

AGE-GRADED PERFORMANCE

Jason Buckner

We've been updating the race results to give you more information about how well you're performing, and I want to take some time to explain what these numbers mean and how to use them. The primary update has been the addition of age-graded performance, which is a measure of how well you, as an individual, are performing against everyone else, regardless of age and gender.

Age-graded performance is presented as a percentage where 100% is the world-record performance, 90%+ is world class, 80%+ is national, etc. This can be used to reliably track your performance over time.

Why is this useful?

This percentage levels the playing field amongst all runners. A 60-year-old female with a 56% rating, given her age and gender, has roughly the same performance level as a 25-year old male with a 56% rating. When you adjust their times by their age and gender, they would have equivalent finish times.

It gives you an absolute number to compare everyone to. We use age groups to compare our performance to one another because these are the individuals that we most closely match physiologically. By computing age-graded performance, we normalize age and gender differences and can compare anyone to anyone else.

One of the most important benefits is that it gives you a consistent way to evaluate your own personal growth and performance. This percentage, race after race, should remain roughly consistent under consistent circumstances. If your percentage increases, your performance is improving. If your percentage decreases, your performance is declining. The percentage also scales to different distances; if you run a 54% 5K, you should also run a 54% 10K under identical circumstances.

How are they calculated?

In order to determine your percentage, we first have to know what the world record for your age and gender is at the given distance. The World Masters Athletics organization maintains lists of these world records that are updated every few years as records are broken and calculations are refined.

By knowing the world records, we know what the human body is capable of for a given age, gender and distance. This record is our 100% mark. By taking that

continued on page 3

From the President's Desk

KITZZY AVILES

SAN FRANCISCO MARATHON

Congratulations to all who participated in the San Francisco Marathon events last weekend. Thank you to all the dedicated DSE volunteers who once again manned Water Stop #6 to keep all runners hydrated in Golden Gate Park.

VOLUNTEER APPRECIATION PICNIC

Our annual volunteer appreciation picnic is coming up next month on September 18. Every member who has earned at least three volunteer points will receive an invitation. It's not too late to earn your points and join us. We can always use help at any of our races on Sunday mornings or Thursday evenings.

NEW RELAY OPTION FOR 6-HOUR RUNNING FESTIVAL

Our 6-hour running festival will take place on October 23 this year, and we're adding a relay option. If running for six hours straight seems daunting, grab a friend or two to form a relay team and split up the run in any way you like. Look for a separate article with more details next month, and start getting your teams together today!

AGE-ADJUSTED RACE RESULTS

Jason worked his spreadsheet magic on the race results and you can now see your age-adjusted pace and effort. Check out the separate article from Jason for more details, and email him at jason@dserunners.com with any feedback.

Inside

FEATURES

DSE SF Marathon Aid Station.....	3
From the Archives.....	9

DEPARTMENTS

Classic Stu-peds.....	2
How to Contact the Newsletter.....	2
How to Contact the DSE.....	2
Race Results	4-5
DSE at the Races.....	5-8
Folding Session Hosts Needed	6

New Members.....	7
Volunteers Needed	8
Monthly Running Schedule	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session.....	11
Weather Forecast.....	11
Birthdays	12

UPCOMING RACES

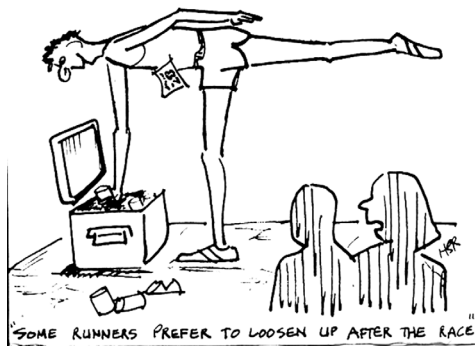
If you like running on trails, August is your lucky month! All of our races this month will take you off road with sweeping views of the bay, bridges, mountains and meadows.

We start with the **Golden Gate Bridge Vista 10K on August 7**. The course has plenty of ups and downs as you traverse Land's End, Baker's Beach and the Coastal Trail. The views of the San Francisco Bay and the Golden Gate Bridge are worth the climbs.

Admire the Golden Gate Bridge from a different perspective as you run the **Coastal Trail Challenge 10K on August 14**. After a flat mile at Crissy Field, this challenging course climbs a set of stairs from the Warming Hut up to the Golden Gate Bridge plaza. You then head through the batteries before you can zoom down the Coastal Trail to Baker Beach and up the dreaded Sand Ladder.

