

July 2008

Ken Reed, RD

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after a triple bypass). Lt. **Letty Garbisch** did the registration forms, parking and results. **Liese** and **Wally Rapozo** attended all the work parties, and **Liese** does more work than any 10 men, RD included—but not more than **Jim Kauffold** who handled publicity as well as trucking and ran the race as well.

Special thanks to volunteer coordinator **Janet Nissenson** who is still making Excel spreadsheets and organizing my mind when not acting as course monitor captain at Muir Woods.

Supply storage and transport could not have happened without Major General **Bob Marty**, his garage, house, truck and spray cans. I must mention that **Bobby** will turn 80 in September, without celebration, and works like a 40 year old. I mention this because if we lose volunteers over the age of 50, we will have only two left, and our hardest working and most reliable, fun volunteers are over 70, and greatly appreciated. **Bobby** wins the annual Double Dipsea Good Guy Award. Runner up Good Guy Award goes to **Bill Woolf**, Cardiac aid station master, for the MANY volunteer hours and his “can do” attitude. Just say “work party” and Bill is there.

Brierly Reybine has yet to stop working with awards, results, ice transport, clothing, work parties, etc.—and she ran the race, placing 2nd in her age division, and won another award, which I promised not to mention. **Brierly** wins the Double Dipsea Volunteer of the Year Award. And—please read the email below and know that Brina, to a dehydrated runner, was actually our volunteer/runner extraordinaire **Brierly**. And that’s the rest of the story.

Runner Kelly Powers wrote, the day after the race:

I am still recovering from my attempt to do the DD. My name is Kelly Powers and I entered under the birthdate of 5-15-61.

I suffered from dehydration at the bottom of Cardiac. I’ve never experienced anything like this. I was so grateful to Brina, who helped me and kept me company until the Red Cross guys came. They were great too.

I suffered a bad night at home and am still recovering today. I learned a powerful lesson.

My question is, I still would like a T-shirt. Is there an extra one left? I promise to not claim to have finished but to use the experience to remind people of proper hydration. I should not have attempted to run that race in those temperatures.

Please pass along my regards to Brina. She was like an angel when I started to get scared.

Let me know how and where to collect the Tee if you have some left.

You have wonderful volunteers!

Note: The Race Director mailed Kelly her T-shirt the day after he received her message.

Age group and other award listings on pages 10 and 11, more news on page 11, more photos on pages 9 and 10.

FROM THE PRESIDENT’S DESK

continued from page 1

Bridge on one continuous roller coaster loop on trails and city streets. On 7/20, the Marina Green 5K gives everyone the opportunity to enjoy the running trail views along Marina Green and Crissy Field, with start and finish at the Walt Stack Memorial Bench. On 7/27, GG Park is the ideal location for the Windmill 10K, second of a two-race series to raise funds for the Sri Lanka Running Program. The entry fee this race for will be \$5 for ALL race participants.

THE 2009 DSE RACE SCHEDULE

During the last weekend of July 2008, a race scheduling committee will sit down and lay out the 2009 DSE race schedule. If you have a favorite or new race you wish to be considered, please submit it by 7/20 by contacting Kevin at dse.pekingduck@juno.com or 415-751-9653. Please take into consideration the following: runner safety, recognized distance (5K, 4M, 10K, etc.), proximity of parking and restrooms. You must show the course design or a race course map.

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Double Dipsea Race Director Ken Reed
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◆◆◆◆◆ 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@earthlink.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.

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson
webmaster@dserunners.com
ASSISTANT: Stephen Boesch

◆◆ How to contact the DSE ◆◆

GREAT ACHIEVEMENTS IN RUNNING

We have no Great Achievements story to tell this month.

We have been actively seeking contributions from DSE club members for this section of the newsletter and are running into difficulty trying to find new contributors. Over the years, the *Great Achievements* section has served as an important vehicle for introducing club members to one another on a more personal basis beyond just their published finishing times at Sunday races. We would like this to continue. Perhaps the title *Great Achievements* has been a deterrent to some. With that in mind, we have come up with an alternative. We have decided to keep the *Great Achievements* title for those who wish to submit profiles about themselves and their running experiences under that heading but also offer the title *Turtle Tales* for those of you who have an interesting running story to tell that is not necessarily an "achievement" or personal profile/running history. This allows members who have already written a *Great Achievements* article and other members to share a running story with us. We can provide hard copy of previous *Great Achievements* articles for your use. That being said, we are now once again asking for contributions to this section.

Please contact either Jim Kauffold at kauffolds@juno.com or Bill Woolf at billwoolf2@aol.com. Thank you in advance. We are looking forward to more *Great Achievements* articles and some *Turtle Tales* in order to get to know you better and to entertain us.

FROM THE PRESIDENT'S DESK
continued from page 1

DSE AID STATION AT THE SAN FRANCISCO MARATHON AUGUST 3

Good news! DSE is back to anchor aid station #6 at Transverse/Crossover Drive near the Saturday morning Water Fountain meeting place. The SF Marathon aid station shift is from 5:15 until 10:15 AM. We ask all volunteers to report by 5:30 AM. This aid station needs 30 volunteers. If you can help, please contact Kevin at: 415-751-9653 or dse.pekingduck@juno.com. Please include your T-shirt size.

2009 DSE CLUB OFFICER NOMINATIONS OPEN

DSE is accepting nominations for club officers: President, Sr. VP, 2nd VP, Secretary and Treasurer. DSE is a volunteer club that needs club members with leadership skills. Please nominate yourself or someone you know who can make a difference for the betterment of the DSE. For club officer duties, download from www.dserunners.com "VII. Duties of Officers" from the "Club By-laws" link. If you can help, please contact one of the Nomination Committee members: George at gabaptista@att.net, Jim at kauffolds@juno.com or Bill at billwoolf2@aol.com.

DSE VOLUNTEER APPRECIATION PICNIC AUGUST 24

All club volunteers are automatically eligible to attend the annual summer-time DSE Volunteer Appreciation Picnic. Admittance to the picnic is by invitation only. If you would like to attend, please volunteer at a DSE event by August 10 (note that the SF Marathon aid station does not qualify).

OTTO SOMMERHAUER, 1918-2008

DSE old-timers will remember Otto Sommerauer, who died from kidney failure on June 26. He had celebrated his 90th birthday on March 30th at Mountain Home on Mount Tam, along with his family, Theo and Jeanie Jones, and Pat and Betty Cunneen.

Otto was an early member of the DSE, a charter member of the Pamakids, and co-founder of the Golden Gate Race Walkers, as well as a member of the South End Rowing Club. At 63, he was the oldest athlete to complete the Escape from Alcatraz Triathlon, which at the time followed the Alcatraz swim with a bike ride to Mill Valley and then a Double Dipsea run.

He worked on body and fender repair in San Francisco auto shops and later for MUNI, where he worked on diesel coaches and streetcars. After retiring in 1985, he devoted his energy to the Jeremiah O'Brien Liberty Ship, and was one of the fortunate shipmates who sailed the ship to France for the 50th anniversary of D-Day.

Otto was also active as a volunteer, called "Banana Man" by residents of Bay Area homes for the elderly because

of the bananas he brought them when volunteering. He also worked at the Martin de Porres soup kitchen and at Covenant Presbyterian Church's food pantry.

Long-time friend and former DSE member Harry Siitonen, writes: He did live to a ripe old age and lived a rich life. He was very well known and loved in DSE, at least in its earlier years...." and Pat Cunneen adds: "Otto was one tough bird; just to look at his paws you knew he was a powerful fellow. Otto was very fond and terrific with kids and encouraged and played with them at our races. He was a great member of our running and race walking community."

Otto will be missed by all who knew him. His memorial service will take place on July 12th at 1:00 PM at Covenant Presbyterian Church on Taraval at Funston. His family will take Otto's ashes on a last cruise aboard the Jeremiah O'Brien on July 23rd before interring them with his wife's on the 24th.

