

47TH ANNUAL WALT STACK DOUBLE DIPSEA

Kitzzy Aviles

On June 18, DSE partnered with Sam and Jasmin from Brazen Racing to host the 47th Annual Walt Stack Double Dipsea. It takes a village to put on this race, and we could not have done it without our dedicated DSE members. We will continue to make tweaks to bring the running community a great race experience for many years to come, but we can't do it alone. We count on each of you, whether you ran or volunteered, to give us feedback on what you liked and how we can improve for next year. So let us hear it! Email dse@kitzzy.com with your feedback.

Below is an excerpt from Brazen Racing's post-race email that sums up the event:

Congratulations to all Double Dipsea participants and a huge thanks to the volunteers (about 200 of them) who made this race possible!

Thank you also to all who contributed to the Dipsea Foundation. Your generosity will help maintain the Dipsea Trail for generations to come. We are thrilled to have raised over \$8,000 this year!

Congratulations to our race winners!

- Darrin Banks, 50, Berkeley, 1:48:31
- Lisbet Sunshine, 52, Larkspur, 1:55:49 — Second year in a row as first female finisher!

FASTEST TIMES (NO HANDICAP)

The race is scored with the handicap, but it is always interesting to see who ran the fastest actual times. This year's fastest male and female:

- Timothy Comay, 32, Walnut Creek, 1:57:41
- Rayleen Hsu, 36, San Francisco, 2:22:54

SPECIAL CATEGORIES

- Clydesdale winner: Trevor Mollenkopf [2:55:37]
- Couples winners: Andy Belk [2:01:31] and Deirdre Hassett [2:13:13]
- Family winners: Rickey [2:11:57] and Beau Russell [2:44:08]

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From the President's Desk

KITZZY AVILES, President

DOUBLE DIPSEA

The 47th Double Dipsea is on the books, and we could not have done it without the help of nearly 200 volunteers! Thank you to all who came out to help make this race a success, and congratulations to all who ran it. A special thank you to Brazen Racing for producing the race for us. They always do an amazing job! Putting on this race is not easy, and we do our best to please everyone, but sometimes we fall short. If you have feedback for how to make it even better next year, send me an email at dse@kitzzy.com with your feedback.

RACE RESULTS UPDATE PREVIEW

Jason is working his spreadsheet magic once again on the race results and you'll see some exciting changes in the next few weeks. Look for a full article from Jason next month with all the details, and email him at jason@dserunners.com if you have any feedback.

DSE NEEDS YOUR HELP!

As you may have noticed, many of DSE's longest serving members are also our hardest working volunteers. They have served the club tirelessly for decades, and they can't be expected to do so forever. We want another 50 years of fun, friendly, low-cost races, and we can't do it without a new slate of dedicated volunteers. Jason and I have laid the groundwork for automating many of these tasks, but some manual intervention is still needed. The club's current needs include: bringing water to Sunday races, selling merchandise and

membership coordinator. Please reach out to dse@kitzzy.com if you have more time to contribute to the club. Thanks!

UPCOMING RACES

The **Golden Gate Park 10K**, directed by Margo Banowicz, is on **July 3**. Go on a tour of Golden Gate Park as you run around the Conservatory of Flowers, past the Japanese Tea Garden, and right by Spreckels Lake and its model yachts. Be sure to save some energy for that unexpected uphill at the end!

There will be **no DSE run on July 10**, giving our members the opportunity to enter Across the Bay 12K or 5K.

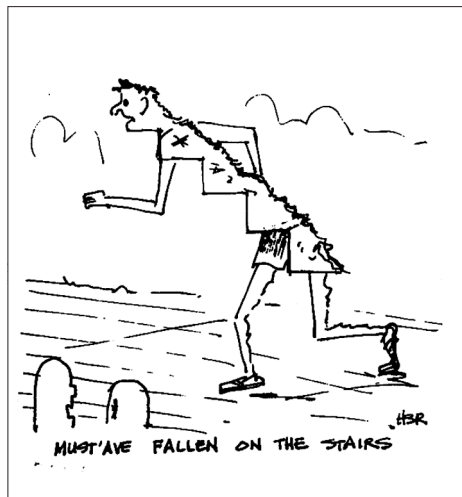
We return to Lake Merced on **July 17** for the **Lake Merced Half Marathon & 4.5M**, directed by Jennifer Walker. This is a great tune up race before the SF Marathon in two weeks. Please note the earlier 8:00 AM start for the Half Marathon, which ends at 11:00 AM.