We head to Pacifica on **August 21** for the **San Pedro Park Trail Runs**, where you can choose between a 2-miler, 10K, or both for a double challenge! The 2-miler is a mostly flat out and back, while the 10K takes you up a series of switchbacks to the top of the mountain.

CLASSIC STU-PEDS by Stu Ruth



We finish off the month with the **Golden Gate Park Cross Country 5K on August 28**. The course starts with a loop on the upper track of the Polo Fields then meanders through dirt and grass along Kennedy Drive and Upper Speedway Meadow before finishing with another loop at the Polo Fields. Stick around after the 5K for a free kids' run.

DSE email list and electronic newsletter

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



Many members from the DSE and Pamakid Runners families attended a celebration of Letty Garbisch's life at the San Francisco Columbarium. It was a great reunion of old friends of many years and a great tribute to Letty. Letty loved her friends and was a great supporter of the Pamakids and DSE running clubs.

Phyllis Nabhan



Letty's friends were invited to take photos from her collection.

◆◆◆◆◆ 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

time and calculating your time relative to it, we now know your percentage.

Once we have your performance percentage, we can then estimate what your finish time would be under ideal conditions, independent of age and gender. To do this, we take the world record finish time for a given gender and distance, take your percentage of that and you'll be given your age-graded finish time.

For example, let's say you're a 54-year-old male who finished a 5K with a time of 26:17. The world record for a 54-year-old male in a 5K is 15:13. Since 26:17 is 58% as fast as 15:13 your age-graded performance is 58%. The world record time for a male 5K is 12:59 and 12:59 is 58% of 22:59, which means that your age-graded finish time is 22:59, which is a 7:13/mile pace.

CAVEATS

Age-graded performance is most useful when comparing identical courses and conditions. You may run the same 5K course in great weather and in terrible weather and your percentage may change significantly. Similarly, different courses, terrains and difficulties will also affect your percentage. One approach I'm exploring to counteract this effect is to compare everyone's percentage for the entire race. If everyone's percentage dropped by 5%, we could infer that the course was 5% more difficult than an "ideal" course.

WRAPPING UP

I hope you find the new age-graded calculations useful. They provide a great point of comparison between yourself and others, from our youngest to our oldest runners. More importantly, it gives you a number that you can compare week after week to determine how your own performance fluctuates. If you have any feedback or questions, please contact me at jason@dserunners.com. For more information about age-graded performance, see http://www.usatfmasters.org/fa_agegrading.htm.

VOLUNTEERS AT THE DSE AID STATION FOR THE SAN FRANCISCO MARATHON

Kevin Lee, Captain
Caron Anderson
Calvin Chan
Johnny Chow
Richard Drechsler
Vince French
Yong Haber
David Huey
Judith Jarosz
Patrick Lee
Denise Leo
Jeorgina Martinez
Bobby Marty
Paul Mosel
Julius Ng
Brierly Reybline
Mitchell Sollod
Edmund Wong
Eva Wong
Larry Wuerstle
Jimmy Yu

Judith Jarosz reports that in all her years of volunteering, this one felt the most hectic.

AID STATION #6

Top to bottom:

The volunteers arrived very early to set up the water stop

and they were ready before the runners started coming by

so they could offer water and electrolyte drinks to the first runners

and to the back of the pack runners and walkers

© 2016 Paul Mosel



RUNNING

June 26, 2016

Great Highway 5K

Race Director: Conal Gallagher

Volunteers: George Sacco, Kitzzy Aviles, Liese & Wally Rapozo, Bobby Marty, Amber Wipfler, Diane Okubo-Fong, Bill Hamilton, Chikara Omine



Race Director Conal Gallagher

© 2016 Paul Mosel

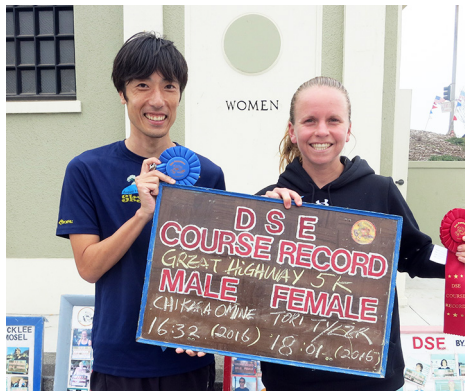
149 participants, 143 racers (90 men, 53 women), 6 self-timers