Editor's note: Many thanks to Terry Sommerauer, Harry Siitonen, Pat Cunneen, and Brierly Reybine for their contributions to this article.

SUMMER RACE SERIES OFF AND RUNNING

Janet Nissenson

It was a small but enthusiastic group who assembled for the first of our new Thursday evening Summer Race Series at Lake Merced. If you couldn't make it this first week, you still have seven more weeks to join us each Thursday evening at 6:30 PM. Races are only \$1 and include a "grab-bag" race ribbon from the past, refreshments and the opportunity to get in some speedwork in preparation for our Sunday races. Results for the first race have been posted on the DSE website, and we will be tracking the leaders in various age categories over the eight-week series. See the section at the DSE website for additional information. We are looking forward to seeing more of you at our next races. July race dates are: 3rd, 10th, 17th, 24th and 31st.

RUNNING

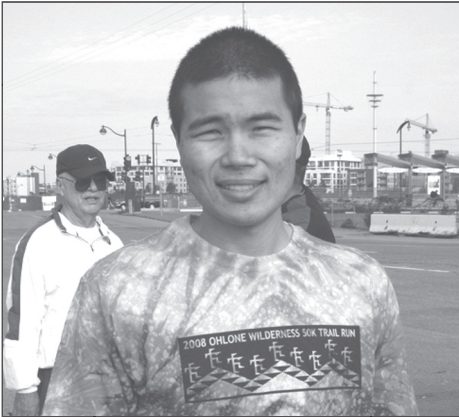
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

May 25, 2008

Mission Rock 5K

Race Director: Adrian Jue

Volunteers: Bobby Marty, Phyllis Nabhan, Calvin Chan, Rick Torreano, George Sacco, Roy Clarke, Joseph Connelly, Uwe Schling



Race Director Adrian Jue

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PL	NAME	AGE	TIME
1	Ky Faubion	23	18:55
2	Ryan Cunningham	33	19:05
3	Michael Ward	53	19:16
4	Jason Reed	29	19:37
5	Jerry Flanagan	42	19:40
6	Kennet De Silva	26	19:46
7	Milan Drager	32	19:56
8	Kenley Gaffke	30	20:00
9	Jason Chambers	28	20:02
10	Yurik Riegel	38	20:20
11	Markham Miller	44	20:23
12	Jorge Rivera	28	20:29
13	David Altena	46	20:42
14	Vincent Gulli	18	20:55
15	Peter Hsia	47	21:00
16	Jamie Austin	40	21:04
17	Noah Feinstein	32	21:09
18	Jeremy Calnan	48	21:12
19	Luis Vargas		21:21
20	Kevin Johnson	34	21:26
21	Michael Gulli	48	21:29
22	Andrew Freid	41	21:52
23	Noe Castanon	37	21:57

24	Daryl Luppino	48	21:58
25	Greg Pasquali	26	22:02
26	Eduardo Vazquez	35	22:12
27	Rick Torreano	58	22:18
28	Ian Brown	36	22:21
29	Frank Markowitz	51	22:24
30	Steven Pitsenbager	40	22:25
31	Denise Cardamone ①	29	22:28
32	Trevor Brenden	15	22:28
33	Brian Herdon	37	23:03
34	Candes Gentry ②	31	23:07
35	Jorge Larre	52	23:13
36	Bill Marlow	63	23:20
37	Erika Kikuchi ③	29	23:23
38	Oscar Cata	31	23:24
39	Jose Ruiz	53	23:25
40	Brian Hutto	43	23:27
41	Joshua Olkowski	34	23:30
42	George Musante	53	23:34
43	Joel Rizzo	42	23:37
44	Peter Lee	42	23:44
45	Patrick Lee	60	23:59
46	Amy Sonstein ④	38	24:18
47	Mark Prichard	52	24:21
48	Chris Ahlgren	24	24:22
49	Michael Chrien	23	24:31
50	Mark Kelley	52	24:44
51	Jason Selvidge	36	24:47
52	Wayne Plymale	56	24:53
53	Joe Czech	54	24:57
54	Daz Lamparas	55	25:01
55	Eric Park	62	25:02
56	NO NAME #1	00	25:06
57	Brandon Gulley	26	25:09
58	Larry Wuerstle	52	25:13
59	Jack Herndon	46	25:16
60	Kathleen Lail ⑤	40	25:22
61	David Klinetobe	47	25:24
62	Theo Jones	69	25:29
63	Michael Mc?	41	25:35
64	Kenneth Fong	46	25:41
65	Gary Brickley	55	25:51
66	Paul Mosel	66	25:53
67	Clara Fletcher	23	26:03
68	Ken Matsumura	30	26:05
69	Stephanie Soler	32	26:11
70	Miguel Angel Castro	22	26:32
71	Kevin Cuevas	17	26:35
72	Neal Ashton	51	26:38
73	Christine Trayers	32	28:02
74	John Trayers	32	28:02
75	Joseph Connelly	46	28:07
76	Judith Waitz	48	28:25
77	Tom Yan	48	28:16
78	Julie Goldfarb	36	28:21
79	Lloyd Goldfarb	43	28:21
80	Rebekah Cunningham	30	28:55
81	Steve Spatz	37	28:56
82	Emanuella Chrysoglom	30	28:58



Who is that masked runner?

Photo by Don Watson

83	Sandra Sigurdson	51	29:04
84	Illegible	28	29:06
85	Jane Czech	56	29:08
86	Ken Reed	63	29:11
87	Ernie Keller	29	29:15
88	R. Silverman		29:52
89	Suzana Seban	54	30:10
90	Brian Hartley	54	30:20
91	Jody Flans	36	30:40
92	Virginia Palacios	22	30:54
93	Shawn Elzie	30	31:07
94	Anni Sheh	19	31:14
95	Erika Costanzo	28	31:18
96	Janet Fry	29	32:26
97	David Lopes	25	32:26
98	Anahita Kamjou	27	32:45
99	Soheila Kamjou	13	32:45
100	Jim Gallagher	72	33:13
101	Bill Woolf	73	33:46
102	Jeff Houston	50	34:01
103	Molly Spatz	31	34:45
104	Wendy Newman	58	34:58
105	Barbara Robben	74	35:01
106	Henry Nebeling	75	35:21
107	Elaine Hutsinpillar	63	37:07
108	Rorielle Mayorga	35	37:20
109	Maceo Mayorga	10	37:20
110	Carolina Castanon	13	38:00
111	Shannon Luppino	12	38:38
112	Sayra Reyes	17	38:39
113	Elizabeth Castanon	16	38:40
114	Bob Theis	79	39:32
115	Heather Jordan		39:52
116	Sara Lee Anderson	45	39:57
117	Collin Sullivan	10	40:33
118	Sean Sullivan	42	40:39
119	Tricia Bailey	36	41:09
120	George Sacco	70	41:35
121	Tom Huster	64	41:46
121	Kim Chee Kim	3	41:46
122	NO NAME #2		42:11

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MISSION ROCK 5K

continued from page 4

123 Benito Valdez	11	42:12
124 Kaye Mason	34	42:56
125 Angelica	10	43:02
126 Carol Kamjou	50	43:05
127 Ana Castanon	35	43:10
128 Margo Bannowicz	49	43:45
129 Greg Corning	52	44:46

SELF-TIMERS

Don Watson	79
Ed Olkowski	65
Fred Haber	48
Jane Colman	64
Jane Lee	57
Jim Pommier	75
Richard Finley	59
Sunhi Kim	49
Ted Vincent	70
Yong Haber	50

