The latest to submit your reservation is Wednesday, January 6.

Reminder: In order to receive an award at the Gala, you must be an active member (dues paid) and accumulate the correct number of volunteer hours by December 31. Active members who wish to be considered for a Mongo, Top 5 Race Miles, or Top 5 Total Miles awards must submit the awards form by Saturday, January.

I look forward to seeing you at the Gala!

[chrisliz43@gmail.com](mailto:chrisliz43@gmail.com)

### 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)



I've spent the last year focusing on our club's use of technology and identifying where it makes sense to improve our use of technology and where it doesn't. I've done a lot of work on various aspects of our website and online presence. I also have to think up something clever to write

when I post race results each week. This is hard work!

There's still a lot I'd like to get done and I'm excited about some projects in the works.

#### **MICHAEL GULLI, CANDIDATE FOR SECOND VICE PRESIDENT**

My name is Michael Gulli and I have been with the club for eight years now. I am looking forward to running the Boston Marathon this coming year with my daughter Sarah, who will be running in front of me. Debbie and Vincent will be cheering us on. The Sunday DSE races have helped me get ready for this race and future races. I would like to help the club in any way I can. This last year we have done some new things, such as give out prizes for volunteers. I believe we will have more new things to come and I would like to be a part of this. The DSE club is remaining strong and is a great club for all types of runners. Next year will DSE's 50th anniversary, and there will be many more.



#### **JEORGINA MARTINEZ, CANDIDATE FOR SECOND VICE PRESIDENT**



Jeorgina Martinez is a California native and calls San Francisco her home. She caught the running bug three years ago and now looks forward to her run days. She has completed two half marathons and participated in the DSE Six-Hour Run, at which she was awarded women's third place.

She enjoys the outdoors, cooking (especially the eating) and spending time with her friends and family in Mexico. In her professional career, Jeorgina has demonstrated strong leadership skills including business management. She builds strong ongoing relationships to facilitate results-driven goals.

DSE embraced me as a new member with open arms and made me feel comfortable. I have truly enjoyed getting to know new runners at each race I attend.

In the next year, I would like to get more involved by supporting the club in areas of opportunity.

#### **AMBER WIPFLER, CANDIDATE FOR SECRETARY**

Hello all! Here is my bio for this year's election. Hope everyone is well, and please don't hesitate to let me know if you need anything else from my end.

Hello DSE! It's been a pleasure serving as your secretary for the past year, and I hope you'll have me back



to do it again. Since joining the board, I've been responsible for the weekly race previews, the Board meeting recaps in the *DSE News* and the Code of Conduct and Stroller Policy (along with taking minutes, natch). My goal for 2016, as it was for this past year, is to make certain that our members are both informed of — and involved with — the Board's activities and decisionmaking. To this end, I will continue providing meeting recaps and soliciting feedback from our members. I also plan on making sure that all of DSE's policies are formalized in writing and available on our website.

Despite being the best running club in the known universe, DSE has seen its membership numbers decline slightly over the last year or so. I think we can turn that around through outreach, social media and a concerted effort to make our events welcoming and fun for runners at all levels. Since writing copy is my jam, I would like to do my part to attract new members by keeping our website and social media pages full of fresh content that reflects DSE's high degree of awesome. I look forward to another amazing year with an amazing group of people, and sure do appreciate your vote!

#### **CHRISTINE CLARK, CANDIDATE FOR TREASURER**

Hi DSE Members! I very much enjoy being a DSE member and am excited to be running for treasurer. I would be a



good fit for this position because of my schooling and background. I took accounting at Cal State East Bay in Hayward for three years and received excellent grades, graduating with a bachelor's in Business Administration with Accounting Option. Accounting is something I excel at and if elected I

look forward to taking on the duties of Treasurer.

I have been a member with DSE since 2010 and am currently an Officer at Large and the Gala Coordinator. Running had become part of my life in 2009, only a few months before I joined DSE, and I was so happy to find a club that did short distance runs. I also started out self-timing at every race because I was not fast enough to do 15-minute miles. With practice and determination I moved up to running at the normal start time and am very impressed with how much better I have become. I am still slow but glad to be out there doing it!

I am happy with the progress of DSE and look forward to helping it become even better. More volunteer participation among the younger crowd is something I would like to see and I would help facilitate this by talking more to the younger members about the benefits of volunteering. I feel that the volunteer point system being carried out this year will definitely encourage more members to volunteer.