Above: Registration

Below: Chikara Omine and Tori Tyler set new course records

© 2016 Paul Mosel



July 3, 2016

Golden Gate Park 10K

Race Director: Margo Banowicz

Volunteers: George Sacco, Calvin Chan, Jimmy Yu, Bill Woolf, Phyllis Nabhan, Bobby Marty, Vince French, Kevin Lee, Wendy Newman, Sam Roake, Linda Randes, Diane Okubo-Fong, Dana Farkas, Liese & Wally Rapozo



Race Director Margo Banowicz

© 2016 Paul Mosel

235 participants, 220 racers (127 men, 93 women), 15 self-timers



Above: Waiting for the start

Below: Michael Gulli approaching the finish line

© 2016 Paul Mosel



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 receive the printed newsletter but not 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.

July 17, 2016

Lake Merced 4.5M/Half Marathon

Race Director: Jennifer Walker

Volunteers: Janet Nissenson, George Sacco, Richard Hannon, Bill Woolf, Bobby Marty, Patrick Lee, Paul Mosel, Chikara Omine, John Albertoni, Jim Kauffold, Tony Nguyen, Jeff Shopoff, Sam Roake, Mort Weisberg



Race Director Jennifer Walker

© 2016 Paul Mosel

Single Loop: 93 participants: 85 racers (49 men, 36 women), 8 self-timers

Half Marathon: 107 racers (72 men, 35 women)



Half Marathon runners Gregory Brown, Yong Cholee Haber and Mike Rouan

© 2016 Paul Mosel

July 24, 2016

Presidio Cross Country 3.8M

Race Director: Anna Burke

Volunteers: George Sacco, Pat Geramoni, Calvin Chan, William Woolf, Mia Vasquez, Bob Marty, Vincent French, Chung Nguyen, Richard Hannon, Robert Brizuela, Marsi Hidekawa, Kevin Lee, Sam Roake, Daryl Luppino, Geores Buttner, John Albertoni, Jesse Agbayani, Mort Weisberg, Steve May



Race Director Anna Burke with her husband Steve May

© 2016 Paul Mosel

235 participants, 191 racers (122 men, 67 women, 2 unknown), 10 self-timers, 34 kids



Above: Presidio flowers

Below: Kids' race

© 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
Rocket Run, 5M, Pacifica, July 4					
4	Matt Cayabyab		1	M30-39	34:45
6	Conal Gallagher		2	M50-59	35:33
11	Mikiko Bazeley	First woman overall		F 20-29	37:30
14	Leopoldo Rosales		2	M60-69	38:00
15	Noriko Bazeley		1	F 50-59	38:48
16	Kenneth Fong		5	M50-59	38:53
27	Laurence Wuerstle		3	M60-69	42:01
29	Todd Dubnicoff		3	M40-49	42:30
32	Jim Misener		8	M50-59	45:56
34	Ramona Esquivel		2	F 30-39	46:62
42	Gary Brickley		4	M60-69	51:18
43	Gerald McGowan		1	M 70+	51:20
48	Keith Johnson		2	M 70+	54:01
64	Virginia Rosales		3	F 50-59	1:05:13

Redwood City 5K Parade Run, 5K July 4

395	Pat Geramoni		1	F 60-69	28:30
545	Carol Pechler		1	F 70+	31:22
652	Wilca Gallagher		28	F 50-59	34:01

Moraga 4th of July 5M

101	Jim Buck	73	1	M70-74	43:26
135	Jane McFarland	66	2	F 65-69	46:47

Run San Ramon 10K, July 4

8	Adam Little	42	1	M40-44	40:05
121	Dana Farkas	57	4	F 55-59	1:08:13
140	Dennis Hassler	82	1	M80-84	1:29:46

Morgan Hill Freedom Fest 5K, July 4

5	Grant Johnson	33	1	M30-39	15:51
6	Chikara Omine	33	2	M30-39	16:04
19	Jeffery Mendenhall	39	6	M30-39	17:12
29	Adolfo Andrade	36	8	M30-39	17:43
75	Nakia Baird	41	15	M40-49	19:42
82	Peter Hsia	56	7	M50-59	19:59
104	Tim McMenomey	55	10	M50-59	20:38
117	George Rehmet	49	17	M40-49	21:07
120	Riya Suising	49	10	F 40-49	21:34
162	Erika Kikuchi	38	17	F 30-39	22:03
345	Gary Aguiar	61	19	M60-69	32:45