June 1, 2008

Practice Dipsea, 6.8M

Race Director: John Blankenship

Volunteers: Bill Woolf, Kevin Cuevas, Bobby Marty, Kevin Lee, Brie Reybine, Margo Banowicz, Janet Nissenson, Miguel Castro, Joel Rizzo, Noe Castanon, Jose Ruiz, Paul Mosel, Joseph Connelly, Shannon Luppino, Karen Pinckard, Steve Nissenson, Ken Reed, Uwe Schling, Fred Haber, Yong Haber



Race Director John Blankenship

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PL	NAME	AGE	TIME
1	Mark Janes	32	57:53
2	Brian Purcell	51	58:46
3	Jason Reed	29	62:32
4	Erik Olson	16	63:33
5	Steven Iglehart	16	63:34
6	Frederick Huxham	12	63:40
7	Fred Huxham	45	63:41
8	Anders Ryerson	30	64:44
9	Brian Schultz	40	64:49
10	Chris Hollenbeck	40	65:55
11	Mountain Krauss	32	66:13

12 Kelsey Ripp ①	18	66:38
13 Brian VanderZanden	33	66:39
14 Eduardo Vazquez	35	66:45
15 David Ripp	56	66:46
16 Bill Pasutti	26	66:49
17 Tom Olson	49	67:05
18 Mark Shimmin	18	67:15
19 John Woods	43	67:29
20 Michael Dennison	49	69:15
21 Tyler Abbott	47	69:39
22 Ryan Romines	33	70:01
23 Steven Pitsenbarger	40	70:32
24 Gregory Jones	40	70:32
25 Chris Ahlgren	24	70:48
26 Robert Allen	39	71:02
27 Daryl Luppino	48	71:17
28 Philip Lowton	53	71:28
29 Jason Risica	37	71:31
30 Max Perrey	17	71:51
31 Michael Alley	47	72:37
32 Jennifer Pattee ②	36	73:15
33 Javier Szwarcberg	38	73:18
34 Jorge Larre	52	73:27
35 Tess Dennison ③	13	76:02
36 James Gilmore	14	77:10
37 Courtney Madson ④	14	77:14
38 Patrick Cunneen	44	77:39
39 Carson Forter	22	77:45
40 Rick Torrealano	58	77:46
41 Mike Flores	28	77:46
42 Steven Dillick	52	77:47
43 Jak Churton	43	77:48
44 Olivia Lloyd ⑤	13	78:07
45 Cammie Dingwall	45	78:31
46 Jack Tannenbaum	12	78:46
47 Anthony DuComb	58	79:20
48 Jim Murray	48	79:29
49 Daniel Pisenti	46	79:45
50 Todd Stevenot	45	79:56
51 King Wayman	58	80:23
52 Judi Shaffer	48	80:46
53 Bob Fong	52	80:59
54 Barry Spitz	59	81:01
55 Travis Lodolle	30	81:27
56 Bryn Bliska	16	82:36
57 Jeff Brennan	36	82:37
58 Dominic D.	36	82:38
59 Patrick Hanley	42	82:39
60 Eric Park	62	83:52
61 Mike Taylor	42	83:55
62 Michelle Orr	42	84:53
63 Peter Rapier	51	84:53
64 L. Dennison	08	86:21
65 Tim Sanders	39	86:47
66 T. Blisica	54	87:57
67 Joseph Fraser	26	88:05
68 Agent Orange	50	88:07
69 Jon Carr	31	88:13
70 Keith Johnson	70	88:15
71 Geoffrey Sears	47	88:50

72 David Zane	18	88:59
73 Joel Hopman	29	89:17
74 Glyn Peterson	13	90:28
75 Karen Pinckard	48	94:27
76 Emily Damon	29	94:31
77 David Siao	26	94:46
78 Mitchell Sollo	69	95:04
79 Linda Dunne	41	96:05
80 Maureen Pardi	42	96:07
81 Iwona Tenzing	44	96:18
82 Tatun Robach	11	98:23
83 Cameron Robach	13	98:25
84 Jim Kauffold	70	99:21
85 Ken Sharpe	58	99:23
86 Joseph Connelly	46	101:37
87 Kenneth Fong	46	101:37
88 Steve Ona	41	105:48
89 Krista Tokarz	35	105:53
90 Wendy Newman	58	106:10
91 Thomas Smiley	59	107:12
92 Shawn Elzie	30	107:17
93 Suzana Seban	54	107:29
94 Janine Firpo	51	107:34
95 Lydia Yi	32	107:37
96 Patrick Cunneen	74	108:17
97 Jeff Houston	50	109:27
98 Richard Best	62	111:37
99 PC Sien	47	112:15
100 Susan Kare	54	112:23
101 Joh Ory	51	113:14
102 Erika Kikuchi	29	113:31
103 Chrishan Ross	32	113:32
104 Kate Yuen	26	115:41
105 Frances Zerbe	68	129:13
106 Laos Gilmore	16	130:59



Marcia Martin on the notorious Dipsea steps
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SELF-TIMERS

Elaine Gecht	64
Keith Nowell	
Linda Nowell	59
Marcia Martin	55
Rosalie T.	
Steve Jaber	

June 8, 2008

Twin Peaks Run, 3.63M

Race Directors: Hilary Fong and Hashim Bashiruddin

Volunteers: George Sacco, Paul Mosel, Thomas Pang, Uwe Schling, Calvin Chan, Bobby Marty, Janet Nissenson, Bill Wolf, Henry Nebeling, Kevin Lee, Jesse Agbayani, Ann Agbayani, Rose Chan, Yong Haber, Fred Haber, Marie Appel



Race Directors Hashim Bashiruddin and Hilary Fong
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PL	NAME	AGE	TIME
1	Grant Johnson	24	22:40
2	Art Martin	36	23:33
3	John Woods	44	23:54
4	Markham Miller	44	24:11
5	Vincent Gulli	18	24:18
6	Michael Canlas	16	24:19
7	Mark Peters	33	24:55
8	David Altena	46	25:44
9	Daryl Luppino	48	25:46
10	Andrew Freid	41	26:09
11	Chris Ahlgren	24	26:14
12	Michael Gulli	48	26:35
13	Steven Pitsenbarger	40	26:52
14	Philip Dangler	33	26:58
15	Joe Wehrheim	36	27:17
16	Jorge Larre	52	27:24
17	Marc Payne	36	27:57
18	Fernando Menezes	47	28:03
19	Luis Vargas	50	28:13
20	Sarah Gulli ❶	15	28:21
21	Leo Rosales	54	28:53
22	Randall Darden	31	29:18
23	Gogo		29:24
24	Larry Wuerstle	52	29:33
25	David Klinetobe	47	29:35
26	Eric Park	62	29:38
27	Alfred Hu	47	29:39
28	Peking Duck	53	29:43
29	Daz Lamparas	56	29:58
30	Mark Prichard	52	30:01
31	George Baptista	65	30:16
32	Mark Kelley	52	30:32
33	Patrick Lee	60	30:37
34	Paul Mosel	66	30:40

35	Dale Hoyz	30	30:55
36	Nick Leach	48	30:56
37	Lina Khatib ❷		31:13
38	Jason Selvidge	36	31:46
39	Kenneth Fong	46	32:12
40	No Name		32:35
41	Patrick Regan	41	32:38
42	Travis Enfield	24	32:48
43	Janet Nissenson ❸	48	33:11
44	Mort Weisberg	71	33:26
45	Dana Farkas ❹	49	33:26
46	Vincente Aguigui Jr.	48	33:30
47	Neal Ashton	51	34:02
48	Julien Dunoyer	40	34:19
49	Wendy Newman ❺	58	34:43
50	Bauman	27	34:56
51	Marian Lyons	61	35:20
52	Robert Archibald	51	36:20
53	Grace Vedad	25	36:27
54	Amy Jo Johnson	31	37:55
55	Suzana Seban	54	38:05
56	Steve Weick	63	38:08
57	Emanuella Chrysoglou	30	38:14
58	Lorrie Kalos	47	38:27
59	Jim Kauffold	70	38:51
60	David Sallay		39:44
61	Sam Stevenson	74	43:18
62	Lucy Pon	56	43:20
63	Megan Guttman	26	44:08
64	Madeline Stark	20	45:28
	25		45:32
66	Shannon Luppino	12	48:10
67	Clyde Johnson		48:30
68	Bob Theis	79	51:50
69	Paul Kennelly	63	54:49
70	Elaine Koga Kennelly	66	54:51