# RUNNING HAWAII

October 25, 2015

Twin Peaks 4M

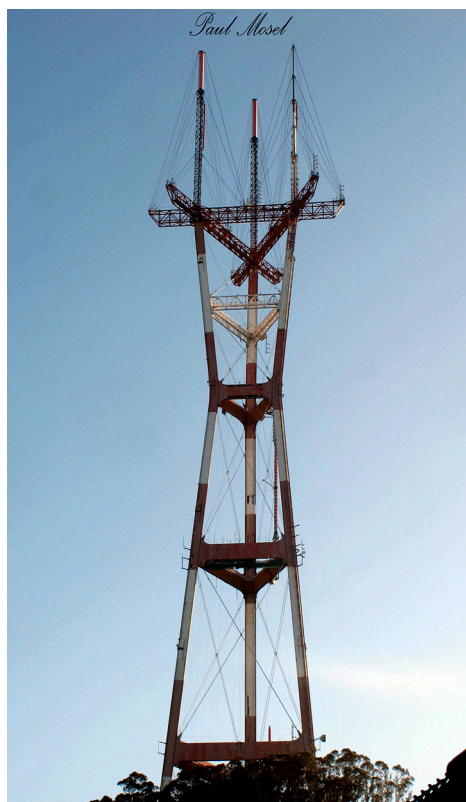
**Race Director:** Johnny Chow

**Volunteers:** George Sacco, Jimmy Yu, Calvin Chan, Kevin Lee, Phyllis Nabhan, Bobby Marty, Vince French, Martha Arnaud, Lidia deLeon, Rubi Kawamura, Marsi Hidekawa, Jim Kauffold



**Race Director Johnny Chow**

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**Twin Peaks radio tower**

© 2015 Paul Mosel

November 1, 2015

Halloween Great Highway 5K

**Race Director:** Joan Rappaport

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Richard Best, Phyllis Nabhan, Bobby Marty, Lidia deLeon, Kevin Lee, Vince French, Martha Arnaud, Mike Rouan, Enrique Rodriguez, Patrick Lee, Bill Hamilton, Marsi Hidekawa, Jim Kauffold, Kevin Lee, Adolfo Andrade, Geores Buttner, Daryl Luppino, Barbara Robben



**Race Director Joan Rappaport**

© 2015 Paul Mosel

191 participants: 154 racers (85 men, 68 women, 1 unknown), 11 self-timers, 26 kids



**Above: Start of the kids' race  
Below: Halloween party folding session**

© 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:

|        |                     |
|--------|---------------------|
| Dec 6  | Windmill 10K        |
| Dec 20 | Aquatic Park 10K    |
| Dec 27 | GG Bridge Vista 10K |
| Jan 3  | Marina Green 5K     |
| Jan 10 | Fort Mason 5K       |
| Jan 1  | Waterfront 10M/5K   |

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 Waterfront 10M/5K on January 17 (registration, finish line, aid stations, course monitors).

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 ONE MORE MONTH REMAINS** 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.

# 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>Rock 'n' Roll Denver Marathon, October 18</b> |               |     |         |           |         |
| 1579   | Gregory Brown | 66  | 12      | M65-69    | 6:23:34 |

## Aggies XC Open, 4.2M, Martinez, October 24 Women

|    |              |    |  |  |       |
|----|--------------|----|--|--|-------|
| 56 | Riya Suising | 48 |  |  | 28:38 |
|----|--------------|----|--|--|-------|

## Masters Men

|     |                |    |  |  |       |
|-----|----------------|----|--|--|-------|
| 17  | Joe Wehrheim   | 43 |  |  | 24:36 |
| 70  | Michael Gulli  | 55 |  |  | 28:47 |
| 98  | Jim Flanigan   | 66 |  |  | 32:37 |
| 109 | Rocco Mullinax | 41 |  |  | 35:58 |

## Open Men

|    |                    |    |  |  |       |
|----|--------------------|----|--|--|-------|
| 36 | Chikara Omine      | 33 |  |  | 22:49 |
| 44 | Jeffery Mendenhall | 39 |  |  | 23:08 |

