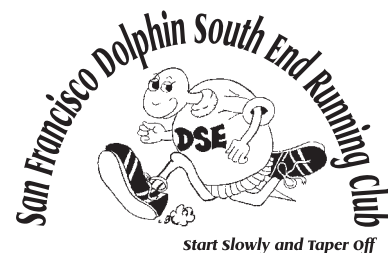


# DSE NEWS



52nd Year

June 2017

## 2017 SUMMER EVENING RACE SERIES STARTS THIS MONTH

*Janet Nissenson*

The Lake Merced Summer Evening Race Series returns this year on Thursday, June 8, and continues for twelve consecutive weeks through August 24. Thank you to everyone who has volunteered thus far to be a Race Director or to help with race results, registration, finish line, etc. While these weekly races are generally smaller and much more low-key than our regular Sunday runs, we still have need for volunteers each week. If you can help with any of the following jobs, please consider doing so. You will receive the appropriate volunteer hours, same as you would for a Sunday race. There is an interactive sign-up sheet pinned to the top of the DSE Facebook page where you can sign up for open positions.

- Registration (arrive by 5:45 PM, you can still run the race at 6:30)
- Race Directors
- Finish line — timers, bib number recorders
- Course monitors/course control
- Race Results

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

- A reminder that the registration fee is now \$2 and that small bills are always appreciated. Coins are not accepted.
- We ask that you please re-use your bib number and safety pins each week to keep costs down.
- The races start promptly at 6:30 PM, and we close the finish line one hour later at 7:30 PM. If you do not think you'll be able to complete the course during that time, please use the self-timing option and start your run/walk prior to 6:30 so that you will finish by the allotted time.
- You must claim all car keys and other belongings left at the registration table no later than 7:30 PM so that our volunteers can pack up and head out. If you are going out for a cool-down jog after the race, please be sure to store your belongings in your vehicle and to take your car keys with you. DSE will not be responsible for any keys, bags, etc. not claimed by 7:30 PM.

Looking forward to another great summer series!

### From the President's Desk

KITZZY AVILES

#### LOOKING FOR NEXT DSE PRESIDENT

When Jason and I moved to San Francisco five years ago, DSE welcomed us with opened arms. We attended our first DSE race, the Presidio Cross Country 5K, the day after moving to our new home in August 2012. We immediately knew this club was special, and that we had to be part of it. Before we knew it, we were planning the first DSE Gala we ever attended, redesigning the club website, and serving as officers. We love DSE and plan to be members for many years to come, but we will not be continuing as officers in 2018. We feel we can be most effective helping behind the scenes and giving other members the opportunity to step up to leadership. In order to ensure a smooth transition, we want to start the search for the next DSE President and Senior Vice President now. This will give us plenty of time to mentor our successors and maintain continuity. If you are interested in taking on one of these roles, please see me at a race or email me at [dse@kitzzy.com](mailto:dse@kitzzy.com) to discuss.

#### WALT STACK DSE DOUBLE DIPSEA

We're only three weeks away from the 48th running of the Double Dipsea, and we need your help! It takes nearly 200 volunteers to put on this race. Please help us make the Double Dipsea a success by representing DSE through volunteering and supporting all the awesome runners. We can't do it without you! Contact Jeorgina

## Inside

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Martinez at [jeorginamartinez@yahoo.com](mailto:jeorginamartinez@yahoo.com) to sign up today.

#### UPCOMING RACES

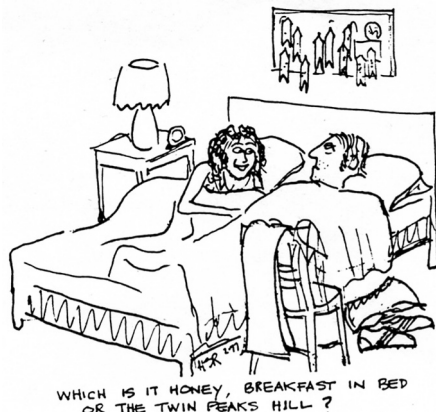
On **June 4**, we hold our annual **6-Hour Running Festival & 5K at Crissy Field**. Enjoy iconic views of the bay, the Golden Gate Bridge, Alcatraz and the Bay Bridge as you test yourself to see how many one-mile loops around the Crissy Field lagoon you can run in six hours. You don't even have to stay for the whole thing; run a few laps and call it a day! Please note that the 6-Hour race starts an hour earlier at 8 AM; the 5K starts at 9 AM.