The **Presidio Cross Country 5K**, directed by Anna Burke, is on **July 24**. The amazing views will be your reward for completing this challenging and fun course, which is grass. Stick around after the 5K to cheer on the little ones in the Kids' Run.

There will be **no DSE race on July 31** so that our members can run or volunteer at the San Francisco Marathon. Come join us!

CLASSIC STU-PEDS

by Stu Ruth



FORTY VOLUNTEERS NEEDED JULY 31 FOR THE DSE WATER STOP AT THE SF MARATHON

Kevin Lee, Aid Station Captain

If you are not participating at this year's San Francisco Marathon, DSE can really use your help at Water Stop #6, situated midway along Crossover Drive, before turning onto Transverse Drive in Golden Gate Park. This aid station will be serving water and electrolytes to full marathon and first half marathon runners. Regardless of the number of race participants that pass through, we will be ready. The check-in time is 5:15 AM and we will continue until 9:35 AM. If you can help, please contact Kevin at dse.pekingduck@gmail.com or 415-933-7527.



Double Dipsea runners
Courtesy of Brazen Racing

DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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

LETTY GARBISCH

May 25, 1941 - May 16, 2016

Excerpted by Jane Colman from the San Francisco Chronicle obituary by Ceis Wildin



Longtime San Francisco resident Lou Edda Mae (Letty) Garbisch passed away May 16, 2016 from cancer. Letty spent her last days supported by the Sutter Care at Home team at the home of her friend of 43 years, Ceis Wildin.

After moving to San Francisco from Wisconsin in the 1960s, Letty attended San Francisco State University. She began a career as a Forms Design/Analyst with Macy's Inc on October 1, 1974, retiring after 33 years

of service on September 30, 2007.

Letty enjoyed cruising on the Princess Line with her many friends and was a dedicated volunteer with the Dolphin South End and Pamakid Running Clubs, receiving numerous awards for her service.

In recent years, she enjoyed creating ceramics at the Aquatic Park Senior Center in San Francisco. A memorial urn is being created by one of her friends.

Letty was known for her wisdom, kindness and generosity to all. She will be sorely missed.

A Celebration of Life gathering will be held at the Columbarium in San Francisco, pending completion of her ceramic urn. For more information, call 415-614-1154.

PAX BEALE

1929 - 2016

Bill Dake, with excerpts from Pax's website and from the San Francisco Chronicle obituary

Oakland native Pax Beale passed away at home in San Francisco surrounded by family on May 4, 2016, due to cancer. He was 86. An entrepreneur and lifelong athlete, Pax's forward-thinking vision helped shape the Bay Area running boom and awareness of the link between fitness and health.

It is sad to hear of the passing of Pax Beale, a leader among men, generously showing people how to live better and stronger lives and showing that through exercise and nutrition you can remake your aging body and have a better life even in old age. He was an Olympic boxer and amazingly competed and won numerous body building contests at ages that were many years past what people consider over the hill. He is survived by his beautiful wife Sophie, a former Miss Olympia and a great leader and champion body builder who continues to inspire and will take us into the future.

A lifelong athlete, entrepreneur, and forward thinker, Pax conceived the Body for the Ages philosophy and prescription method of training after getting limited results from his own five-way heart bypass surgery more than two decades ago. No longer a "heart cripple" after his program, Pax lived life to the fullest every day with a mission to help everyone achieve the same success and vitality.

Pax wanted to help people be as strong and healthy as possible and I believe in his mission and want to do what I can to spread his truths. We all need what he offers, so please visit his website, <http://www.bodyfortheages.org>, and learn how to improve your physical self.

Thank you, Pax, for all you have done for us; may you enjoy your eternity.

WALT STACK DOUBLE DIPSEA

continued from page 1

OLDEST, YOUNGEST, MOST DOUBLE DIPSEAS!