## Rock 'n' Roll Denver Marathon, October 18

|      |               |    |    |        |         |
|------|---------------|----|----|--------|---------|
| 1579 | Gregory Brown | 66 | 12 | M65-69 | 6:23:34 |
|------|---------------|----|----|--------|---------|

## Aggies XC Open, 4.2M, Martinez, October 24 Women

|    |              |    |  |  |       |
|----|--------------|----|--|--|-------|
| 56 | Riya Suising | 48 |  |  | 28:38 |
|----|--------------|----|--|--|-------|

## Masters Men

|     |                |    |  |  |       |
|-----|----------------|----|--|--|-------|
| 17  | Joe Wehrheim   | 43 |  |  | 24:36 |
| 70  | Michael Gulli  | 55 |  |  | 28:47 |
| 98  | Jim Flanigan   | 66 |  |  | 32:37 |
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## Open Men

|    |                    |    |  |  |       |
|----|--------------------|----|--|--|-------|
| 36 | Chikara Omine      | 33 |  |  | 22:49 |
| 44 | Jeffery Mendenhall | 39 |  |  | 23:08 |

## Let's Go 510, Berkeley, October 25 5K

|      |                |    |    |         |       |
|------|----------------|----|----|---------|-------|
| 1114 | Jason Wong     | 14 | 12 | M13-17  | 30:24 |
| 230  | Jerry Wong     | 48 | 9  | M45-49  | 34:14 |
| 235  | Jonas Wong     | 10 | 14 | M 9-12  | 34:20 |
| 456  | Barbara Robben | 81 | 1  | F 80-84 | 41:12 |
| 469  | Julie Yee      | 46 | 30 | F 45-49 | 41:54 |

## LMJS 4th Sunday Run, Oakland, October 25

|           |                  |    |   |          |       |
|-----------|------------------|----|---|----------|-------|
| <b>5K</b> |                  |    |   |          |       |
| 28        | Seth Ducey       | 44 | 9 | M40-49   | 28:24 |
| 47        | Jane Colman      | 72 | 1 | F70&over | 37:02 |
| 51        | David Picariello | 61 | 4 | M60-69   | 42:17 |

## 10K

|   |             |    |   |        |       |
|---|-------------|----|---|--------|-------|
| 1 | Adam Littke | 41 | 1 | M40-49 | 38:33 |
|---|-------------|----|---|--------|-------|

## Lafayette Reservoir Run, October 25

|            |             |  |   |        |       |
|------------|-------------|--|---|--------|-------|
| <b>10K</b> |             |  |   |        |       |
| 7          | Mark Orders |  | 1 | M50-59 | 40:32 |

## 5K

|     |               |  |   |         |       |
|-----|---------------|--|---|---------|-------|
| 269 | Brian Hartley |  | 9 | M60-69  | 31:43 |
| 502 | Dee Farkas    |  | 1 | F80-120 | 56:35 |

## Zombie Runner Halloween Runs, Los Gatos, October 31 Marathon

|    |                |    |   |         |         |
|----|----------------|----|---|---------|---------|
| 38 | Margie Whitnah | 67 | 1 | F 60-69 | 7:48:45 |
|----|----------------|----|---|---------|---------|

November 8, 2015

San Francisco Mile/Spreckels Lake 5K

**Race Directors:** Mari Almeida

and Seth Ducey

**Volunteers:** Calvin Chan, Jimmy Yu, George Sacco, Phyllis Nabhan, Lidia deLeon, Bobby Marty, Diane Okubo-Fong, George Sacco, Vince French, Caron Anderson, Marcia Martin, Denise Leo, Jim Kauffold, Kevin Lee, Ken Fong, Chung Nguyen, Denise Leo



Race Directors Mari Almeida  
and Seth Ducey

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Mile: 63 participants: 63 racers (40 men, 23 women)

5K: 145 participants: 135 racers (91 men, 44 women), 10 self-timers



Above: Registration in the rain

Below: Post-race refreshments

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November 15, 2015

# Lake Merced 4.5M and Half Marathon

**Race Director:** Mike Rouan

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Liese Rapozo, Denise Rouan, Phyllis Nabhan, Mort Weisberg, Wally Rapozo, Bobby Marty, Janet Nissenson, Kevin Lee, Rubi Kawamura, Martha Arnaud, Juan Melendez, Cristian Alvarez, Chikara Omine, Jim Kauffold, Helen Kauffold, Jeorgina Martinez, Vince French