Dirty Dozen, Point Pinole, July 9, 2016

PL		AGE GROUP	MILES	TIME
12 Hour, Men				
5	Cristian Alvarez	M35-39	59.69	12:01:51
20	Tony Nguyen	M40-44	48.01	12:02:29
12 Hour, Women				
56	Yoly Pantig	F 40-44	28.76	11:55:32
60	Ryiah Nevo	F 40-44	26.96	9:09:03
Dirty Half Dozen 6 Hour, Men				
16	Peter Trussas	M45-49	27.96	4:27:22

◆◆◆ Folding Session Hosts Needed ◆◆◆

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

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

Dirty Half Dozen 6 Hour, Women

50	Mary Gray		F 50-54	19.85	5:57:01
PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
10K AM					
23	Rocco Mullinax	42	4	M40-44	1:03:44
10K PM					
10	Jennifer Walker	33	2	F 30-34	1:27:27
5K AM					
20	Johanna Mattox	33	3	F 30-34	32:15
70	Barbara Robben	82	1	F 80-84	52:10
100	Richard Hannon	80	1	M80-84	1:02:53
5K PM					
5	Johanna Mattox	33	1	F 30-34	32:20
28	Barbara Robben	82	1	F 70-84	57:16
32	Richard Hannon	80	1	M80-84	1:02:40
36	Yoly Pantig	44	6	F 40-44	1:31:08

Across the Bay, July 10

12K					
66	Jason Buckner	36	15	M35-39	56:15
126	Hans Schmid	76	1	M75-79	59:17
293	Lidia deLeon	40	13	F 40-44	1:04:36
555	Joel Rizzo	50	22	M50-54	1:09:26
703	Mitchell Sollod	77	2	M75-79	1:11:36
899	Mariel Myers	43	43	F 40-44	1:13:56
1129	Curt Berggren	62	15	M60-64	1:16:58
1168	Michael Rouan	52	40	M50-54	1:17:35
1312	Ramona Esquivel	35	84	F 35-39	1:19:48
1410	Jason Wong	15	15	M12-15	1:21:14
1548	Lucy Wing	59	20	F 55-59	1:23:09
1581	John Herbert	67	9	M65-69	1:23:34
1820	Phalla Yann	38	146	F 35-39	1:27:00
1854	Kitzzy Aviles	37	152	F 35-39	1:27:31
2029	Carol Pechler	76	1	F 75-79	1:29:52
2130	Amelia Mutere	55	47	F 55-59	1:31:34
2701	Gladys Sanders				1:43:28
2805	Jerry Wong	48	109	M45-49	1:46:05
2806	Jonas Wong	10	21	M 8-11	1:46:07
2927	Dennis Hassler	82	6	M80-84	1:49:54
3103	Julie Yee	47	161	F 45-49	1:56:36
3526	Elaine Gecht	72	2	F 70-74	2:32:47
5K					
8	Ron Kiyono	68	1	M65-69	23:59
126	Jennifer Walker	33	21	F 30-34	39:20
223	Paul Mosel	74	1	M70-74	40:22
505	Denise McComb	45	39	F 45-49	1:02:31

Pacifica Trail Run, July 16

50K					
20	Leopoldo Rosales	62			7:27:25
30K					
13	Noriko Bazeley	57			2:26:58
45	Virginia Rosales	52			7:01:42
21K					
52	Karen Pinckard	56			3:19:20
10K					
17	Matt Cayabyab	32			55:43

Tahoe Rim Trail 50M/100M, July 16

50M					
50	Joe Wehrheim	44			13:01:06

114	Kenneth Fong	54			15:54:34
132	Edward Caldwell	58			16:53:02
100M					
16	Enrique Rodriguez	42			25:11:36
18	William Dai	46			25:20:58
111	Matt Geis	44			32:48:57
127	Bruce Leary	65			33:42:23

10K					
17	Matt Cayabyab	32			55:43

Lake Chabot Trail Races, Castro Valley, July 17

Half Marathon					
34	Hidenori Utsugi	48	3	M40-49	2:23:06

Marathon					
19	Margie Whitnah	67	1	F 60-69	8:30:34

Bad Bass, Castro Valley, July 23

Half Marathon					
52	Leopoldo Rosales	63	1	M60-64	2:19:20
128	Karen Pinckard	55	3	F 55-59	2:57:28
129	Rocco Mullinax	42	14	M40-44	2:57:28
163	Tony Nguyen	43	16	M40-44	3:29:21