- This year's oldest Double Dipsea finisher was (once again) Joe Dorsey, 84 years old! [4:29:15]
- Our youngest runner was Aidan Oslob, 12 years old! [3:39:39]
- And the indomitable Daryll Beardall, 79, finished his 46th Double Dipsea! [5:01:54]



Theo Jones at
Muir Woods aid
station
© Paul Mosel
2016



Insult Aid Station



The finish banner

Courtesy of
Brazen Racing

RUNNING THE MARATHON

May 29, 2016

Bay Trail 4M

Race Director: Margo Banowicz

Volunteers: Calvin Chan, Jimmy Yu, Bobby Marty, Wally & Liese Rapozo, Jason Buckner, Vince French, Daryl Luppino, Mia Vasquez, Chikara Omine, Pat Geramoni



Race Director Margo Banowicz

© 2016 Paul Mosel

135 participants, 127 racers (77 men, 50 women), 8 self-timers



Above: Heading back to the finish
Below: View from the course

© 2016 Jane Colman



June 5, 2016

Lake Merced 4.5M

Race Director: Yoly Pantig

Volunteers: Calvin Chan, Jimmy Yu, Sam Roake, Aideen Campbell, Phyllis Nabhan, Robert Brizuela, Frida Mejorada, Jason Buckner, Vincent French, Oscar Mejorada, Oscar Mejorada Jr, Carolina Mejorada, Marsi Hidekawa, Bobby Marty, Mia Vasquez, Richard Finley



Race Director Yoly Pantig

© 2016 Paul Mosel

123 participants, 114 racers (78 men, 36 women), 9 self-timers



Registration

© 2016 Paul Mosel



Volunteers at the refreshment table

© 2016 Yoly Pantig

Editor's Note: Results of DSE races are available as a supplement, available on the Newsletter section of the DSE website or included in the printed newsletter for those members who have requested it.

If you are not receiving the printed 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.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

June 12, 2016

Brisbane 5K

Race Director: Mitchell Cvecko

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bill Woolf, Bobby Marty, Gloria Reyes, Paul Mosel, Vince French, Michael Gulli, Dennis Lawlor, Tony Nguyen, Denise Leo



Race Directors Mitchell Cvecko

© 2016 Paul Mosel

108 participants: 102 racers (70 men, 32 women), 6 self-timers



President Kitzy heading to the finish

© 2016 Paul Mosel

June 19, 2016

Fathers Day Rainbow Falls 5K

Race Director: Calvin Chan, Jimmy Yu, Dennis Lawlor, William Woolf, Phyllis Nabhan, Mia Vasquez, Bob Marty, Vincent French, Kevin Lee, Wendy Newman, Julian Weisser, Theo Jones, Daryl Luppino, Jane Lee, Sam Roake, Michaela Rouan



Race Director Riya Suising

© 2016 Paul Mosel

252 participants: 202 racers (134 men, 68 women), 13 self-timers. 37 kids



Start of the race

Above: the front of the pack

Below: the back of the pack

© 2016 Paul Mosel



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
Bolder Boulder 38th Memorial Day 10K, Boulder, CO, May 30						
22327	Jack Bascom	74	13	M	74	1:14:37
30297	Jim Kauffold	78	6	M	78	1:29:25

Giant Race San Jose, June 4

5M						
347	Phaidra Garcia	45	24	F	45-49	53:11
354	Pat Geramoni	68	2	F	65-69	53:26
600	Jennifer Walker	32	63	F	30-34	1:04:33
5K						
144	Neal Ashton	59	4	M	55-59	28:00

Trailquake Runs, Saratoga, June 4

Half Marathon						
58	Cristian Alvarez	37	9	M	35-39	2:52:45
106	Karen Pinckard	55	1	F	55-59	3:34:25
123	Tony Nguyen	42	19	M	40-44	3:49:45