Paul and Elaine Kennelly, sporting t-shirts from their latest marathon
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71	Virginia Rosales	44	56:38
72	Dee Farkas	80	63:25

SELF-TIMERS

Bob Morris	
Margo Banowicz	49
Marlon Mendieta	
Arlene Enpleo	32
Jane Lee	57
Yong Haber	50
Fred Haber	48

Gregory Brown	
Richard Finley	60
Ann Agbayani	47
Jesse Agbayani	51
George Sacco	70
Lucy Wing	51

June 15, 2008

Convseraory 5K

Race Director: Uwe Schling

Volunteers: Bobby Marty, Karen Pinckard, Calvin Chan, Kevin Lee, Cathie Schling, Peggy Kang, Erika Kikuchi, Phyllis Nabhan, George Sacco, Richard Hannon, Joseph Connolly, Steven Pitsenbarger



Race Director Uwe Schling
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PL	NAME	AGE	TIME
1	Mark Bretan	17	16:29
2	Kellen Cole	16	16:35
3	Grant Johnson	24	17:12
4	Tim Cole	20	17:17
5	Jonathan Bretan	25	17:55
6	Jason Reed	29	18:01
7	B.J. Ricketts	33	18:23
8	Kennet De Silva	26	18:32
9	Luke Prince	26	18:33
10	Sloane Cook	18	18:34
11	Kenley Gaffke		18:45
12	Markham Miller	44	18:47
13	Chris Rose	39	18:50
14	Roy Clarke	52	18:54
15	Vincent Gulli	18	19:06
16	Samuel Harvell	45	19:20
17	Frank Ruona	62	19:35
18	Jeremy Calnan	48	19:48
19	Michael Gulli	48	19:50
20	Dale Hogan	30	19:52
21	D. Hoatson	49	19:56
22	David Altena	46	20:04
23	Mark Bottom	47	20:08
24	Luis Vargas	50	20:09

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CONSERVATORY 5K
continued from page 6

25	Matt Thomas	29	20:11
26	Andrew Freid	41	20:12
27	Jorge Rivera	28	20:13
28	Will Colglazier	28	20:14
29	Gene French	61	20:16
30	Tiffany Davis ❶	30	20:19
31	Devin Wolfe	40	20:20
32	Robert Britain	50	20:27
33	Robin Lie	36	20:28
34	Daryl Luppino	48	20:29
35	Aaron Gannon		20:33
36	Theo Rose	11	20:49
37	Steven Pitsenbarger	40	20:53
38	Chloé Jarvis ❷	26	21:08
39	Kevin Lafferty	33	21:22
40	Amy Sonstein ❸	38	21:28
41	Michelle Laughlin ❹	20	21:28
42	Brian Herndon	37	21:42
43	Hung Tran	35	21:44
44	Joel Rizzo	42	21:48
45	Jorge Larre	52	21:51
46	Steve Kruse	45	21:58
47	John Davin	30	21:59
48	Sarah Gulli ❺	15	22:00
49	Janice Amador	29	22:01
50	Dan Gould	33	22:01
51	Matthew Leopold	28	22:11
52	José Barcelona	28	22:12
53	George Musante	53	22:25
54	Noe Castanon	37	22:34
55	Mark Prichard	52	22:36
56	Stephen Cameron	24	22:38
57	Patrick Lee	60	22:39
58	Brad Spielman	40	22:42
59	Daz Lamparas	56	22:46
60	Eric Park	62	22:49
61	Jim Buck	65	23:02
62	George Baptista	65	23:08
63	Nick Rose	9	23:13
64	Jimmy Capps	19	23:16
65	Don Fallis	42	23:20
66	Joe Czech	54	23:25

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Conservatory 5K finish line crew:
Kevin Lee, Tom Pang, Richard Hannon

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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.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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Santa Cruz Half Marathon, April 12

1463	Paul Kennelly	62	13	M60-69	3:02:46
1464	Elaine Kennelly	66	5	F 60-69	3:02:47

Big Sur International Marathon, April 27

2616	Brierly Reybine	68	4	F 65-59	5:13:25
3115	Lucy Pon	58	47	F 55-59	5:50:56
3136	Margie Whitnah	59	49	F 55-59	5:52:44

Avenue of the Giants Marathon, Weott, May 4.

	Elaine Kennelly	66			7:24:22
	Paul Kennelly	63			7:24:22

Rotary Run 10K, San Carlos, May 18

81	Pat Geroni	60	1	F 60-69	58:12
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Tilden Tough Ten, 10M, Berkeley, May 18

1	Cliff Lentz	43	1	M40-49	60:04
136	Edward Celestina	57	13	M50-59	86:46
142	King Wayman	58	15	M50-59	87:23
175	David Klinetobe	47	51	M50-59	81:59

Coeur d'Alene Marathon, Coeur d'Alene, Idaho, May 25

	Elaine Kennelly				6:41
	Paul Kennelly				6:41

Marin Memorial Day 10K, Kentfield, May 26

27	Cliff Lentz	43	1	M40-44	33:36
43	Chikara Omine	25	27	M19-29	34:39
93	Eduardo Vazquez	35	9	M35-39	36:46
105	Jason Reed	29	30	M19-29	37:20
120	Peter Hsia	47	16	M45-49	37:53
122	Jerry Flanagan	42	20	M40-44	37:55
227	Ky Faubion	23	36	M20-24	42:01
235	George Rehmet	41	27	M40-44	42:27
246	Russ Kiernan	70	1	M70-74	42:51
260	Tyler Abbott	47	38	M45-49	43:12
317	Amy Sonstein	38	15	F 35-39	46:09
352	Keith Johnson	70	3	M70-74	47:55
431	Paul Mosel	66	3	M65-69	53:14
547	Jane Colman	64	5	F 60-64	1:06:14
553	Barbara Robben	74	2	F 70-74	1:08:12
559	Dennis Hassler	74	10	M70-74	1:09:57

Marin Memorial Day 2.5M, May 26

120	Robert Kovash	69	9	M60-69	27:21
137	Dina Kovash	69	6	F 60-69	32:30

88th Annual Status Race, 8K, June 1

	Peter Hsia		1	M40-49	
	George Baptista	65	2	M60-69	38:44
	Mort Weisberg		2	M 70+	42:32
	Bob Theis		3	M 70+	66:07
	Liese Rapozo		2	F 70+	

American Red Cross Ready, Set. Go! 5K, June 1

8	Amy Sonstein		1st woman		22:49
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The 98th Annual Dipsea, Mill Valley, June 8

PL	NAME	AGE	GROUP	HANDICAP	CLOCK
2	Russ Kiernan	70	Inv	1:08:07	49:08
6	Cliff Lentz	43	Inv	53:03	50:04
16	Steve Stephens	64	Inv	1:06:58	51:58
56	Chikara Omine	25	Inv	56:30	56:30
198	James Flanigan	58	Inv	1:14:47	1:03:49
300	Tyler Abbott	47	Inv	1:10:56	1:06:58
530	Amy Sonstein	38	Inv	1:23:31	1:15:33
650	Peter Hsia	47	Runner	1:07:10	1:30:11
656	Jim Buck	65	Runner	1:19:41	1:30:42
757	Erika Kikuchi	29	Runner	1:20:47	1:39:48
1439	Harry Cordellos	70	Runner	2:26:58	2:32:58