The DSE Summer Series is back! We know that waiting seven days between races can be excruciating, so for the next 12 weeks you'll have the chance to run twice a week. The **Lake Merced Summer Evening Series** begins **June 8** and continues every Thursday through **August 24**. We start at 6:30 PM and it's only \$2! The finish line closes promptly at 7:30 PM (13:25 pace), so if you need some extra time, show up early and self-time.

What better way to take in the views of our beautiful city than by running to the top of one of the tallest features. It's a long climb to the top of the **Twin Peaks 4M** on **June 11**, but the view from there is breathtaking!

## CLASSIC STU-PEDS

by Stu Ruth



Reaching the top leaves you with the sweet satisfaction of not only having accomplished that amazing feat, but the knowledge that gravity is on your side for the rest of the race.

On **Saturday, June 17**, we head to Stinson Beach to put on the **Walt Stack DSE Double Dipsea**. We need all members to represent DSE in the biggest way possible: volunteering! Contact Jeorgina Martinez to help out! [jeorginamartinez@yahoo.com](mailto:jeorginamartinez@yahoo.com).

What better way to celebrate Dad than the **Father's Day Rainbow Falls 5K and Kids' Run** through Golden Gate

Park on **June 18**? Okay, he might like breakfast in bed, but this is a much better way to start off the day. We'll also have a kids' run after, so bring your little runners out.

The **Fort to Fort 10K** on **June 25** starts at the Fort Mason green, runs along Marina Blvd to Hopper's Hand at Fort Point and back. This scenic course with gorgeous views of the bay, Alcatraz, and the Golden Gate Bridge is mostly flat with a short climb back to Fort Mason at the end.

To celebrate DSE's rich history, we're running the **DSE Anniversary 5K** on **July 2** at Crissy Field. Come join us on one of our most beloved courses, and if you know some members that haven't run a DSE race in a while, tell them to come back!

## FROM THE EDITOR

Jane Colman, DSE News Editor

The DSE News usually goes to the website and the printer during the week before the first race of the month. However, don't panic when the July issue does not arrive as usual. My June travel plans make it impossible for me to complete the newsletter before July 2, so the newsletter will be issued on July 5.

Details about the the DSE Anniversary 5K on July 2 are included in this issue, in the both the President's Desk and the monthly running schedule on page 11.

### 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 [dse.membership@gmail.com](mailto:dse.membership@gmail.com). You will be notified 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 News ◆◆◆◆◆

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

#### Mail/Phone/Email Address

The DSE News 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 News 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 News 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: Rob Snaveley  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)





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](mailto:janecol@lmi.net).
- You can call me at 510-652-3116.
- You can send me a note at 692 60th Street, Oakland, CA 94609.

## FOLDING SESSION HOSTS NEEDED

The *DSE News* needs folding session hosts for 2017, starting with the August issue.

Folding sessions can be scheduled for any weekday evening during the week before the first Sunday DSE race of the new month. It can be held at your home or at Presidio or Berkeley Sports Basement.

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. Hosts usually provide some of the food for the post-folding potluck. 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 can host a session, please contact me at [janecol@lmi.net](mailto:janecol@lmi.net) (or 510-652-3116 if you don't use email).

May 7, 2017

Stern Grove 4M

**Race Director:** Amber Wipfler

**Volunteers:** Dana Farkas, Linda Randes, Jimmy Yu, John McCarroll, Phyllis Nabhan, John Albertoni, Marissa Balistreri, Kitzzy Aviles, Vincent French, Bob Marty, Bill Woolf, Marsi Hidekawa, Marcus Balistreri, Wally Rapozo, Liese Rapozo, Conal Gallagher, Jeorgina Martinez



**Race Director Amber Wipfler**  
© 2017 Paul Mosel

119 participants: 109 racers (64 men, 45 women), 10 self-timers



**Above: The runners gathered before the start**

**Below: Down at the bottom of Stern Grove**

© 2017 Paul Mosel

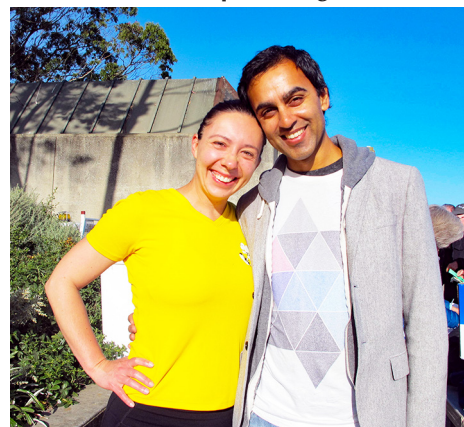


May 14, 2017

Mother's Day Marina Green 5K

**Race Directors:** Shahid Hussain and Jane Klimenko

**Volunteers:** George Sacco, Phyllis Nabhan, Pat Geramoni, Bill Woolf, Phyllis Nabhan, Bob Marty, Vincent French, Kitzzy Aviles, Kevin Lee, Grant Martin, Jack Bascom, John McCarroll, Chikara Omine, Mort Weisberg, Jim Kauffold, Daryl Luppino, Geores Buttner, Margo Banowicz, Sam Ahlbeck, Noe Castanon, Enrique Rodriguez