Half Marathon Hikers

34	Christine Clark	44				5:15:26
36	Ryiah Nevo	42				5:19:31

10K

59	Yoly Pantig	44	6	F	40-44	1:45:41
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Statuto Race, 8K, June 5

4	Kenley Gaffke					30:36
11	Conal Gallagher					32:42
17	Noriko Bazeley					37:07
22	Kenneth Fong					38:21
19	Joe Kaniewski					38:01
25	Larry Wuerstle					38:45
28	Aaron Brickley					39:21
30	Joel Rizzo					39:49
44	Erika Brickley					44:44
52	Gary Brickley					47:31
47	Mitchell Cvecko					52:35
48	Martha Arnaud					53:45
	George Sacco					
	Jennifer Walker					
	Mort Weisberg					

Windermere Half Marathon, Spokane, WA, June 5

724	Jane Colman	72	3	F	70-74	2:40:05
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The Dipsea, Mill Valley, June 12

PL	NAME	AGE	SECTION	CLOCK	ACTUAL
<i>Note: The sections are Invitational and Runner. Those in the Runner section start after the Invitational runners.</i>					
14	Hans Schmid	76	I	50:55	1:15:54
81	Cliff Lentz	51	I	56:50	1:02:49
221	James Flanigan	66	I	1:03:53	1:20:52
282	Molly Dicke	20	I	1:05:25	1:13:24
308	Maeve Burke	62	I	1:05:56	1:26:55
393	Jim Buck	63	I	1:07:43	1:31:42
404	Nakia Baird	41	I	1:07:58	1:09:57

◆ ◆ ◆ 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:

July 3	Golden Gate Park 10K
July 17	Lake Merced Half Marathon/4.5M
July 24	Presidio Cross Country 5K
August 7	Golden Gate Bridge Vista 10K
August 14	Coastal Trail Challenge 10K
August 21	San Pedro Park 2M/10K

We will be needing additional volunteers to help at the Lake Merced Half Marathon on July 17. This includes registration, finish line, water stations, and course monitors.

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-933-7527.

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.

482	Russ Kiernan	78	I	1:10:27	1:35:26
536	Erika Kikuchi	37	I	1:13:55	1:21:54
676	Martina Konietzny	57	R	1:32:31	1:22:40
1267	Benjamin Pechner	29	R	2:05:54	1:38:53
1342	Valerie Stratta Trenev	56	R	2:15:19	2:05:18

Big Basin Skyline to the Sea Marathon

41	Gregg Whitnah	65	1	M60-69	5:48:05
108	Margie Whitnah	67	1	F 60-69	7:44:38

Double Dipsea, Stinson Beach, June 18

Since the race is now managed by Brazen Racing rather than DSE, I am listing DSE participants here rather than in the results supplement.

PL	NAME	A.G.	PL	AGE	CLOCK	ACTUAL
35	Jerry Flanagan	5		M50-54	2:14:41	2:28:41
144	Davud Wilson	12		M45-49	2:37:19	2:41:52
201	Conal Gallagher	21		M50-54	2:45:58	2:59:58
245	Michael Gulli	11		M55-59	2:52:20	3:12:20
248	Marianne Frank	17		F 45-49	2:52:43	3:19:43
302	Alfred Hu	15		M55-59	2:59:42	3:19:42
388	Erika Brickley	13		F 25-29	3:09:38	3:21:38
432	Sam Louie	41		M45-59	3:17:43	3:26:53
455	Theodore Jones	1		M75-59	3:21:24	4:06:24
494	Gary Brickley	18		M60-64	3:28:02	3:51:16
537	Jaurie Evangelista	27		F 35-39	3:35:58	3:51:58
541	Julian Weisser	156		M16-39	3:37:40	3:37:49
560	Mari Almeida	38		F 40-44	3:42:27	4:06:27
580	Brierly Reybine	2		F 75-79	3:47:24	4:44:24
585	David Klintobe	32		M55-59	3:48:52	4:08:52
609	Carol Pechler	3		F 75-59	3:55:17	4:52:17
615	Karen Pinckard	13		F 55-59	3:56:04	4:28:04
627	Tony Nguyen	63		M40-44	3:58:68	4:02:58
640	Evguenia Klimenko	34		F 30-34	4:04:08	4:18:08
641	Shahid Hussain	176		M16-39	4:04:08	4:04:08
684	Riya Suising	45		F 45-49	4:29:26	4:56:26
691	John McCarroll	38		M55-59	4:34:56	4:54:56
702	Jack Bascom	7		M70-74	4:46:55	5:29:55
724	Gary Aguiar	24		M60-64	5:16:03	5:46:03

Unfortunately, the early starters were not listed. I know that both Leo and Virginia Rosales completed the race as early starters, but I don't know if there were other DSE members in that category.