2008 Dick Houston Memorial Race, Oakland, June 15

PL	NAME	AGE	GROUP	HANDICAP TIME	CLOCK TIME
4	Cliff Lentz	43		1:15:54	59:54
7	Russ Kiernan	70		1:16:28	1:16:28
8	Steve Stephens	64		1:17:10	1:13:28
91	Edward Celestina	57		1:35:44	1:27:44
134	David Klinetobe	47		1:47:11	1:35:11

Full Moon Madness 5 Mile Race, Coyote Park, San Mateo June 18

13	Kristin Slye	39	2	F 0-39	37:35
	Gregory Brown			1:16:00	

Stadium to Stadium 10K, June 21

12	Peter Hsia	47	3	M40-49	39:52
83	Steven Pitsenbarger	40	23	M40-49	47:09
95	George Rehmet	41	26	M40-49	48:14
105	Dan Shalom	56	6	M50-59	48:37
125	Adrian Jue	36	22	M19-29	49:29
151	Amy Sonstein	28	11	F 30-29	50:58
275	Marian Lyons	61	1	F 60-99	57:19
309	Judy Waitz	48	15	F 40-49	59:02
	Elaine Gecht	64			

Shriners 8K, Sacramento, June 21

29	Cliff Lentz	43	4	M40-44	27:21
71	Chikara Omine	25	11	M25-29	29:35

LMJS 4th Sunday 5K, Oakland, June 22

9	Noe Castanon	37	4	M30-39	21:31
17	Michael Gama	49	5	M40-49	23:11
20	Eric Park	62	1	M60-69	23:40
21	Kevin Cuevas	17	2	M <20	24:38
50	Barbara Robben	74	1	F 70+	32:39

LMJS 4th Sunday 10K, Oakland, June 22

23	Joe Connelly	46	5	M40-49	54:57
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S.F. Frontrunners Pride Run 5K, June 28

19	Amy Sonstein	38	2	F 30-39	22:20
27	Jeffrey Bui	26	7	M20-29	23:31
67	Rebecca Rozewicz	53	2	F 50-59	28:37
176	Gregory Brown	59	14	M50-59	54:51

S.F. Frontrunners Pride Run 10K, June 28

108	Joseph Connelly	46	34	M40-49	53:56
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67	Steve Kim	25	23:29
68	Keith Johnson	70	23:33
69	Judy Quittman	41	23:56
70	Neal Ashton	51	23:59
71	Kevin Cuevas	17	24:07
72	Paul Mosel	66	24:09
73	Kenneth Fong	46	24:10
74	Rye Purvis	19	24:16
75	Mike Murray	54	24:21
76	Kenichi Matsumura	30	24:22
77	Judy Waitz	48	24:32
78	Mack Jarvis	13	24:33
79	Steve Nissenson	60	24:38
80	William Bernick	18	24:40
81	Chase Facer	22	24:42
82	Hans Facer	55	24:43
83	Martha Myers	34	24:46
84	Travis Enfield	24	24:49
85	Vicki Rose	38	24:50
86	Carmel Conway	39	25:05
87	Vincente Aguigui	48	25:15
88	Richard Pon	56	25:21
89	Joseph Connolly	46	25:36
90	Tim Sanders	40	25:41
91	Deborah Jarvis	48	25:42
92	Tom Cappels	55	25:52
93	Miguel Angel Castro	22	25:58
94	Thomas Smiley	51	26:14
95	Peter Royce	73	26:15
96	Ken Reed	62	26:17
97	Janet Nissenson	48	26:23
98	Evan McWilliams	41	26:25
99	Julianna Waller-Sweibel	37	26:46
100	Jane Czech	56	27:01
101	Patrick ???	42	27:16
102	Timothy Verstynen	30	27:21
103	Marian Lyons	61	27:22
104	Ron Richards	31	27:23
105	Lloyd Breeland	42	27:25
106	Laura Shulman	22	27:26
107	Wendy Newman	58	27:27
108	Robert Archibald	51	27:28
109	Andrew Bender	28	27:30
110	Robert Swiebel	55	27:37
111	Alex Feune de Colombi	24	27:40
112	Craig Cole		27:41
113	Suzana Seban	54	27:43
114	Sam Roake	72	27:45
115	Susan Haines	39	27:46
116	Lee Porter	19	27:55
117	Daniella Engen	24	27:58
118	Elizabeth White	30	27:59
119	Andrea Weinstein	25	28:00
120	Amy Jo Johnson	31	28:17
121	Steve Weick	63	28:25
122	Noreen Farrell		28:27
123	Mary Liddy	35	28:29

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CONSERVATORY 5K
continued from page 8

124 Amy Ellington	44	28:46
125 Jack Bascom	66	28:53
126 Joan Lafferty	31	29:02
127 Laura Laughin	53	29:04
128 Peggy Kang	72	29:06
129 Sabina Bannon	47	29:14
130 Tom Huster	65	29:27
130 Kim Chee Kim	3	29:27
131 Lauren Park	34	29:42
132 Susanne Steggerda	37	29:42
133 Henry Nebeling	75	29:43
134 Kathleen Bannon	49	29:44
135 Gary Brickley	55	29:46
136 Nicholas B.	28	29:54
137 Brierly Reybine	00	30:19
138 Jim Kauffold	70	30:21
139 Ashley Milton	26	30:28
140 Megan Guttman	26	30:29
141 Calvin Hom		30:33
142 Kristi Jacobson	40	30:36
143 James Peo	28	30:44
144 Justin F.	38	30:46
145 Mike Hung	58	31:01
146 David Pon	18	31:21
147 Vanessa Pon	23	31:24
148 Jade Li	27	31:27
149 Jeff Houston	50	31:41
150 Bill Woolf	73	31:43
151 Daniell	37	31:45
152 Elizabeth Colglazier	26	32:11
153 Amy Cooper	34	32:22
154 Tammy Magid	35	32:27
155 Kay Teiber	68	32:31
156 Jim Gallagher	72	32:39
157 Jeff Whaley	50	33:06
158 Kay Mathiesen	43	33:21
159 Margaretta Himes	43	34:04
160 Dennis Hassler	74	34:05
161 Amanda Ballinger	31	34:20
162 Amy Chon	32	34:21
163 Emily Leighton	25	34:31
164 David Barajas	23	34:32
165 Jackie Conlin	42	34:50
166 Josh Richardson	25	35:04
167 Marina O'Meara	00	35:27
168 Kate Burke	31	35:28
169 Laurie Huth	36	35:38
170 Stephanie Haddad	21	36:25
171 Allison Neves	36	36:36
172 Darren Adkinson	40	36:56
173 Mayalis Tussing	39	36:57
174 George Sacco	70	37:01
175 Shannon Luppino	12	37:30
176 Caroline Meagher	42	37:32
177 Sara Anderson	45	37:59
178 Natalya Gray	11	38:45
179 Audrey Gray	40	38:46
180 Bob Theis	79	38:51

181 Tricia Bailey	36	39:26
182 Riyadh Haddad	33	39:28
183 Maribeth Borromao	43	40:08
184 Margo Banowicz	49	40:13
185 Charlotte O'Brien	34	40:18
186 Mia O'Brien	9	40:21
187 Michelle Leicester	42	44:58
188 Sara Lewis	32	45:33
189 Penny Cole	43	47:50
190 Meghan Riordan	26	47:54

SELF-TIMERS

Apavna Verk.	36	
Bob Morris		
Carolyn Clark		
Colleen Holland	37	47:17
Ed Olkowski	65	57:55
Elaine Gecht	64	
Fred Haber	48	
Gary Davis	55	
Gregory Brown	58	
Jane Lee	57	
Jesse Agbayani	56	
John Rueppel	37	
Liese Rapozo	80	
Lucy Pon	56	
Nora Ramirez	40	
Richard Hannon	72	
Robert Brizuela	68	
Sunhi Kim	49	
Ted Vincent	72	
Wally Rapozo	79	
Yong Haber	50	



Double Dipsea runners come eagerly into
Muir Woods aid station...
and leave happy

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◆◆◆ 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/stringing from 8:55 AM to the race end (a good option for self-timers, those nursing injuries or otherwise not racing that week).