**Race Directors Jane Klimenko and Shahid Hussain**  
© 2017 Paul Mosel

237 participants: 216 racers (121 men, 95 women), 5 self-timers, 16 kids



**Above: This race has stunning views of the Bay and Golden Gate Bridge=**

**Below: The race directors at the finish line**

© 2017 Paul Mosel





May 28, 2017

Bay Trail 4M

**Race Directors:** Theo and Jeanie Jones

**Volunteers:** Pat Geramoni, Bob Marty, Bill Woolf, John Albertoni, Diane Okubo-Fong, Caron Anderson, Rubi Kawamura, Jim Buck, Richard Jennings, Jack Bascom, Christina Jennings



Race Directors Theo and Jeanie Jones  
© 2017 Kevin Lee

114 participants: 109 racers (59 men, 50 women), 5 self-timers

Our photographer was missing from the Bay Trail 4M, so here are some other DSE photos.



Above: Gregg and Margie Whitnah's Big Sur results were published last month, but here is their finish photo.

Below: Carol Pechler celebrating her Bay to Breakers finish

© 2017 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](mailto:janecol@lmi.net)

### Ruth Anderson Memorial Ultras, April 1

#### 50K

8	Louise Stephens	51	4:55:25
9	Noriko Bazeley	58	5:05:01
10	Diann Leo	29	5:24:11
12	Lidia Deleon	41	5:32:03
14	Joe Wehrheim	45	5:46:49

#### 50M

1	Chikara Omine	34	5:58:20
2	Adolfo Andrade	37	6:39:58
3	Karl Schnaitter	34	7:18:16

### Boston Marathon, April 17

1420	Karl Schnaitter	34	1009	M30-34	2:59:44
3710	Chris Jones	45	397	M45-49	3:15:10
4981	Markham Miller	53	279	M50-54	3:21:30
7465	Enrique Rodriguez	42	1080	M40-44	3:31:40
20122	Riya Suising	49	245	F 45-49	3:41:22
12473	Edward Caldwell	58	616	M55-59	3:49:07
15262	Juan Melendez	38	854	M35-39	3:58:40
17496	Simone Winkler	29	3883	F 25-29	4:09:08
19357	George Rehmet	45	1516	M45-49	4:18:47
24079	Mark Prichard	61	928	M60-64	5:02:03
25471	Sam Roake	81	6	M 80+	5:29:49
25950	Mark Mooney	60	1029	M60-64	5:45:36

### LMJS 4th Sunday Runs, Oakland, April 23

#### 5K

27	Jane McFarland	67	1	F 60-69	29:51
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#### 10K

1	Adam Littke	43	1	M40-49	40:03
12	Seth Ducet	45	6	M40-49	62:06
13	Mari Almeida	44	2	F 40-49	64:12
25	Geores Buttner	80	1	M 70+	84:00

### Miwok 100K, Stinson Beach, May 6

2	Chikara Omine	34	2	M30-39	8:46:37
23	Karl Schnaitter	34	13	M30-39	11:05:05
38	Joseph Hayes	35	20	M30-39	11:29:08
115	Kelly Haston	46	8	M40-49	12:20:28
178	Joe Wehrheim	45	58	M40-49	14:14:43

### Brazen Wildcat Runs, Wildcat Regional Park, May 13

#### 5K

17	Richard Jennings	56	1	M55-59	37:17
18	Christina Jennings	56	2	F 55-59	37:18
77	Michelle Alvarez	11	4	F 09-12	53:34
114	Barbara Robben	83	1	F 80-84	1:04:09

#### 10K

67	Yoly Pantig	45	4	F 45-49	1:24:04
73	Erika Urquiaga	42	5	F 40-44	1:26:18
151	Christine Clark	45	17	F 45-49	2:07:23

#### Half Marathon

9	Cristian Alvarez	35	1	M35-39	1:53:37
12	Jay Boncodin	45	3	M45-49	1:57:11

13	Jason Buckner	37	2	M35-39	1:58:01
58	Ziggy Tomcich	44			2:22:04
70	Sharlet Gilbert	65	1	F 65-69	2:29:22
121	McKinley Williams	62	3	M60-64	2:60:52
159	Yong Haber	59	2	F 55-59	3:06:55
208	Kitzzy Aviles	38	19	F 35-39	3:52:11