Western States 100M Endurance Run, Squaw Valley to Auburn, June 25-26

181	Tehani Nishiyama	31			28:18:11
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Double Dipsea Volunteers

Kitzzy Aviles	Paul Mosel	Noriko Bazeley
Theodore Jones	Lidia deLeon	Alice Talpin
Jeorgina Martinez	Marsi Hidekawa	Bill Woolf
Enrique Rodriguez	Cristian Alvarez	Calvin Chan
James McBride	Pat Geramoni	Jimmy Yu
Jason Buckner	Yvan Le Borgne	Fred Haber
Judith Jarosz	Kevin Lee	Cara Hanson
Jim Buck	Oscar Osorio	Richard Drechsler
Jane McFarland	Patricia Barauna	Freddy Fernandez
Dennis Lawlor	Denise Leo	Amy Jo Fillin
Jane Colman	Chung Nguyen	Felix Menjivar
Barbara Robben	Katie Schkenkkan	Ramona Esquivel
Rob Snavely	Suzana Seban	Peter Flessel
Mark Prichard	Wendy Newman	Yoly Pantig
Jonathan Haworth		

ALL ROADS LEAD TO ROME

Jane McFarland

Jane's report on the Rome Marathon was inadvertently left out of last month's DSE News.

Okay, a show of hands! Who would like to receive a marathon finish medal from a Roman Legionnaire?

That is part of the festive spectacle that awaits in the Rome Marathon. I attended this most beautiful run through history occurring on a grand scale on April 10. The ancient Tiber River flows along, separating Rome's treasures to its right and left. We were indeed blessed to run along its banks and take it all in. We diverted to this piazza and that, seeing all the wonders Rome has to offer: St. Peters, the Colosseum, Circus Maximus and more.



Well, all that was true for me – until approximately mile twenty-two. That's when the physical stresses I hadn't felt until that point came to light. It was those pesky cobblestones! Several miles of these rascals lined Rome's mostly flat streets. After a while the unforgiving stones took their toll. In a word, this was very rude! Nevertheless, I was comforted, indeed consoled, by all the wonderful, cheering spectators.

Along the marathon route was the largest number of marching bands, orchestras and techno music players I've ever seen in a race. All this helped me to survive the race and establish a new PR. I can best describe this race in one word: MAGICAL. I recommend it to everyone.

This brings me to a related topic for runners that I highly advocate, destination places. The idea of just going somewhere new or visiting an exotic area you've always wanted to see can lead to the most rewarding of racing experiences. The hours spent training and then planning the itinerary are part of this unique travel program. There can be a tiny downside to this destination thing. It's the inevitable need for travel and adjustment to time change — but not to worry! All this gets eaten up by the excitement and anticipation of what's around for you to do and see!

Ha, you say! What of the language differences, the transportation to get to the Expo and all the rest of it? For me it was toughest knowing I had to make my way to the destination and then do virtually nothing — resting before the race, staying off my feet. However, all that restraint was rewarded with Zee Best carbo loading pasta, pizza and gelato. There was never a bad meal in Italy!

My advice, pick up a race or travel magazine; bring out those photos from a place twenty five years ago when you had a most fabulous time. I guarantee there is a race there now! Or close by!

◆◆◆ New Members ◆◆◆

LIVERMORE
Paul Wieber

OAKLAND
Elias Castanon

SAN FRANCISCO
Lessley Anderson
Robert Carbonell
Theresa Coleman
Elliot Eckert
Russell Gong
Judy Mak
Jaime Nicholson

SOUTH SAN FRANCISCO
Nancy Alcantar

◆◆◆ Folding Session Hosts Needed ◆◆◆

The *DSE News* needs folding session hosts for the rest of 2016, starting with the last week of August.

Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month.

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 or their Berkeley store. 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 (or 510-652-3116 if you don't use email).

WINDERMERE HALF MARATHON

Jane Colman

The Windermere Half Marathon on the first Sunday in June is a beautiful course, mostly along a river, with shade and a 100-foot net downhill without too much in the way of uphill — but that's not why I went all the way to Spokane in eastern Washington to run it. The race director is DSE member Elaine Koga Kennelly, an old friend who was a racing partner back when, in the '80s and early '90s. I'd been meaning to run it for a couple of years, planning originally to run the marathon, but this is the first year that I didn't have a conflict that weekend.

A former-runner friend and I flew up to Spokane on Friday and spent the afternoon walking around and visiting the Northwest Museum of Art and Culture, a small but interesting museum in an old and elegant neighborhood. We did enough walking that my legs were tired, so Saturday we took it easy, walking a little more than half a mile to the Expo (not large but good) and then doing touristy things in Riverfront Park, riding the Skytrain and the carousel and admiring the impressive waterfalls before having an excellent dinner at a restaurant that would be right at home in the Bay Area.

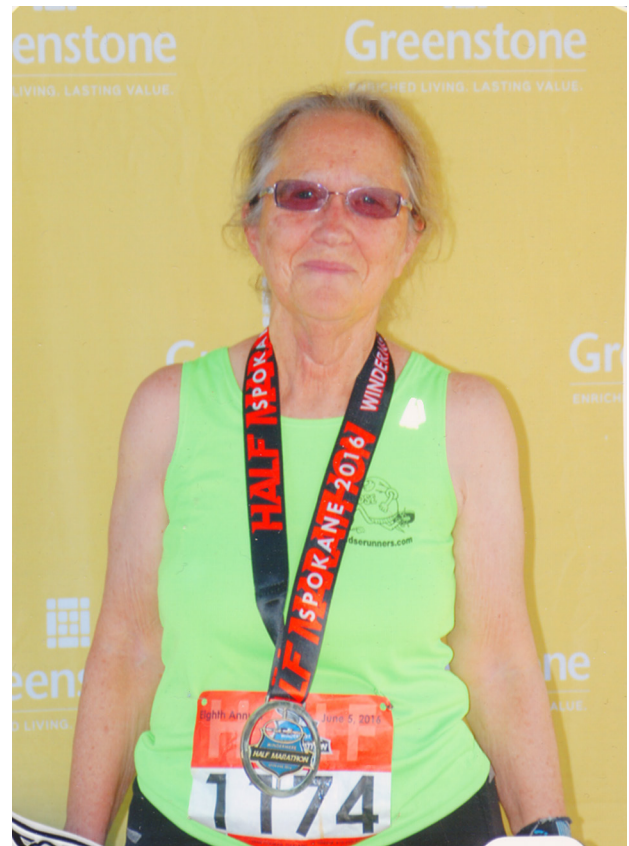
Our hotel was conveniently located equally distant from the Expo and the bus pickup/finish area. The Riverwalk was right behind the hotel, and at 5 AM (since we were so far north and east) it was quite light enough to walk to the buses on race morning.

I was quite surprised when the race began in what I thought was the wrong direction (and facing the sun), but it made sense since the road was much wider than the Centennial Trail which was most of the course, and it wasn't long before we turned and were running west toward Spokane. It was quite warm, but almost all of the course was shady and there was a bit of a breeze which kept it from becoming uncomfortable even through a small part that wasn't scenic or shaded, a couple of miles through a small town residential district. The last few miles went through Gonzaga University and the Riverfront Park, and the race ended just after we crossed a bridge and left the park. I had told my friend that I would finish between 2:30 and 3:00, depending mostly on the weather, so I was reasonably happy to finish in 2:40:05, third of five women in my age group. I did feel that I could have run faster, but for two things: the warm weather, which affected me even though it didn't feel uncomfortable, and the altitude. With a start at 2100 feet and an end at 2000 feet, wasn't enough for me to feel but, since I live at 110 feet and generally train at sea level, it was enough to slow me down a bit.