Following are upcoming race's at which we need a full slate of volunteers:

July 6	Single/Double Lake Merced
July 13	Golden Gate Bridge Vista
July 20	Marina Green 5K
July 27	Windmill 10K
August 10	Daly City Scenic 6.8M/5K
August 17	GG Park Cross Country 5K

We especially need volunteers at the **Single/Double Lake Merced** runs (2 distances, 2 finish lines, aid station), the **Windmill 10K** (course monitors, aid station) and at the **Golden Gate Park Cross Country 5K** (separate start/finish, volunteers needed to transport sweats).

We also need Race Directors for the **Sawyer Camp 5K/10K on November 2**. Serving as a Race Director would fulfill the requirement for the small trophy (see below).

A reminder that members will need to volunteer at a minimum of two races each year to receive a small trophy, and four races to receive a large trophy at the year-end Gala. If you can assist at any of the races/events listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

2008 DOUBLE DIPSEA AGE GROUP AWARDS

PL	NAME	AGE	CLOCK	ACTUAL
Men under 20				
54	Alex Acosta	14	2:20:57	2:20:57
56	Jesus Renteria	14	2:21:14	2:21:14
75	Patrick Moore	18	2:25:51	2:25:51

Men 20-24				
3	Jeffrey Peterson	34	1:52:15	1:52:15
155	Eduardo Ambriz	23	2:44:39	2:44:39
178	Damian Schmalz	22	2:49:50	2:49:50

Men 25-29				
16	Christopher Gustafson	28	2:02:46	2:02:46
30	Nobuya Takahashi	27	2:11:01	2:11:01
38	Rob Lambrechts	29	2:14:56	2:14:56

Men 30-34				
4	Mark McManus	34	1:53:43	1:54:43
23	Tim Knudsen	33	2:07:30	2:07:30
50	Pepi Morel	31	2:19:19	2:19:19

Men 35-39				
34	Matt Leffert	37	2:12:44	2:12:44
59	Tristan Bodle	38	2:21:58	2:21:58
60	Joe Ridout	38	2:22:20	2:22:20

Men 40-44				
13	Eric Stewart	40	2:01:21	2:05:21
15	Ernesto Bonnetti	40	2:02:24	2:06:24
20	Rod Teeple	43	2:05:57	2:09:57

Men 45-49				
2	Don Stewart	47	1:51:23	2:00:23
6	Greg Nacco	48	1:55:37	2:04:37
10	Steven Katz	47	2:00:02	2:09:02

Men 50-54				
1	Roy Rivers	51	1:42:28	1:56:28
25	Scott Donnellan	50	2:09:00	2:23:00
29	Michael Becker	50	2:10:53	2:14:53

Men 55-59				
7	David Ripp	56	1:55:46	2:15:46
14	Steven Slawson	55	2:01:34	2:21:34
18	Timothy Knowlton	57	2:04:56	2:24:56

Men 60-64				
19	Ian Reid	64	2:06:18	2:35:18
42	Robert Knox	62	2:16:48	2:46:48
80	Preston Sitterly	60	2:27:29	2:57:29

Men 65-69				
9	Hans Schmid	68	1:59:50	2:32:50
176	Steven Humphrey	65	2:48:58	3:21:58
186	David Hobler	66	2:52:16	3:25:16

Men 70-74				
115	Darryl Beardall	71	2:36:29	3:19:29
233	Murray Peterson	70	3:02:36	3:45:36
238	Mort Weisberg	71	3:04:29	3:47:29

Men 75+				
335	Joe Dorsey	76	3:50:16	4:35:16
342	Jim Arthurs	77	3:57:24	4:42:24

PL	NAME	AGE	CLOCK	ACTUAL
Women 20-24				
21	Clara Peterson	24	2:06:10	2:16:10
135	Lexi Katibah	24	2:41:28	2:51:28

Women 25-29				
79	Amy Vanderwarker	28	2:27:28	2:39:28
92	Jamie Walker	25	2:30:52	2:42:52
139	Colleen Corcoran	28	2:41:41	2:53:41

Women 30-34				
11	Stacey Schweighart	31	2:00:27	2:14:27
28	Larissa Polischuk	30	2:10:28	2:24:28
31	Natie Tillotson	32	2:11:08	2:25:08

Women 35-39				
17	Robin Sanderson	37	2:04:50	2:20:50
93	Karyn Flynn	38	2:31:03	2:47:03
102	Laura Oshea	37	2:32:12	2:48:12

Women 40-44				
8	Elizabeth Shortino	44	1:57:32	2:21:32
44	Julie Nacco	43	2:17:20	2:41:20
55	Erin Devincenzi	42	2:21:01	2:45:01

Women 45-49				
35	Christy Allen	46	2:13:01	2:40:01
49	Vicki Demenno	47	2:19:17	2:46:17
57	Julie Nye	45	2:21:16	2:48:16

Women 50-54				
185	Marcela Suarez	50	2:51:41	3:20:41
189	Linda Nicolay	51	2:52:27	3:21:27
205	Patricia Koren	52	2:56:01	3:25:01

Women 55-59				
5	Jamie Berns	57	1:54:33	2:26:33
251	Kat Powell	57	3:07:16	3:39:16
266	Wendy Newman	58	3:10:58	3:42:58

Women 65-69				
263	Margaret Curtis	68	3:10:45	3:54:45
343	Brierly Reybine	69	4:01:41	4:45:41



**First woman Jamie Berns
at the top of Cardiac Hill
Photo by Jane Colman**

2008 DOUBLE DIPSEA OTHER AWARDS

PL	NAME	AGE	CLOCK	ACTUAL
Top 3 Men (Based on Handicap Time)				
1	Roy Rivers	51	1:42:28	1:56:28
2	Don Stewart	47	1:51:23	2:00:23
3	Jeffrey Peterson	34	1:52:15	1:52:15

Top 3 Men (Based on Actual Time)				
3	Jeffrey Peterson	34	1:52:15	1:52:15
4	Mark McManus	34	1:53:43	1:54:43
1	Roy Rivers	51	1:42:28	1:56:28

Youngest and Oldest Male Finishers

54	Alex Acosta	14	2:20:57	2:20:57
342	Jim Arthurs	77	3:57:24	4:42:24

Marsha Mani Award for First Male Clydesdale

145	Shawn Nelson	41	2:43:03	2:47:03
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Family Award

27	Urban Carmel	45	2:10:10	2:19:10
70	Olof Carmel	49	2:23:58	2:32:58

PL	NAME	AGE	CLOCK	ACTUAL
Top 3 Women (Based on Handicap Time)				
5	Jamie Berns	57	1:54:33	2:26:33
8	Elizabeth Shortino	44	1:57:32	2:21:32
11	Stacey Schweighart	31	2:00:27	2:14:27

Top 3 Women (Based on Actual Time)				
11	Stacey Schweighart	31	2:00:27	2:14:27
21	Clara Peterson	24	2:06:10	2:16:10
17	Robin Sanderson	37	2:04:50	2:20:50

Youngest and Oldest Female Finishers

21	Clara Peterson	24	2:06:10	2:16:10
343	Brierly Reybine	69	4:01:41	4:45:41

Marsha Mani Award for First Female Clydesdale

109	Samantha Pinney	41	2:34:34	2:58:34
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Partner Award

21	Clara Peterson	24	2:06:10	2:16:10
3	Jeffrey Peterson	34	1:52:15	1:52:15

ELAPSED FRAGMENTS OF DOUBLE DIPSEA TIME

Kat Powell

Saturday was not your usual foggy, cold San Francisco day! As we were driving up to Stinson Beach from San Jose, we noticed that the usual fog rolling over the mountains (OK, hills) was completely absent. The Golden Gate Bridge was in full view basking in the summer sun, and so was Cardiac Hill.