Half Marathon Hikers					
22	Virginia Rosales	52			3:38:15
39	Christine Clark	44			4:19:47

10K					
67	Johanna Mattox	33	3	F 30-34	1:12:10

5K					
206	Barbara Robben	82	1	F 80-84	46:21
256	Richard Hannon	80	1	M80-84	56:51
282	Yoly Pantig	44	19	F 40-44	1:07:53

San Rafael, Sunset 1 Mile, July 30

Senior and Above Men					
15	Markham Miller	52	13	M50-59	5:43
19	Peter Hsia	56	17	M50-59	5:49
27	Tim McMenomey	55	21	M50-59	6:11
34	Hans Schmid	76	2	M70-79	6:38

Open Men					
10	Grant Johnson	33	10	Open Men	4:38
34	Jeffery Mendenhall	39	34	Open Men	5:14

5K results are not yet available

San Francisco Marathon, July 31

124	Sarah Gulli	23	1	F 20-24	3:07:39
235	Nakia Baird	41	25	M40-44	3:18:15
583	Riya Suising	49	4	F 45-49	3:34:13
591	Joseph Hayes	34	87	M30-34	3:34:44
735	Juan Melendez	59	16	M55-59	3:40:04
803	Leonard Adler	47	69	M45-49	3:42:51
804	Michael Gulli	56	18	M55-59	3:42:52
836	Simone Angela Winkler	34	25	F 30-34	3:43:54
872	Russell Gong	40	96	M40-44	3:44:54
1123	Noriko Bazeley	57	2	F 55-59	3:51:53
1148	Robert Carbonell	30	169	M30-34	3:53:29
1555	Lidia deLeon	40	34	F 40-44	4:00:31
2611	Hans Schmid	76	1	M70-99	4:25:35
2954	Sam Louie	48	249	M45-49	4:33:39
3040	Mark Prichard	60	30	M60-64	4:35:32
3326	Steve Snyder	54	169	M50-54	4:41:48
4355	Rene Rodriguez	46	123	F 45-49	5:05:16
4977	Emily Gable	33	275	F 30-34	5:22:38
5160	Joseph DiGiacomo	50	265	M50-54	5:33:01



Margie Whitnah showing her medals after the Lake Chabot Trail Marathon

◆ ◆ ◆ New
Members ◆ ◆ ◆

BIRMINGHAM, AL

Joseph Sargent

SANTA CLARA

Jesi Vasquez

SAN FRANCISCO

David Amsallem

Jessica Chan

Scott Esters

Shane Esters

Michelle Jew

Galen Krumel

George Krumel

Katy Mayo

Blake O'Flaherty

Brian Trayers

David Tran

SAN MATEO

Katie Oliver

5483	Gregory Brown	67	41	M65-69	5:45:54
5744	Mitchell Cvecko	31	661	M30-34	5:57:42
5817	Monica Vasquez	45	183	F 45-49	6:01:53
6193	Ryiah Nevo	42	272	F 40-44	6:50:31
6232	Virginia Rosales	52	130	F 50-54	7:06:47

First Half Marathon

311	David Wilson	47	22	M45-49	1:44:48
316	Jesi Vasquez	36	34	M35-39	1:44:53
553	Kenneth Fong	54	19	M50-54	1:50:02
827	Rob Snavelly	46	50	M45-49	1:54:06
755	Chris Trimble	43	53	M40-44	1:53:17
1666	Hidenori Utsugi	48	91	M45-49	2:03:23
1982	Erika Brickley	26	188	F 25-29	2:06:53
2292	Joel Rizzo	50	81	M50-54	2:10:05
3076	Karen Pinckard	56	25	F 55-59	2:17:28
3240	Lucy Wing	59	34	F 55-59	2:18:56
3895	John McCarroll	58	74	M55-59	2:25:24
4031	Mari Almeida	43	169	F 40-44	2:26:45
4131	Patricia Barauna	32	384	F 30-34	2:27:43
4217	Ramona Esquivel	35	231	F 35-39	2:28:35
4924	Genevieve Peterson	45	179	F 45-49	2:35:42
5967	Carol Pechler	76	5	F 70-99	2:49:12
6658	Mike Hung	65	25	M65-69	3:03:37
6792	Jennifer Walker	33	692	F 30-34	3:08:16
7365	Mary Jean Pramik	68	25	F 65-69	3:45:06