#### Bay to Breakers, May 21

89	Andrew Alexander Green	23		M30-34	42:46
168	Carson Rickey	55		M25-29	46:04
231	Todd Robbins	52		M30-34	48:09
248	William Wheeler	11		M45-49	48:26
255	Andrew Ng	18		M35-39	48:40
258	Jason Reed	18		M35-39	48:44
271	Vincent Gulli	80		M25-29	49:06
365	David Moulton	19		M45-49	50:15
422	Grant Martin	97		M30-34	51:20
480	David Wilson	26		M45-49	52:08
511	Kenley Gaffke	52		M35-39	52:45
652	Russell Gong	40		M40-44	54:37
681	Sven Wolf	18		M50-54	55:00
1340	Leslie Dicke	11		F 50-54	59:54
1400	Sharlet Gilbert	1		F 65-69	1:00:17
1542	David Myers	49		M50-54	1:01:18
1543	Owen Myers	20		M12-15	1:01:19
1593	Chris Trimble	113		M40-44	1:01:36
1638	Leanne Harris	32		F 35-39	1:01:50
1925	Michael Gulli	42		M55-59	1:03:21
2147	Erika Reed	54		F 35-39	1:04:27
2190	Joel Rizzo	88		M50-54	1:04:42
2301	Rob Snaveley	134		M45-49	1:05:08
2351	Kathryn Bodle	129		F 30-34	1:05:22
2409	Kenneth Fong	58		M55-59	1:05:37
2601	Johnny Chow	111		M50-54	1:06:21
2615	Ziggy Tomcich	196		M40-44	1:06:28
2781	Francois Lariviere	76		M55-59	1:07:12
2818	Peter Lee	168		M45-49	1:07:21
2924	Terri Rourke	2		F 65-69	1:07:45
1970	Robert Silverman	42		M60-64	1:07:57
3054	Sam Louie	183		M45-49	1:08:17
3921	Katherine Lewis	116		F 35039	1:11:33
4074	Mitchell Sollod	2		M75-59	1:12:06
4364	Mark Prichard	74		M60-64	1:13:03
5080	Oscar Osorio	339		M 40-44	1:15:12
5114	Mark Zaller	91		M60-64	1:15:20
5144	Sharon Crost	104		F 45-49	1:15:27
5345	Sonia Lee	178		F 35-39	1:16:05
5387	Jason Wong	130		M16-19	1:16:14
5692	Marianne Plunder	17		F 60-64	1:17:04
5793	Jack Major	19		M70-74	1:17:21
5875	Aaron Brickley	776		M30-34	1:17:33
5985	Elias Carter	364		M45-49	1:17:53
6014	Erika Urquiaga	127		F 40-44	1:17:59
6152	Shahid Hussain	479		M35-39	1:18:24
6153	Evgenia Klimenko	441		F 30-34	1:18:24
6204	Suzana Seban	23		F 60-64	1:18:32
6249	Samuel Roake	1		M 80 UP	1:18:40
6670	Wayne Plymale	49		M65-69	1:19:54
6732	Nancy Pajarillo	155		F 45-49	1:20:06
7252	Amelie Stechert-Nicolau	6		F 11 UN	1:21:35
7258	Ilexa Nicolau	191		F 40-44	1:21:35

## EVERY DSE RACE NEEDS A RACE DIRECTOR!

Kevin Lee

Calling all club members (new and seasoned):

if you enjoy running the weekly DSE races, this is your opportunity to show your appreciation back to DSE. DSE needs you to make the supreme sacrifice of taking a week off and signing up as the DSE Race Director.

DSE needs RDs beginning with June 4th. If you can help, contact Kevinat [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com).