In the lineup with the other 55+ ladies, I noticed that "lean-mean-running-machine" Jamie Berns had on the same shoes as me, but that hers were a drab, dirty olive green while mine were a dirty red hiding under my leopard print Dirty Girl gators. Jamie had "burned" us last year with her blazing 1:39:26 performance, over an hour and 21 minutes faster than me. She was in 1st place and I was 289th place overall—but in our age division, she was 1st and I was 2nd; go figure!

We were given the signal and off sprinted Jamie in front of us (like she was in a 100 yard dash!) while the rest of us just eased on out in our human jog, taking our sweet time. We started up the long hill very slowly, instantly settling into a sort of power-walk pace, ready to take on the sun-baked, heat-drenched Insult Hill and Cardiac Hill. It did not take long for the younger runners to chisel away our 32-minute handicap, and soon I was being passed by first a few and then a whole slew of runners.

Some of those runners had been rabbits on the way to Mill Valley, but then succumbed to the heat on the way back. I took advantage of their hasty judgment and passed some of them on the steps coming back from Mill Valley and others I got on Dynamite Hill and Hogsback Rise. What a difference the weather can make! I kept telling myself it was a good thing I went out slow and tapered off! I kept spotting new victims in the distance slogging up the hill and would reel them in and then overtake them. These young weather-beaten rabbits had become easy targets.

I easily climbed the 671 steps of varying heights, widths, depths and materials out of Mill Valley on the way to Windy

Gap. There were always some interesting folks to jog with, some more gutsy than the average "Joe." Sometimes I would try to emulate them. On Suicide Hill (named appropriately because of steepness and loose dirt) two guys accelerated their pace. I attempted to do the same but soon found myself sliding on the steep, narrow, dirty path, then fell back on my butt and slid some more, screaming, "HELP." One of the guys yelled back at me to hold onto the bushes so I grabbed hold of some foliage and kept sliding down the hill while holding on for dear life. I'm sure I must have looked silly grabbing limbs and branches while gingerly stepping down that steep path.

Well, I survived that scary episode, then made it back up to Cardiac Hill aid station where the friendly crew were awaiting us weary joggers/walkers. Once again we were sponged down with cold water for the last time before our descent into Stinson Beach. I thought I was home free, but the last 3 miles also held its own special mystique.

We still had a few sets of steps to descend. As I maneuvered down these steps (which by the way were helical in shape like a DNA molecule), I started thinking of the carry mechanism on the Babbage Difference Engine, which when set in motion by the turning of the crank, mesmerized each viewer with its helical ballet. Well, descending these steps mesmerized me into a trance, and soon I was not thinking straight—0s and 1s flowed along with me in a "helical ballet" as I became one of the bits of data in motion. Wow, the mind can really play tricks when you run in the zone!

My final descent down Insult Hill left me in an exhilarated state as I tried to keep pace with Peter Royce whom I had caught earlier at about Swoop Hollow (or was it Steep Ravine?). But no cigar—Peter was in his element—so I just followed him to the street and then to the finish.

All Double Dipseas have their moments, and this one was no exception.

A SAINTLY QUEST: LE MARATHON DU MONT SAINT MICHEL 2008

Jim Buck

One of the most picturesque sights in all of Europe, the Abbey of Mont St. Michel, was also the destination of 5,000 runners on a stormy wet afternoon in late May, 2008. Below a dark gray sky, in a steady downpour, I stood amidst this colorful mass of humanity. With the rain that fell heavily all that day, perhaps it is more rightly termed a “sea” of humanity. We were huddled together, checking our watches. The loudspeakers undoubtedly provided last minute directions, although the static-filled French words lay beyond my comprehension.

I was beginning to feel cramped as runners squeezed closer to the front. Fully half were wearing plastic trash bags over their running clothes, fending off as many raindrops as possible. As for me, I took the more noble approach, wearing tank-top and shorts open to the ravages of nature. Of course, no one had offered me a trash bag anyway.

All these bodies were entirely too close. If we must cram together, can't we at least sprinkle a few women into the group? Rubbing shoulders, grunting and snorting with other men must be a European thing. I stood poised for the retort of the starting gun, wearing my traditional California flag shorts and sporting an Orioles baseball cap—low key emblems of America. I felt compelled to display my nationality but in no way sought to strut these symbols as if on parade. I normally do not wear the cap; however, on this day it had an essential purpose. The long bill extended forward, keeping the rain off my face. The major downside of the rain was thereby limited to the wetness and weight of shoes and socks. But the rain also provided advantages in those 55-60 degree temperatures by refreshing and cooling the body.

This day had begun ten hours earlier as I awoke in the seaside resort of St. Malo, about 200 miles west of Paris. St. Malo is in Brittany on France's channel coast. To most of the world that would be the English Channel. Here it's simply La Manche—the sleeve, the channel.

The most unusual aspect of the Mont St. Michel Marathon is that it begins, not in the morning when marathons generally get underway, but in the late afternoon at 4:30 PM when most sensible people are thinking of what's for dinner. I reasoned that such a late start was needed to get runners across the causeway to Mont St Michel while the tide was out. It would be bad publicity to have runners washed out to sea when about to fulfill their dreams of marathon glory. Later, as I traversed the causeway to the isle, I found this was not the case; the causeway is elevated sufficiently to keep the roadway dry. The late start remains a mystery to me.

In mid-afternoon I was chauffeured to the small coastal town of Cancale for the start of the race. From here the marathon course extends 42 kilometers eastward along the coast from Brittany to Mont St. Michel and the edge of Normandy.

When the gun sounded at 4:30 PM, I was about midway in the pack. I had been watching and listening for fellow

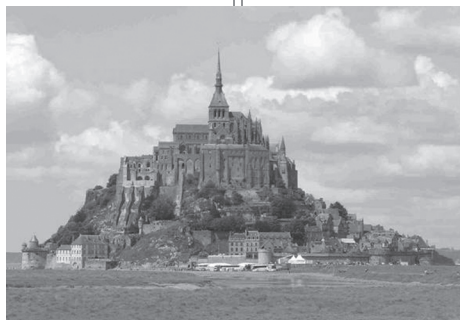
Americans or Englishmen. They were there, I'm sure, but I never encountered any there or over the next 26.2 miles. Nevertheless, I sensed through the incoherent chatter that everyone was anxious to get the event underway. Feet began moving up and down, although it would be a few minutes before we actually surged forward and crossed the chip-timing carpet, beginning hours of roadway adventures.

The streets of Cancale and nearby villages were nothing like the wide boulevards of Paris and Berlin so the first few miles entailed a lot of zigzagging. I moved left and right to avoid puddles and to get around folks who should have started farther back in the field. Even so, I was comfortable with this. I purposefully wanted to start slow in an attempt to avoid the groin pain that had plagued my long training runs over the last several weeks.

The rain continued to fall off and on for the first two-thirds of the race as the course took us through small villages and along country roads. In the villages, enthusiastic bystanders applauded and shouted support: Bravo! Allez! Allez! (Go! Go!). I generally ran along the sides of roads to give high-fives to youngsters lining the route. They had caught the spirit of the race. The streets drained well and the rain was not a real factor in the footing, except for one section about midway into the race. We had entered a section of back roads and farmlands. Here the surface changed from asphalt to packed dirt. Under dry conditions this would have been an excellent running surface. By the time I arrived, however, there were many puddles and lots of mud to go around. The pace slowed and there was no way for anyone to avoid a coating of light brown mud from hips to toes. This went on for about a mile and a half. Even so, by race's end, rain and sweat had cleansed most of this from the legs. The socks were another issue; they went straight into the trash can.