Second Half Marathon

325	Jason Buckner	36	36	M35-39	1:39:49
494	Marco Altini	31	86	M30-34	1:44:49
651	Fara Richardson	40	23	F 40-44	1:48:28
695	Andrew Cheng	13	14	M01-19	1:49:22
924	Sandor Mandoki	31	132	M30-34	1:53:33
1152	Anne Carta	33	84	F 30-34	1:57:44
1296	Laurence Cheng	42	82	M40-44	2:00:04
1632	Kati Schmidt	36	57	F 35-39	2:03:01
2548	Kirsten Hutchinson	38	156	F 35-39	2:20:11
2770	Erica Hernandez	33	273	F 30-34	2:23:57
2988	Krystle Mariano	32	311	F 30-34	2:27:57
3056	Kitzzy Aviles	37	196	F 35-39	2:29:25
3086	Thea Shelby	53	60	F 50-54	2:29:42
3231	Michael Rouan	52	78	M50-54	2:32:46
3798	Melissa Welch	32	419	F 30-34	2:50:08
3829	Tatiane Barauna	40	194	F 40-44	2:51:34
3998	Katie Friedlander	39	274	F 35-39	2:54:14
4316	Dennis Hassler	82	7	M70-99	3:25:17
4384	Kelly Daikoku	57	80	F 55-59	3:39:16

5K

183	George Musante	61	125	M01-99	25:42
270	Mariel Myers	43	88	F 01-99	26:57
364	Jason Wong	15	237	M01-99	28:19
1698	Jerry Wong	48	756	M01-99	40:31
2137	Jonas Wong	11	867	M01-99	48:37
2142	Julie Yee	47	1268	F 01-99	48:45

Ultra Marathon, 54.2M

10	Steve Snyder	54			9:07:26
----	--------------	----	--	--	---------

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:

Aug 7	Golden Gate Bridge Vista 10K
Aug 14	Coastal Trail Challenge 10K
Aug 21	San Pedro Park 2M/10K
Aug 28	GG Park XC 5K
Sept 4	Oyster Point 10K
Sept 11	Single/Double Lake Merced

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653. We still need race directors for our races on October 23 and November 6

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.

FROM THE ARCHIVES — REALLY EARLY NEWSLETTERS

Jane Colman

Former DSE member Chuck Waller brought some of the first issues of the DSE News to the 50th Anniversary 5K, ones I'd never seen before, and kindly lent me his saved copies from 1968 and 1969. These early newsletters were printed on ditto paper (which took me back to my early elementary school memories).

The first one in his collection, which may or may not have been the very first DSE newsletter, is from June 1968 and is only two pages long, mostly race results. But apparently the points system for annual awards was already in place, as the front page story announced a meeting to plan the rest of the year and review the points system.

The July issue outlines the points system as it was back in the earliest years:

At the meeting after the Woodminster race, it was decided to keep the points system the same for the rest of the year, but a number of ideas were brought up for changing it in 1969.

Awards will be given in two categories, those who have over 100 points, and those who have 50 to 100 points. Additional awards will be given to the three fastest runners, based on placing in races. The three runners with the most mileage will also be given awards. Thus it is possible to get an award by running long distances, turning in fast race times, or by combining both in the regular point system. Appropriate awards will be given to those who competed in the women and kids races.

That was something I didn't know, that back then the women's races were separate from the men's. It's not clear to me whether the women and kids ran together or in separate races. The newsletter goes on to comment that:

Because of the long races like the Bay to Breakers, the women and kids program has kind of shut down. However, we are looking forward to the women planning some more events for the fall.

And some early events seem familiar; in the August issue we learn that a some members have set up a handicap race every Wednesday night at Lake Merced.

There have been about 15 running regularly, and the competition is fierce. Showers available, for women and kids too, no points, just fun!

The October 1968 newsletter has the first article by DSE founder and longtime president Walt Stack, who in later years had a regular column.

The beer bust was a financial success due to the substantial number of tickets sold and proceeds from a raffle of internal running limiment and beer mugs. The thrifty shopping habits of the dinner committee kept costs down.