#### OPEN 2017 DSE RD DATES

Jun 4	Crissy Field 5K
Jun 11	Twin Peaks 4M
Jun 18	Father's Day Rainbo Falls 5K
Jun 25	Fort to Fort 10K
Jul 2	DSE Anniversay 5K
Jul 9	Lindley Meadows Cross Country 5K
Jul 16	Walt Stack 10K
Jul 30	Golden Gate Bridge Vista 10K
Aug 13	Lake Merced 1/2 Marathon
Aug 13	Lake Merced 4.5M
Aug 20	San Pedro Park Trail 2M/10K
Sep 3	Golden Gate Park Cross Country 5K
Sep 10	Sweeney Ridge Trail 5K
Sep 17	Baker Beach 5K
Oct 1	Rockaway Beach 5K
Oct 15	San Bruno Mountain 12K
Oct 15	San Bruno Mountain 5K
Oct 22	Golden Gate Park 10K
Oct 29	Great "Halloween" Highway 5K
Nov 5	Glen Canyon 5K (tentative)
Nov 12	Spreckles Lake 5K and San Francisco Mile
Nov 19	Coastal Trail Challenge 10K
Dec 3	Waterfront 5K
Dec 10	Golden Gate Bridge Vista 10K
Dec 17	Presidio Cross Country 5K
Dec 24	Rainbow Falls "Holiday" 5K
Dec 31	Kennedy Drive 8K

Wendy Newman reminds us:



Solace for the slow among us

7275	Martin Stechert	330	M50-54	1:21:38
7746	Hannah Lieberknecht	297	F 35-39	1:22:59
8176	Michael Rouan	377	M50-54	1:24:12
8180	Steve Musser	35	M70-75	1:24:13
8230	Melissa Kullander	210	F 45-49	1:24:21
8406	Ann Agbayani	92	F 55-59	1:24:50
8682	Matthew Wolf	1017	M30-34	1:25:36
8790	Katy Mayo	344	F 35-39	1:25:51
9067	McKinley Williams	175	M60-64	1:26:33
9893	Gary Brickley	194	M60-64	1:28:53
10064	Erica Chesley	985	F 25-29	1:29:28
10112	Marian Lyons	5	F 70-74	2:29:27
10168	David Picariello	200	M60-64	1:29:39
10524	Michael Dunn	333	M55-59	1:30:44
11049	Carol Pechler	4	F 75-79	1:32:30
11192	Sheri Dunn	255	F 50-54	1:32:46
11707	John Herbert	125	M65-69	1:34:33
11862	Anne Carta	1025	F 30-34	1:35:06
11868	Barbara Bauer	79	F 60-64	1:35:27
12258	Gladys Sanders	308	F 50-54	1:36:30
12289	Tammie Hollar	456	F 40-44	1:36:36
12910	Paul Mosel	17	M75-79	1:38:45
13236	Drake Baker	171	M12-15	1:39:55
13817	Carolyn Eidson	482	F 45-49	1:42:29
14218	Nilesh Bhagat	454	M55-59	1:44:16
14425	Jonas Wong	66	M11UN	1:45:17
14446	Caroline Edmundson	24	F 11UN	1:45:33
14485	Victoria Monfried	510	F 45-49	1:45:41
14697	Diane Okubo-Fong	254	F 55-59	1:46:45
15163	Mike Hung	179	M65-69	1:49:18
15275	Lupe Picconi	47	F 65-69	1:50:01
15797	Nancy Alcantar	147	F 60-64	1:53:14
15906	Scott Johnston	506	M55-59	1:53:53
16919	Lepoldo Rosales	353	M60-64	2:00:40
16920	Virginia Rosales	512	F 50-54	2:00:40
17011	Morton Weisberg	9	M80 UP	2:01:15
17016	Martha Arnaud	684	F 45-49	2:01:16
17352	Julie Yee	699	F 45-49	2:03:39
17357	Jerry Wong	930	M45-49	2:03:40
17530	John Blankenship	111	M70-74	2:05:02
17540	Robert Archibald	561	M55-59	2:05:05
17621	Mary Jean Pramik	79	F 65-69	2:05:41
17836	Michael Gama	571	M55-59	2:07:06
17881	Jesse Agbayani	215	M65-59	2:07:35
18926	John McCarroll	616	M55-59	2:15:22
18927	Adriana Collins	232	F 60-64	2:15:23
19482	Amelia Mutere	465	F 55-59	2:19:32
20106	David Tran	1705	M25-29	2:24:47
22276	Kevin Madden	874	M50-54	2:41:33
22397	Valerie Padilla	1208	F 40-44	2:42:49
22460	Ana Barraza	1360	F 35-39	2:43:22
25357	Lucille Wing	508	F 60-64	3:13:36
<b>Ohlone 50K, Fremont, May 21</b>				
20	Jerry Flanagan		M50-59	6:31:31
68	George Rehmet		M50-59	8:23:56



**San Carlos Rotary Run, May 21****5K**

243	Jim Kauffold	6	M60-120	40:29
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**10K**

59	Phaidra Garcia	8	F 40-49	1:04:10
50	Pat Geramoni	1	F60-120	1:04:10
68	Gregory Brown	3	M60-120	1:09:26

**Schoolhouse Rocks 5K, Menlo Park, May 21**

140	Neal Ashton	60	3	M 60+	28:43
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**Capitola Half Marathon, May 21**

51	Riya Suising	49	2	F 45-49	1:35:49
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**Nitro Trail Run, Pinole, May 27****5K**