I could have been a lot slower, though, and finished. Windermere is definitely a walker-friendly race, with a cutoff time of seven and a half hours for both the half and the full marathon.

The post-race festivities took place in a partly shaded grassy area. The highlights of the refreshments were skewers of chicken and what I'm told was an excellent soup (I thought it was too hot for hot soup). There were also the usual orange slices, bananas and bagels. One amenity I have never seen

before was a free post-race photo; they took the photo and handed me a copy a few minutes later.



After New York last November, I swore off marathons until my life gets simple enough that I have adequate time to train, but even if I hadn't, I'm very glad I ran only the half, for two reasons. The half had well over 1000 finishers, so while it wasn't crowded after the beginning there were always people around me. The marathon had under 300 finishers, and while the last finishers were a little over eight hours, I still would have been running alone most of the time. Also, it got very hot later in the day (mid90s by late afternoon, so it probably was well into the 80s by the time I would have finished the marathon), and even with shade and a breeze it would have been pretty miserable for me.

After the race, I had time for a bath before checkout, and my friend and I spent the afternoon eating an excellent brunch followed by frozen yogurt and browsing in a coffee/tea shop/bookstore before meeting Elaine and Paul, who took us to their elegant large home right on a lake about 25 miles away. We spent Monday visiting with them and lazing around until we flew back to Oakland in the evening.

Elaine and Paul and their many volunteers put on an excellent race and are wonderful hosts, and Spokane is a lovely city, well worth a long weekend visit. We found plenty to see and do within walking distance, and there is much more, worth a longer visit, if you have a car.

ANOTHER YEAR, ANOTHER DIPSEA

Jim Buck

As for this year's experience, the best I can say is that I survived another round of mountain madness. I crossed the line in an hour and 31 minutes (actual time) at number 393 of 1,427 finishers. Of course that was only possible with a substantial 24-minute handicap head start (making my time 1 hour and 7 minutes). There were only four runners in my corral (the second group to start). One of the four was the previous winner, 65 year-old Jamie Rivers, and she came in at number 11. If I had just stayed ahead of 358 of those runners I'd have earned the last Black Shirt — the coveted prize awarded to the first 35 finishers.



**The second wave begins a minute after the first.
JB is second from the left**

Even though I struggled up those 670 steps, the hardest part for me was the steep climb out of Muir Woods, probably because my energy tank was already on empty. I went across the Muir Woods Redwood Creek bridge at runner number 10 but reached the high point at Cardiac Hill at around 110. To keep my mind off how slow and exhausted I was I kept track of the numbers of runners going by, as best I could. Nevertheless, I even gave up this effort after the 300th runner passed me by.

It was far from a walk in the park. Five miles into this 7.5-mile race, at the beginning of the so-called Swoop, where one must make a decision about taking the steep narrow trail straight ahead or the easier/safer path to the right, I momentarily took my eyes off the ground. I paid the price by stubbing my left toe on a rock and taking a complete head-first dive into the dirt. Knees and elbows got pretty roughed up. I pulled myself up as runners scooted by. Many asked if I was OK but were long gone down the narrow ravine before I could answer — but they were being polite. Anyway, I spit out some dirt, brushed off the trail debris and waited patiently until I could jump back into the charging row of maniacs going down into the abyss.

While waiting I saw that no one was taking the easy route, so I followed the crowd and down I plunged into certain danger. The dusty, rutted trail was no more than two feet wide with heavy shrubbery on both sides, but nothing to hang onto if your balance got lost. Even so, the trail gods were nice to me from then on and I had no further mishaps. There was lots of poison oak on the trail but I used plenty of TecNu afterwards and am hoping I erased any of the poison.

If any ticks landed on me, they didn't hang around for long. Perhaps it was all that fast running.... As usual for me, this year's Dipsea experience was concluded with a long walk down Stinson Beach into the cool, refreshing depths of the ocean, well, to about two feet anyway. But once that first icy wave broke over my chest, I did an immediate about face and moved my shivering body back to shore.