Race Director Mike Rouan

© 2015 Paul Mosel

4.5M: 90 participants: 84 racers (54 men, 30 women), 6 self-timers

Half Marathon: 99 participants: 99 racers (62 men, 37 women)



Above: Half marathon registration in the rain (it stopped raining for the 4.5M race)

Below: Waiting for the start

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## John Lawson Tamalpa Challenge, 4.25M, San Rafael, November 1

### Women

|     |                  |    |       |
|-----|------------------|----|-------|
| 75  | Tehani Nishiyama | 30 | 30:55 |
| 78  | Louise Stephens  | 50 | 31:02 |
| 12  | Chikara Omine    | 33 | 23:17 |
| 100 | Fiona McCusker   | 51 | 32:30 |
| 134 | Denise Leo       | 29 | 35:55 |
| 147 | Kat Powell       | 64 | 39:07 |

### Masters Men

|     |               |    |       |
|-----|---------------|----|-------|
| 69  | David Moulton | 48 | 28:39 |
| 77  | Michael Gulli | 55 | 29:19 |
| 119 | Gene French   | 69 | 32:40 |
| 125 | Noe Castanon  | 45 | 33:01 |
| 135 | Jim Flanigan  | 66 | 34:43 |

## 5K Race Against Pulmonary Hypertension, Stanford, November 1

|     |                 |    |    |         |       |
|-----|-----------------|----|----|---------|-------|
| 184 | Katie Schenkkan | 27 | 11 | F 20-29 | 27:01 |
| 330 | Brian Hartley   | 62 | 4  | M60-69  | 31:18 |

## New York City Marathon, November 1

|       |               |    |      |         |         |
|-------|---------------|----|------|---------|---------|
| 8433  | Jason Buckner | 35 | 1223 | M35-39  | 3:48:46 |
| 8500  | Riya Suising  | 48 | 221  | F 45-49 | 3:49:00 |
| 42549 | Jane Colman   | 72 | 13   | F 70-74 | 5:36:55 |

## Two Cities Marathon, Fresno, November 1

|     |               |    |   |        |         |
|-----|---------------|----|---|--------|---------|
| 327 | Gregory Brown | 66 | 8 | M65-69 | 5:56:40 |
|-----|---------------|----|---|--------|---------|

## Save Mount Diablo Trail Adventure, Walnut Creek, November 8

### Half Marathon

|     |                |    |    |        |         |
|-----|----------------|----|----|--------|---------|
| 124 | Rocco Mullinax | 41 | 18 | M40-44 | 3:10:33 |
|-----|----------------|----|----|--------|---------|

### 10K

|    |                 |    |   |         |         |
|----|-----------------|----|---|---------|---------|
| 52 | Katie Schenkkan | 27 | 3 | F 25-29 | 1:03:25 |
|----|-----------------|----|---|---------|---------|

### 5K

|     |                 |    |   |         |       |
|-----|-----------------|----|---|---------|-------|
| 61  | Yoly Pantig     | 44 | 3 | F 40-44 | 33:16 |
| 120 | Christine Clark | 44 | 7 | F 40-44 | 41:01 |
| 146 | Barbara Robben  | 81 | 2 | F 80-84 | 49:56 |

## South San Francisco Thanksgiving 5K Fun Run, November 14

|     |               |    |   |          |       |
|-----|---------------|----|---|----------|-------|
| 61  | Brian Hartley | 62 | 2 | M60-64   | 31:04 |
| 62  | Dana Farkas   | 56 | 4 | F 55-59  | 31:35 |
| 285 | Dee Farkas    | 88 | 2 | F70&over | 58:47 |

## Rebels XC Challenge, 6K, Carmichael, November 15

### Women

|    |                |    |       |
|----|----------------|----|-------|
| 40 | Fiona McCusker | 51 | 26:23 |
| 54 | Anya Durgerian | 14 | 29:19 |

### Masters Men

|    |             |    |       |
|----|-------------|----|-------|
| 47 | Gene French | 69 | 27:10 |
|----|-------------|----|-------|

### Open Men

|    |               |    |       |
|----|---------------|----|-------|
| 14 | Chikara Omine | 33 | 20:03 |
| 28 | Jason Reed    | 36 | 22:33 |