30	Richard Jennings	56	1	M55-59	27:22
31	Christina Jennings	56	1	F 55-59	27:23
33	Marisol Gonzalez	32	2	F 30-34	27:58
54	Yoly Pantig	45	3	F 45-49	31:05
143	Michelle Alvarez	11	4	F 09-12	43:47
157	Barbara Robben	83	1	F 80-84	45:20

**Half Marathon**

17	Sharlet Gilbert	65	1	F 65-69	1:51:30
27	Leo Rosales	63	1	M60-64	1:59:18
43	McKinley Williams	62	3	M60-64	2:07:27
66	Ironmike Schiff	52	5	M50-54	1:24:00
70	Erika Urquiaga	42	4	F 40-44	2:26:41

**Half Marathon Hikers**

15	Virginia Rosales	53			3:25:27
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**Armed Forces Half Marathon, Concord, May 27**

234	Joel Rizzo	51	20	M50-54	1:59:10
356	Yong Haber	59	6	F 55-59	2:08:48
537	Pat Geramoni	69	2	F 65-69	2:21:26
538	Phaidra Garcia	46	36	F 35-39	2:21:36
843	Gary Aguiar	62	27	M60=64	2:53:58

**Marin Memorial Day Races, Kentfield, Ma 29****10K**

19	Chikara Omine	34	8	M30-34	33:29
28	Grant Johnson	33	10	M30-34	34:35
84	Adolfo Andrade	37	8	M35-37	37:33
102	Todd Robbins	33	19	M30-34	38:25
105	Bill Wheeler	47	11	M45-49	38:31
121	Jason Reed	38	12	M35-39	39:08
131	Jerry Flanagan	51	8	M50-54	39:39
137	Adam Littke	43	13	M40-44	39:52
138	Andrew Ng	39	15	M35-39	39:53
173	Peter Hsia	56	11	M55-59	41:54
182	Enrique Rodriguez	42	15	M40-44	42:26
190	Riya Suising	49	5	F 45-49	42:45
235	Louise Stephens	51	5	F 50-54	45:28
259	Hans Schmid	77	1	M75-79	47:12
264	Sharlet Gilbert	66	1	F 65-69	47:50

# ◆◆◆ 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:

June 4 Crissy Field 5K and 6-Hour Run  
 June 11 Twin Peaks 4M  
 June 18 Father's Day Rainbow Falls 5K  
 June 25 Fort to Fort 10K  
 July 2 DSE Anniversary 5K

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@gmail.com](mailto:dse.pekingduck@gmail.com) or leave a voicemail at 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.

Sign-ups for 2017 race directors are taking place now, so please be sure to look over the available dates at our website and sign up for an open race. The need for volunteers at our weekly races is higher than ever, and we are also looking for volunteers to fill several open coordinator positions within the club.

278	Erika Reed	38	20	F 35-59	48:48
351	Maggie Fillmore	67	4	F 65-69	54:43
355	Edwin Navarro	67	5	M65-69	55:23
372	Jane Stephens	22	28	F 19-29	57:07
396	Steve Musser	72	7	M70-74	1:02:15
398	Russ Kiernan	79	2	M75-79	1:02:57
409	John Herbert	68	7	M65-69	1:09:21
410	Jane Colman	73	2	F 70-74	1:13:31
<b>5K</b>					
54	Joel Rizzo	51	9	M50-59	24:51
60	Christina Jennings	56	3	M 50-59	25:01
61	Richard Jennings	57	11	M50-59	25:01
139	Dana Farkas	58	8	F 50-59	30:22
156	Marcus Johnson	24	2	M20-29	32:25
158	Brian Hartley	63	3	M60-69	32:58
167	Keith Johnson	79	3	M70-79	34:04
189	Barbara Robben	83	2	F80-120	37:57
214	Marcia Martin	64	4	F 60-69	44:12

## CROWN JEWEL OF MARATHON MEDALS?

Carol Pechler

That's what *Competitor Magazine* called this new, unique medal. You run six leading marathons to earn it.



The World Marathon Majors (WMM) is an organization set up in 2006 by the directors of the world's five leading marathons. Their goal was to attract the world's fastest marathoners to a championship event, in order to give the sport of marathon racing greater popular visibility. The five races, Boston, London, Berlin, Chicago and New York, were already attracting the world's elite runners and offering the largest purses, and these world's elites were invited to vie for them. The five directors raised funds to award \$500,000 yearly to each fastest woman and man, for the top scoring in these marathons over two years. In 2016 the awards were expanded to honor second and third place winners as well.