**JB preparing to rinse off with a walk
into the ocean at Stinson Beach**

I am disappointed with my time but let's face it, I'm not a mountain man trail runner. Even with all that, I did enjoy the experience. There's always a lot of excitement, tradition and apprehension with that race. At least I qualified for invitational status next year by finishing in the first 450. But do I want to be up front in next year's first starting corral, with all the pomp and circumstance. But that's where the 74-to-99 year-olds must go. They will give us one more minute head start. Even so, it does not mean they'll be taking it easy on the old folks. They'll still be pointing west to the mountain, telling us to start climbing, and have a nice day.

◆◆◆ 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.

Sun Jul 3 Golden Gate Park 10K

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 eastbound on Kennedy Drive, left onto East Conservatory Drive, complete East Conservatory Drive loop, then left back onto Kennedy Drive to McLaren Lodge. Turn around at Kezar Drive Barricade, start back and turn left onto Bowling Green, right onto Nancy Pelosi Drive and right onto MLK Drive. Exit MLK after passing northern end of Japanese Tea Garden Drive. Turn right onto adjacent south/north pedestrian path, then left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on ML King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

Sun Jul 10 NO DSE RUN

Opportunity to run Across The Bay 12K — www.representrunning.com

Sun Jul 17 Lake Merced Half Marathon & 4.5M Runs

ENTRY FEES: Half Marathon - \$8 members, \$10 non-members

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 Jul 24* Presidio Cross Country 5K

START/FINISH: Grass lawn adjacent to Julius Kahn Playground, West Pacific Avenue & Spruce Street

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

COURSE DESCRIPTION: Exit grass lawn, complete counterclockwise Julius Kahn rectangular loop, right onto West Pacific Avenue trail. Before reaching Arguello Blvd, complete mini clockwise half-arc loop and then left onto northbound (downhill) straightaway and exit trail onto asphalt surface. Turn around at "Stop" sign, reverse direction and return to West Pacific Avenue. Travel downhill (eastbound), complete clockwise Julius Kahn rectangular loop before finish on grass.

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

Sun Jul 31 NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon — www.runsfm.com

Thursdays: 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: \$2 (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 Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by email 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: Wednesday, August 3
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.

Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

The weather for July will be on a roller coaster, with more temperatures above normal than below. Temperatures will be near normal in the first week with fog at the coast, including on the 4th of July. During the second week, temperatures will warm to above normal inland with a shallow fog layer at or near the coast. The heat will peak around midmonth with interior valleys of the North Bay and down the 680 corridor above 100 degrees. It should cool during the third week of July, back to the upper 50s at the coast, the upper 60s and 70s near the Bay and 80s to low 90s in the interior valleys. The final week of the month should be seasonable with plenty of fog nights and mornings.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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RETURN SERVICE REQUESTED



Happy Birthday!

JULY

1 Peter Hsia
2 George Mitchell
Jaimie Nicolson
Ken Weller
3 Linda Carter
John Gregson
Claudine Osipow
Zane Speiser
4 Diana Gendotti
Enaam Maqsood
5 Marie-Pierre Carlotti
Rory Snyder
6 Jack Bascom
7 John Hurabiell
8 Yoshio Daikoku
Katherine Walter
9 Dan Osipow
10 George Teiber
11 Jack Rockefeller
Amanjal Tlyekhan
12 David Newdorf
Enrique Rodriguez

13 Gavin Thacher
15 Ann Agbayani
Bob Murphy
Riya Suising
16 William Wheeler
17 Leslie Dicke
Juan Melendez
Ilexa Nicolau
18 Olivia Fischer
Vincent Gulli
Dragan Zupac
19 Mark Huffman
Sunhi Kim
Kay Teiber
20 Amy Jo Fillin
Connor Flanagan
Mia Vaquez
21 Robert Butchart
Laura Froelich
Lawrence Jeong
Athena Papadacos
Joan Rappaport

23 Bill Dake
24 Evanthia Angelo
Collen Serafin
25 Joe Czech
Andrew Ng
26 Omar Barraza
Jonas Wong
27 Liam Murphy
28 Jennifer King
Margie Whitnah
29 Margaret Walter
30 Wallace Rapozo
Robert Theis
31 Peter Lee
Amelia Mutere
Benjamin Rappaport
Romen Rivera