## Davis Turkey Trot Half Marathon, November 21

|   |            |    |   |        |         |
|---|------------|----|---|--------|---------|
| 3 | Jared Chan | 15 | 1 | M 1-15 | 1:22:07 |
|---|------------|----|---|--------|---------|

## Pacific Association XC Championships, November 22

### Masters Women. 6K

|    |                 |    |       |
|----|-----------------|----|-------|
| 23 | Louise Stephens | 50 | 26:02 |
| 33 | Fiona McCusker  | 51 | 27:13 |
| 80 | Maggie Fillmore | 65 | 34:05 |
| 83 | Kat Powell      | 64 | 35:01 |
| 85 | Amy Sonstein    | 45 | 36:00 |

### 60+ Men, 8K

|    |             |    |       |
|----|-------------|----|-------|
| 30 | Gene French | 69 | 36:48 |
| 41 | Hans Schmid | 75 | 38:22 |

|    |               |    |       |
|----|---------------|----|-------|
| 44 | Mark Prichard | 60 | 38:35 |
| 49 | Jim Flanigan  | 66 | 39:57 |
| 71 | Russ Kiernan  | 77 | 48:29 |

#### 40+ Men, 10K

|     |                     |    |       |
|-----|---------------------|----|-------|
| 74  | David Ahn           | 41 | 41:51 |
| 82  | Steven Pitsenbarger | 47 | 42:34 |
| 98  | David Moulton       | 48 | 43:42 |
| 115 | Michael Gulli       | 56 | 45:07 |
| 135 | Noe Castanon        | 45 | 49:10 |

#### Open Men, 10K

|     |                    |    |       |
|-----|--------------------|----|-------|
| 51  | Chikara Omine      | 33 | 34:34 |
| 110 | Jeffery Mendenhall | 39 | 37:00 |
| 142 | Adolfo Andrade     | 36 | 39:39 |
| 160 | Kenley Gaffke      | 37 | 42:01 |

#### Berkeley Half Marathon, November 22 Half Marathon

|      |                  |    |     |         |         |
|------|------------------|----|-----|---------|---------|
| 380  | Riya Suising     | 48 | 13  | F 40-49 | 1:42:07 |
| 557  | Sandor Mandoki   | 30 | 152 | M30-39  | 1:46:01 |
| 608  | Leopoldo Rosales | 61 | 7   | M60-69  | 1:47:02 |
| 841  | Jack Walker      | 64 | 8   | M60-69  | 1:51:38 |
| 918  | Ziggy Tomcich    | 42 | 152 | M40-49  | 1:53:09 |
| 1093 | Andrew Cheng     | 13 | 36  | M01-19  | 1:55:40 |
| 1712 | Joel Rizzo       | 49 | 271 | M40-49  | 2:06:04 |
| 1732 | Wendi Arendell   | 50 | 38  | F 50-59 | 2:06:31 |
| 1828 | Laurence Cheng   | 41 | 287 | M40-49  | 2:08:38 |
| 2430 | Rubi Kawamura    | 53 | 77  | F 50-59 | 2:21:06 |
| 2730 | Salena Copeland  | 37 | 390 | F 30-39 | 2:27:46 |
| 3028 | Carol Pechler    | 75 | 2   | F 70-99 | 3:37:30 |
| 3134 | David Lim        | 45 | 425 | M40-49  | 2:42:20 |
| 3343 | Virginia Rosales | 51 | 125 | F 50-59 | 2:54:48 |
| 3471 | Krystle Mariano  | 31 | 518 | F 30-39 | 3:07:17 |

#### 10K

|      |                 |    |     |         |         |
|------|-----------------|----|-----|---------|---------|
| 699  | Ramona Esquivel | 35 | 141 | F 30-39 | 1:10:28 |
| 741  | Darin Pakkala   | 45 | 42  | M40-49  | 1:12:14 |
| 1029 | Lesley Pakkala  | 46 | 118 | F 40-49 | 1:37:14 |

#### 5K

|     |                |    |    |         |       |
|-----|----------------|----|----|---------|-------|
| 53  | Ron Kinyono    | 67 | 1  | M60-69  | 23:54 |
| 356 | Sheryl Trichel | 40 | 29 | F 40-49 | 32:14 |
| 901 | Barbara Robben | 81 | 2  | F 70-99 | 44:46 |