In 2012 a sixth marathon was added, Tokyo, and by then Abbott Labs of Illinois was signing on as the first

sponsor. Abbott encouraged the participation of "general" marathoners as well because "general" marathon finishers "advertise." That is, we post photos and results on Facebook. In 2015 Abbott created a six-marathon medal, and by 2016 a thousand people from 130 countries had earned the medal.

How do "general" marathoners get into these six marathons? Boston had for years already required qualifying time at a previous marathon. In October of 2010, registration for the following April sold out in eight hours, and so the Boston Athletic Association implemented a wave system of registration over two weeks with tighter qualifying times. London has been even more difficult than Boston to get into unless one is a U.K. resident.\* By 2011, as soon as the WMM invitation expanded to general marathoners, registration shot up for the other four marathons as well. To register for each of the other four marathons, a runner enters a lottery with only slim chances of success, about 1 in 14 for the Tokyo.

Another stipulation: finishing a marathon would count for the WMM medal only if it had been finished at the earliest in 2006, when the WMM was inaugurated, or later; and for Tokyo, 2012 or later. Some of us asked for a waiver for having finished at least one of these earlier. In early 2016, of the 800+ people who had completed the six marathons and applied for the medal, around 110 requested a waiver.

I didn't know until this year that Karen Pinckard had also completed all six and was also requesting a waiver. Here are our finishing years:

	The six marathons (in chronological order for the calendar year:)					
	Tokyo	Boston	London	Berlin	Chicago	New York
Karen	2014	2002	2015	2016	2003	2015
Carol	2015	2010	2016	2012	2005	2009



We both needed a waiver for the Chicago marathon, and Karen needed one for her 2002 Boston finish as well.

Most of the Americans had gone with Marathon Tours (MT) for at least one of their six marathons, especially London. The MT director, Jeff Adams then worked on our behalf for the waivers. Abbott took a year to ponder before finally sending out those 110 medals, and our two finally arrived in the mail a month ago.



**Karen Pinckard and Carol Pechler showing off their WMM medals at the Stern Grove 4M, May 7, 2017**

Crown jewel? Now what are we going to do with these enormous medals? Use them as trivets on our dining room tables? Mainly, it's fun to reflect on those six great marathons and having met the challenge.

Have any other DSE members earned theirs yet?

The six marathons each share:

- World elite front-runners
- Good organization.
- Throngs of supportive spectators, half to one million! (Theo Jones taught me this: consider wearing your first name in big letters on your front: You'll hear your name cheered thousands of times.)
- Mostly flat, fast course. In the last many years, most world records have been set on one of these marathons. Each year front-runners are striving to set a new world record at this event.
- A course passing through fabled terrain and passing by famous buildings and monuments. (You have the unique opportunity to view these sights without the noise or smog of vehicles.)

\*Marathon Tours (MT) gets about 300 tickets of registration for the London, and most of these go to members of their subgroup "Seven Continents." Mainly, this is how Americans get in to the London Marathon. MT has guaranteed entries for other marathons as well. Going with MT necessarily includes a very nice hotel room with their group — but still expensive — rate. MT offers no discount for your support person, so if you bring her or him, you pay double for that very nice room.



**Johnny Chow in high gear doing B2B**



**Saturday morning water fountain runners**

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# ◆◆◆ 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) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

## **Sun Jun 4      6-Hour Running Festival & Crissy Field 5K**

START/FINISH: East Beach at Crissy Field

### **6-Hour Distance Classic**

RUN TIME: 8:00 AM - 2:00 PM

FEES: \$8 Members, \$10 Non-Members

COURSE DESCRIPTION: Run as many laps as you are willing or able in a 6-hour period. Each lap is 1.061 miles around the lagoon at Crissy Field. The course is flat with 60% dirt and 40% asphalt path.

### **Crissy Field 5K**

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

FEES: Normal Fees, \$3/\$5

COURSE DESCRIPTION: Run west along Crissy Field/Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

## **Sun Jun 11      Twin Peaks Loop 4M**

START/FINISH: Near reservoir at Galewood Circle and Clarendon Avenue

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

COURSE DESCRIPTION: Challenging 4-mile loop around Twin Peaks with spectacular views. Complete inside reservoir counter-clockwise loop; exit downhill onto Clarendon, left onto Laguna Honda and run uphill to Woodside Ave. Continue up Woodside Ave past the gas station. Run uphill/downhill on Twin Peaks Blvd then left and run uphill/downhill on Clarendon and finish inside reservoir.