Bob DeCelle, PAAAU Long Distance Running commissioner, gave a roundup of Mexico City prospects that was extremely interesting and highly informative. He indicated an AAU plan for a three day 100-mile super marathon this spring.

Pax Beale, administrator of the Cathedral Hill Medical Center Athletic Foundation, was a featured speaker. He did a

spellbinding job [editor: Sure it wasn't the beer, Walt?] on the therapeutic and recreational benefits of jogging and running; his concluding story on Olympic wrestling was an inspiration to any athlete who wants to have a ball while getting some exercise.

John Getas, school principal, former wrestler and opera singer, officiated beautifully. When he wanted order badly he threatened to sing — silence prevailed.

By 1969, the newsletter was up to three pages. In January there was a clarification of the dues policy:

There was some confusion about setting a \$2 per family fee for the year. The \$2 will defray mailing costs of the newsletter, pay some small part of the awards expenses, and serve as a notice that the entrant is intending to participate in the year-long point system (some people run only a few races; instead of carrying their points and sending them the newsletter, since they are not interested in a long range program, they can get a ribbon for single races and not choose to be eligible for a year-end award). For \$2 a person or family will get (1) a membership card, (2) the newsletter at least once a month, (3) eligibility for year-end awards (DSE will keep race points and mileage records). Nobody makes any money on this thing; entry fees, etc., are spent entirely on postage, ribbons and other awards. The newsletter, card, tickets, etc. are usually provided at no cost to the runners.

Women and kids are encouraged to run (1) so the old man will run and (2) so everyone will get some good exercise and meet some great people.

The August issue included this article, the first mention I've seen of the Pikes Peak Marathon:

After the Boston Marathon, there was only one other marathon that Walt Stack wanted to tackle. That run is the 26-mile race from 6571 feet to the summit of Pikes Peak at 14,100 feet and back. Not only is Walt unaccustomed to high altitude, but as anyone who has seen him swim can testify, he spends most of his time below sea level. However, Walt flew to Colorado and ran the marathon seven times in nine days getting to know the course. Walt broke the Masters record (over 60) going up, and just missed it going down. For those interested in more bloody details, ask Walt for a copy of his Pikes Peak epistle. Don't phone or drop by his place, though; send a postcard. He's trying to recruit runners for the 15th marathon next year; anyone in voice contact with Walt is liable to be subjected to inhuman practice runs; he prescribes double and triple Dipseas for training.

Later (I don't know what year) Walt was instrumental in forming the Peak Busters, an organization for the purpose of encouraging women to run the Pikes Peak ascent and marathon races. Many DSE women and others from around the country (myself included, running the ascent in 1985, 1987 and 1989, and finally the marathon in 1990) ran Pikes Peak as members of the Peak Busters, which took a group of runners to Colorado every August.

◆◆◆ 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 Aug 7 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.

COURSE DESCRIPTION: Complete clockwise loop, traverse 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 Road, downhill and through entire lower parking lot. Continue running east through the battery section of Baker Beach then right uphill on dirt /gravel path to Lincoln. Turn around at top of Sand Ladder. Reverse direction and run back to finish.

Sun Aug 14 Coastal Trail Challenge 10K

START/FINISH: Yacht Harbor Parking lot (Little Marina Green)

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

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left and go up the stairs towards the Golden Gate Bridge. Continue on trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, then east onto sandy beach to the Sand Ladder, which is 400 yards of a vertical climb. At the top, turn left and return to the start/finish.

Sun Aug 21 San Pedro Park Trail Runs 2M/10K

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

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

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

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

STARTING TIME: 2M Race at 9:00 AM; 10K Race at 9:30 AM

COURSE DESCRIPTIONS: The 2M course is out and back on Weiler Ranch Trail.

The 10K course is a loop including Valley View, Weiler Ranch and Hazelnut Trails.

View trail maps at <https://parks.smcgov.org/san-pedro-valley-park>.

Sun Aug 28* Golden Gate Park Cross Country 5K

START/FINISH: Upper dirt track of Polo Field, Golden Gate Park

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

COURSE DESCRIPTION: Complete counterclockwise loop of upper Polo Field dirt track; exit right/west out of Polo Field onto paved path. Run west on path then turn right onto Chain of Lakes Drive via parking lot and run north to Kennedy Drive. Turn right and run east on dirt path up Kennedy Drive. At east end of Upper Speedway Meadow, exit (right) path and run down/west across the grass meadow back towards the Polo Field. Enter upper dirt track of Polo Field via break in the hedgerow, turn right and run counterclockwise upper dirt loop to finish.