#### Piedmont Turkey Trot, 5K, November 26

|      |                |    |         |         |
|------|----------------|----|---------|---------|
| 371  | Jim Buck       | 3  | M70-79  | 28:03   |
| 696  | Jane McFarland | 2  | F 60-69 | 31:48   |
| 769  | Brian Hartley  | 18 | M60-69  | 32:31   |
| 994  | Dana Farkas    | 43 | F 50-59 | 35:57   |
| 2236 | Dee Farkas     | 5  | F80-120 | 1:06:39 |

#### Nitro Turkey Thanksgiving Run, Pinole, November 26

|     |                |    |    |         |       |
|-----|----------------|----|----|---------|-------|
| 410 | Barbara Robben | 81 | 1  | F 80-84 | 47:02 |
| 466 | Yoly Pantig    | 44 | 37 | F 40-44 | 51:29 |

#### 10K

|     |                    |    |    |         |         |
|-----|--------------------|----|----|---------|---------|
| 39  | Leopoldo Rosales   | 61 | 1  | M60-64  | 49:04   |
| 151 | Jaurie Evangelista | 38 | 18 | F 35-39 | 1:00:45 |
| 289 | Tony Nguyen        | 42 | 16 | M40-44  | 1:17:29 |
| 321 | Virginia Rosales   | 51 | 13 | F 50-54 | 1:22:42 |
| 354 | Mary Gray          | 53 | 17 | F 50-54 | 1:33:04 |

#### Silicon Valley Turkey Trot 10K, November 26

|      |                |    |     |         |         |
|------|----------------|----|-----|---------|---------|
| 2078 | Rocco Mullinax | 41 | 161 | M40-44  | 57:32   |
| 2797 | Phaidra Garcia | 45 | 59  | F 45-59 | 1:00:47 |
| 2800 | Pat Geramoni   | 67 | 2   | F 65-69 | 1:00:47 |

November 22, 2015

Waterfront 5K

**Race Director:** Markham Miller

**Volunteers:** George Sacco, Calvin Chan, Jimmy Yu, Kevin Dunn, Sheri Dunn, Bobby Marty, Dee Farkas, Vince French, Bob Butchart, Adolfo Andrade, Cristian Alvarez, Michael Dunn, Lidia deLeon, Bill Hamilton, Marsi Hidekawa, Jim Kauffold, Dana Farkas, Oscar Osorio, Conal Gallagher, Loria Reyes



Race Director Markham Miller

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130 participants:120 racers (71men, 49 women), 10 self-timers



Above: The marina at Sierra Point

Below: Post-race refreshments and socializing

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## O'Side Turkey Trot, Oceanside, November 26

### 5K

|     |              |    |   |         |       |
|-----|--------------|----|---|---------|-------|
| 704 | Amy Sonstein | 45 | 6 | F 45-49 | 26:56 |
|-----|--------------|----|---|---------|-------|

### 1/4 Mile

|    |                  |   |    |       |      |
|----|------------------|---|----|-------|------|
| 44 | Rebecca Sonstein | 4 | 20 | F 1-4 | 3:55 |
|----|------------------|---|----|-------|------|

## Quarry Turkey Run, Fremont, November 28

### Half Marathon

|   |            |    |   |        |         |
|---|------------|----|---|--------|---------|
| 1 | Jared Chan | 15 | 1 | M13-17 | 1:26:47 |
|---|------------|----|---|--------|---------|

|    |                  |    |   |        |         |
|----|------------------|----|---|--------|---------|
| 40 | Leopoldo Rosales | 61 | 2 | M60-64 | 1:46:41 |
|----|------------------|----|---|--------|---------|

|     |                |    |   |        |         |
|-----|----------------|----|---|--------|---------|
| 210 | Geores Buttner | 79 | 1 | M75-59 | 2:46:00 |
|-----|----------------|----|---|--------|---------|

|     |             |    |    |        |         |
|-----|-------------|----|----|--------|---------|
| 216 | Tony Nguyen | 42 | 25 | M40-44 | 2:50:22 |
|-----|-------------|----|----|--------|---------|

|     |                 |    |    |         |         |
|-----|-----------------|----|----|---------|---------|
| 237 | Christine Clark | 44 | 16 | F 40-44 | 3:17:07 |
|-----|-----------------|----|----|---------|---------|