## **Sat Jun 17      Double Dipsea Handicap Race 13.7M (Brazen Racing)**

START/FINISH: Stinson Beach parking lot

For registration information please visit [www.brazenracing.com](http://www.brazenracing.com)

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

## **Sun Jun 18\*      Father's Day Rainbow Falls 5K**

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

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

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

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

## **Sun Jun 25      Fort to Fort 10K**

START/FINISH: Fort Mason Hill (near Great Meadow)

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

COURSE DESCRIPTION: Out and back: Complete .3 mile clockwise Ft. Mason "Great Meadows" loop, exit (westbound) onto Marina Blvd, right through Yacht Harbor parking lot onto Golden Gate Promenade. Stay along path into Fort Point National Historic Site. Turn around at end of parking lot and return same way to finish.

## **Sun Jul 2      DSE Anniversary 5K**

START/FINISH: East Beach/Crissy Field

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

COURSE DESCRIPTION: Run west along Golden Gate Promenade towards Fort Point. Turn around at orange cones and run on the other side of the Warming Hut along West Bluff and Mason Street. Turn left at the diagonal towards the beach and make the first right, then a left onto Old Mason Street and then another left towards the beach. Finally, turn right and run back along Golden Gate Promenade 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 Coordinator, Jeorgina Martinez. 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 the membership team (if you receive an e-newsletter).

Questions should be directed to **the membership team at [dse.membership@gmail.com](mailto:dse.membership@gmail.com)** or **DSE Runners, P.O. Box 210482, San Francisco, CA 94121. Changes of address are also to be sent to the same address.**

## Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, July 5  
TIME: 6:30 PM  
HOST: Jane Colman & Barbara Robben  
Berkeley Sports Basement  
2727 Milvia Street, Berkeley  
(between Derby and Ward)  
510-652-3116

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

We can expect June to start out cool with below-normal temperatures all this week and lots of night and morning low clouds and fog and some drizzle. Inland valleys will be in the 70s. Temperatures will gradually warm to above-normal during the second week to mid-month with interior valleys 90 to 100, but 70s at the coast and 75 to 80 in San Francisco. Temperatures should cool to seasonable, with return of the fog, during the third week of June, with highs from the 50s near the coast to 70s and 80s inland. There won't be much change in the final week, with lots of morning low clouds and fog some AM drizzle but generally sunny around the bay and in the interior valleys. Highs will be in the 70s by the bay and low 90s well inland; in other words, seasonable.

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



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ANGELICUS  
Walt Stack

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Geores Buttner

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### PERMITS

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Kenneth Fong

Pat Geramoni

Janet Nissenson

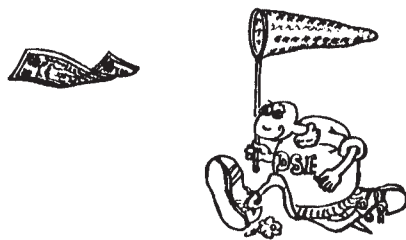
Carol Pechler

### DSE PHOTOGRAPHER

Paul Mosel



RETURN SERVICE REQUESTED



# Happy Birthday!

# JUNE

1	Nicole Agbayani			20	Aaron Rivera
2	Amelie Stechert-Nicolau	14	Brierly Reybine	21	Melina King
3	Angela Craig		Rishi Agrawal	22	Grant Johnson
4	Grace Barraza	15	Caroline Edmundson		Karl Schnaitter
	Tammie Hollar		Richard Drechsler	24	Edward Haack
	Daz Lamparas		Kathleen Gendotti		Janice Rensch
5	Rebecca Sonstein	16	Emma Shadoan	25	Joseph Alvarado
6	Jay Boncodin		Paul Griffiths		Olga Menjivar-Fernandez
7	Kathryn Bodle		Shanna Gumina		Seth Ducey
	Ed Coldwell	17	Dennis Lawlor	26	Birdie French
	Jane Colman		Johnny Chow		Julius Ng
	Stephanie Flanagan	18	Pauline Dake	27	Lou Bristol
	Marcia Martin		Kelly Daikoku		Erika Reed
8	Geores Buttner		James Golden	29	Max Rappaport
	Sheldon L. Gersh		Rebecca Hill		Ben Yee
10	Robert Archibald	19	Owen Myers	30	Brandon Bardhan
	Dan Dao		Gregory Brown		Tony Nguyen
11	Brian Hartley		John Erickson		
	Colin Heckman				
	Jane Lee				