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

Thursdays: Summer Evening Race Series 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 31
TIME: 7:00 PM
HOST: Bill and Pauline Dake
528 Larch Avenue
South San Francisco
650-583-6268

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 7:00 PM and usually wrap up before 9:00.

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

Last year, sea surface temperatures were in the low 60s and it was much warmer and less foggy. This year, sea surface temperatures are in the low 50s outside the Golden Gate, and this will have a lot to do with the upcoming August forecast.

The first week of August will be seasonably cool in San Francisco and along the coast with widespread night and morning low overcast and fog and afternoon clearing. Highs will be in the upper 50s to mid 60s in San Francisco but 70s and low 80s around the bay and mid to upper 80s inland. The second week will see minor fluctuations inland but continued cool temperatures near the coast. It will be much warmer inland during the third week, with interior valleys near 100, but 60s and fog near the coast. Toward the end of the fourth week, there is a possibility of some monsoonal moisture from the south, with cooler temperatures.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

Kitzzy Aviles

dse@kitzzy.com

SR. VICE PRESIDENT

ason Buckner

jason@jasonbuckner.com

2ND VICE PRESIDENT

Michael Gulli

vincentsarah@sbcglobal.net

SECRETARY

Amber Wipfler

weenerdog@gmail.com

TREASURER

Christine Clark chrisliz43@gmail.com

OFFICERS AT LARGE

Chikara Omine

chikaranese@yahoo.com

Tony Nguyen vitamint73@yahoo.com

Jeorgina Martinez

jeorginamartinez@yahoo.com

OPERATIONS

Gary Brickley gary@brickley.com

Jim Kauffold jeakauffold@gmail.com

Wendy Newman

wsnew99@gmail.com

Janet Nissenson

lnissenson@aol.com

Bill Woolf billwoolf2@aol.com

MEMBERSHIP

Richard Finley

nishikifinley@sbcglobal.net

EQUIPMENT

Vince French

CLOTHING SALES

Calvin Chan

calwentjogging@aol.com

LOST AND FOUND Geores Buttner

DSE RACE RESULTS

Marsi Hidekawa

mhidekawa@gmail.com

Rubi Kawamura

rubi.kawamura@cbnocal.com

Denise Leo legdead117@yahoo.com

Wendy Newman

Chikara Omine

KIDS' RACE DIRECTOR

Daryl Luppino 650-255-0349

PERMITS

Jerry Flanagan

Kenneth Fong

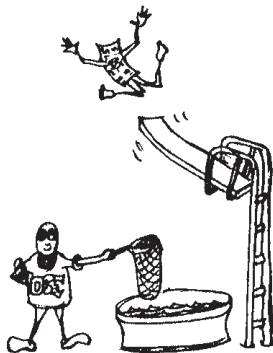
Pat Geramoni

Janet Nissenson

DSE PHOTOGRAPHER

Paul Mosel

RETURN SERVICE REQUESTED



Happy Birthday!

AUGUST



1	Barbara Kirkwood
3	Nathan Loeffler-Malatesta
4	John Herbert
	Jerico Padallan
	Chelsea Jurado
5	Milinda Lommer
7	Katie Friedlander
	Kati Schmidt
	Sarah Gulli
	Yoly Pantig
8	Frank Wu
	Elsa Heylen
9	Thomas Chuey
	Sabin Speiser
11	Jim Flanigan
	Barbara Bauer
	Steve May

13	Bud Napolio
	Surveen Singh
15	Gene French
	Koichi Hayashi
	Johanna Mattox
17	Kristin Walter
	Michaela Rouan
	Cathie Parshall
18	Danya Kafai
19	Jack Major
	Louise Stephens
	Phil Treichel
	Paul Wieber
20	V. Phillip Bassin
	Ed Baumgarten
21	Katie Olson
	Melody Hernandez

22 Stephen Kambur
23 Rob Kay
Su-Yang Liu
24 Lisa Griffin
Chikara Omine
25 David Myers
Nancy Pajarillo
Roger Chang
26 Denise McComb
28 Titash Bardhan
Marisol Gonzalez
29 Dan Murphy
Thu Nguyen
Emily Minor
30 Gregg Whitnah
Molly Shannon
31 Ian Reid