### Half Marathon Hikers

|   |                  |    |  |  |         |
|---|------------------|----|--|--|---------|
| 5 | Virginia Rosales | 51 |  |  | 2:49:29 |
|---|------------------|----|--|--|---------|

### 10K

|    |                 |    |   |         |       |
|----|-----------------|----|---|---------|-------|
| 85 | Katie Schenkkan | 27 | 6 | F 25-29 | 55:33 |
|----|-----------------|----|---|---------|-------|

### 5K

|     |             |    |   |        |       |
|-----|-------------|----|---|--------|-------|
| 183 | Allen Lucas | 58 | 6 | M55-59 | 32:24 |
|-----|-------------|----|---|--------|-------|

|     |                |    |   |         |       |
|-----|----------------|----|---|---------|-------|
| 394 | Barbara Robben | 81 | 1 | F 80-84 | 45:25 |
|-----|----------------|----|---|---------|-------|

|     |             |   |    |        |       |
|-----|-------------|---|----|--------|-------|
| 471 | Riley Baird | 9 | 21 | M 9-12 | 50:48 |
|-----|-------------|---|----|--------|-------|

|     |             |    |    |         |         |
|-----|-------------|----|----|---------|---------|
| 569 | Diane Lucas | 57 | 28 | F 55-59 | 1:01:49 |
|-----|-------------|----|----|---------|---------|

|     |             |    |    |        |         |
|-----|-------------|----|----|--------|---------|
| 575 | Darci Baird | 11 | 22 | F 9-12 | 1:02:23 |
|-----|-------------|----|----|--------|---------|

*Editor's Note: I know there are results available for other November races, but I have run out of time to include them, so they will appear in the January DSE News.*

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

The *DSE News* needs folding session hosts for all of 2016, starting with the last week of January or the first week of February. 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. 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).

## New Members

### PACIFICA

Pacifica

Jude Loeffler

Kaetlyn Loeffler-Malatesta

Nathan Loeffler-Malatestas

### SAN FRANCISCO

Anna Burke

Cooper Gumina

John Gumina

Lauren Gumina

Shanna Gumina

Chris Trimblor

### SAN LEANDRO

Virginia Quock



# 2016 DSE RACE SCHEDULE – JANUARY, FEBRUARY, MARCH

Note: These races have not all been confirmed, and are subject to change.

| Day of week | Short Date | Race Name and S/F   |
|-------------|------------|---|
| Sunday      | 3-Jan      | Marina Green 5K - S/F East Beach at Crissy Field                                    |
| Sunday      | 10-Jan     | Fort Mason 5K - S/F Aquatic Park, Jefferson & Hyde Streets                          |
| Sunday      | 17-Jan     | Waterfront 10M/5K - S/F Sierra Point Marina, Brisbane                               |
| Sunday      | 24-Jan     | Rainbow Falls 5K - S/F Kennedy & Transverse Drive, Golden Gate Park                 |
| Sunday      | 31-Jan     | <b>Golden Gate Bridge Vista 10K - or NEW Baker Beach 5k</b>                         |
| Sunday      | 7-Feb      | Spreckels Lake 5K & Lightning Mile - S/F Kennedy Drive & 36th Ave, Golden Gate Park |
| Sunday      | 14-Feb     | No DSE run – DSE volunteers at Kaiser Permanente Half Marathon                      |
| Sunday      | 21-Feb     | Fort to Fort 10K - S/F Ft Mason Hill (near Great Meadow)                            |
| Sunday      | 28-Feb     | Windmill 10K - S/F Kennedy Drive & Great Highway, Golden Gate Park                  |
| Sunday      | 6-Mar      | Stern Grove 4M - S/F 33rd Avenue & Wawona St  |
| Sunday      | 13-Mar     | St. Patrick's Day 5K - S/F East Beach at Crissy Field                               |
| Sunday      | 20-Mar     | Aquatic Park 10K - S/F Aquatic Park, Jefferson & Hyde Streets                       |
| Sunday      | 27-Mar     | Easter Roller Coaster 5K - S/F west end of Mountain Lake Park                       |

# ◆◆◆ 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 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**

## **Sun Dec 20\*                      Aquatic Park 10K**

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run along Aquatic Park promenade, over Fort Mason Hill to Marina Blvd. Run on Marina Blvd towards Baker Street, turn right, then left onto the Golden Gate Promenade. Continue on Golden Gate Promenade until the Warming Hut. Turn around and return same way to finish.

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

## **Sun Dec 27                      Golden Gate Bridge Vista 10K**

START/FINISH: USSSF Monument, Seal Rock & El Camino del Mar NE Parking Lot

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

Revised COURSE DESCRIPTION: Complete clockwise loop, transverse the upper level of El Camino del Mar parking lot then downhill to Seal Rock/Clement. Turn right onto lower Land's End Trail and continue running east past Eagles Point. Exit left, downhill on El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar which merges into Lincoln Blvd. Turn left at Bowley and right into Baker Beach parking lot. Turn right onto Battery Chamberlain Rd., downhill and thru entire lower parking lot. Continue running east thru the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turn around at top of Sand Ladder. Reverse directions, run back to finish.

***Note: 2016 races have not all been confirmed and are subject to change.***

## **Sun Jan 3, 2016\*                      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 par course, 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, Jan 10                      Fort Mason 5K**

START/FINISH: Aquatic Park, Jefferson & Hyde Streets

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

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

## **Sun, Jan 17                      Waterfront 10M & 5K**

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

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

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



## 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, December 29  
TIME: **6:30 PM**  
HOST: Margo Banowicz  
Big Room  
Presidio Sports Basement  
610 Old Mason Street, SF  
650-757-5247

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

Despite El Nino's signature dry bias for December, the last half of the month should be sufficiently wet to at least bring near to perhaps above normal rainfall to the Bay Area. Some rain is likely late in the first week of the month. It should be followed by dry weather in the second week and extending into mid-month. The beginning of the third week, around December 18, promises good Sierra snowfall and heavy rain in the lowlands of northern California and the Bay Area. There will be a break for dry, cold weather on Christmas Eve and Christmas Day. A colder storm will move in late in the holiday weekend, followed by dry and colder weather for New Years Eve and New Years Day.

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



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ANGELICUS  
Walt Stack

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LOST AND FOUND Geores Buttner

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### PERMITS

Jerry Flanagan

Kenneth Fong

Pat Geramoni

Janet Nissenson

### DSE PHOTOGRAPHER

Paul Mosel

RETURN SERVICE REQUESTED



# Happy Birthday!

DECEMBER

|    |   |    |   |    |  |
|----|---|----|---|----|--|
| 2  | Tim Abbott<br>Ximena Ares<br>Scott Benbow<br>George Durgerian<br>Joe Wehrheim | 12 | Matthew Fisher<br>Amy Sonstein                            | 21 | Sophia Baird<br>Christopher Chun                   |
| 3  | Aidan Durgerian<br>Steven Oliver  | 13 | George Baptista<br>Duncan Werner                          |    | Shifra Gaman<br>George Musante<br>Virginia Rosales |
| 4  | Kat Powell  | 14 | Hugo Pegley<br>Geoffrey Sears<br>Daniel Undurraga         | 22 | Ian Cooper<br>William Dai<br>Elaine Gecht, MD      |
| 7  | Charlie Dicke<br>Mark Mooney  | 15 | Bradley Daley   | 25 | Sandor Mandoki<br>Mary Stratta                     |
| 8  | Andrew Alexander Green<br>Ella Haack<br>George Rehmet<br>Joel Rizzo           | 16 | Valerie Cohen<br>Adrienne Foote<br>Sam Thacher            | 26 | Jesse Agbayani                                     |
| 9  | Juby Benin<br>Naomi Nakamura<br>Wayne Plymale<br>Peter Royce                  | 17 | George Sacco<br>Maasa Seaberg                             | 27 | Nicolas Duquette                                   |
| 10 | Gary Brickley   | 18 | Chloe Krawczyk<br>Denise Langner<br>Dayala Levenson       | 28 | Lila Saltiel                                       |
| 11 | Krystle Mariano   | 19 | Glen Furuta<br>Joe May<br>John McCarroll<br>Ziggy Tomcich | 29 | James Kambur<br>Carla Willey                       |
|    |   |    |   | 31 | David Klinetobe<br>David Leo<br>Dan Nishiyama      |