Sadly for me, the adductor groin muscle problem surfaced late into the first half of the marathon. This took the form of a constant pain in the upper left thigh/groin as the leg extended forward. It's possible this was aggravated by the increased weight of the shoe on this day. Nevertheless, it was not as debilitating as it had been in past marathons. I knew to slow the pace and not to overextend my stride. The pain subsides completely when the running stops; however, in a race this is a costly option. It's like having a toothache, it can be endured for a while, but eventually you'll see a dentist. The fact that the adductor pain ends when the running stops is an all too handy temporary fix, one that I had indulged in countless times before crossing the finish line.

When passing the banners marking the half-marathon point, there was still cause for optimism. I was still two minutes ahead of my goal of a sub-3:30 marathon. There was always hope that this adductor thing would go away. But that was not to be the case and the bouts of walking eventually ate through the padding of my two-minute cushion. As if that were not enough, somewhere in the late stages



Mont Saint Michel

Photo courtesy of Jim Buck

continued on page 13

of the race I began feeling a burning sensation on the bottom of my left foot. The intensity gradually increased until it felt as if the entire sole of my foot was on fire. It was only painful as the foot struck the ground but unfortunately, gravity and forward motion made it hard to avoid. I had never encountered this problem before. Was the water rolling down my face from the rain in the sky or the tears in my eyes? After a couple of miles the pain subsided, but while my foot burned, it became an excellent method for ignoring that nagging adductor problem.

Support during the race was excellent considering the less than ideal conditions volunteers had to endure. Water stops provided bottled water to runners as they passed by as opposed to water traditionally offered in paper cups. These half-liter bottles seemed wasteful since most runners would take two or three gulps and toss the bottle aside. There was also an unidentified, colorless sports drink served in paper cups at many of the water stops. It had little taste and certainly did not provide an energy boost to me.

The sponge sections included at several of the water stops did not get a lot of takers this day. These are normally marathon favorites, with runners grabbing sponges and squeezing icy-cold water over head and shoulders. Today, however, the cool liquid falling from the skies was enough to saturate most folks.

Here and there along the route, music filled the air. Performers ranged from one person playing a catchy tune on an accordion to whole orchestras of students playing classical numbers. Nearly all were under cover of some sort. Many had instruments and speakers wrapped in plastic to shed water. A rock band belted out tunes from a small garage. They were nearly inaudible until the runner got blasted by sound waves on crossing the entrance. The music quickly faded as the garage drifted behind.

About ten miles out from the finish the course passed along another country back road near the shoreline. This time, there off to the left in the distance through the haze, I could



Jim nearing the finish line

see the unmistakable pyramid-shaped silhouette of Mont St. Michel. Oh, how the spirits soared! I looked around to nearby runners. I wanted to shout "Look! Do you see it? The abbey!" but I kept my emotions to myself. The few around me seemed oblivious, fixed in their personal thoughts or conversations. Here and there until the eventual finish, the abbey made an ethereal appearance; always somewhat hazy but creeping ever closer.

In those last few miles to the finish, the race was taking a mental and physical toll on me. I frequently winced, less from pain than from the sight of youngsters and geezers alike passing me along the route. At this point though, I figured I was lucky to finish. I'd show those guys next time! Eventually, I turned the last corner and entered the causeway to the island. What a wonderful sight: Mont St. Michel up close and personal. I took a deep breath, tugged on the brim of a soggy Orioles cap and did a reasonable facsimile of a sprint to the finish. My chip time registered 3:45:55.

The Orioles cap did its job, keeping the water from my eyes and staying put for the entire 26.2 miles. I had never worn a cap in the previous twenty-three marathons. I had also never run in these conditions. I had new respect for Oprah Winfrey, who valiantly finished the 1994 Marine Corps Marathon when heavy rain prevailed throughout.

I recommend this marathon to anyone seeking a fast, flat course

in a scenic environment. On any normal day, this course would have PR potential. The area is also a great jumping-off point for touring the sights of Normandy, particularly the D-Day battlefields and the haunts of William the Conqueror.

The day after the marathon, I returned to Mont St. Michel to walk the abbey and the battlements. It was a bright sunny day with wonderful blue sky and little puffy white clouds here and there. The abbey had looked good as I finished the marathon the day before—but I think I like it better dry. On this new day, I saw a young man walking down a flight of stone steps with his family. They scampered along ahead of him while he gingerly followed behind. I motioned to him, pointing at his legs and said "Le Mont St. Michel Marathon?" He grinned and nodded in accord. The walking wounded.

◆◆ Letters ◆◆

This letter came from an out-of-town visitor who joined the Saturday morning water fountain fun run on a recent weekend.

We are now back from our vacation and I just wanted to take a minute to give a super huge "thank you" to your fabulous running group. My father, husband, and I had a wonderful time running with Wendy and Sam (and Suzana for a while). They were both a wealth of knowledge on San Francisco and pointed out some sites that we would not have otherwise seen on our trip. We had a fantastic time at breakfast too. A big thanks to Bobby for driving us there, to Fred and Yong for the gummy bears and laughs, and everyone else for the great conversations (names are escaping me now). If we are ever in the Bay Area again, we will be sure to run again. If anyone from the group ever makes it out here to Cincinnati, be sure to look us up. We would love to "host" in any way we can.

Hope everyone had a great race on the 21st!

Thanks again,
Karen Minzner

◆◆◆ 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 (under 12) pay \$1. 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.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Sun Jul 6 Single/Double Lake Merced Run, 4.5/9 miles

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

STARTING TIME: Double Loop at 8:30 AM, Single Loop at 9:00 AM.

Course closes for both races at 10:45AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one or two clockwise loops around the lake staying entirely on jogging/pedestrian path before merging left to a straightaway finish back at the Sunset Blvd parking lot.

Sun Jul 13* Golden Gate Bridge Vista 10K

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

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

COURSE DESCRIPTION: Run South along El Camino del Mar and turn right onto lower Land's End Trail. Run along trail, climb stairway and continue onto El Camino del Mar. Take lower fork at 30th Avenue staying on El Camino del Mar, which merges into Lincoln Blvd. Follow guardrail uphill until reaching the apex (level ground); complete a clockwise turnaround loop and return along El Camino del Mar, running up behind the Legion of Honor and then down along El Camino del Mar Trail to finish.

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

Sun Jul 20 Marina Green 5K

START/FINISH: Walt Stack Memorial Bench, Marina Green Drive Parking Lot (one block north of Marina Green Blvd; enter via Scott or Fillmore Streets)

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

COURSE DESCRIPTION: Run westbound on Marina Green Drive, left on Avila Street, right onto Marina Blvd, left through Yacht Harbor parking lot, left onto Crissy Field/GG Promenade. Turn around at fourth sandy beach access (beyond west end of marsh). Return same way to Marina Blvd, run eastbound on Marina Blvd, left at parcourse (Fillmore St), and left onto Marina Green Drive to finish.

Sun Jul 27 Windmill 10K

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

Benefit for Sri Lanka aid relief. Awards, Aid Station, etc. \$5 entry fee (including members)

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive past Conservatory of Flowers. Turn around in front of Sharon Meadows, 1/4 mile before McLaren Lodge barricade, and return the same way back to finish.

Sun Aug 3 NO DSE RUN

DSE Volunteers at Aid Station for SF Marathon, www.runsfm.com

MEETING PLACE: Transverse/Crossover (near Kennedy Drive), Golden Gate Park

REPORTING TIME: 5:30 AM

Sun Aug 10 Daly City Scenic Run, 6.8M & 5K

START/FINISH: Colma School, East Market & Hillside Streets in Daly City (Take Eastmoor Ave exit from Hwy 280)

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

COURSE DESCRIPTION: (6.8M): Run along Guadalupe Parkway uphill and turn right through fenced gate onto Radio Tower Road. Continue uphill to top. Turn around at white steel fence and return same way to finish.

COURSE DESCRIPTION: (5K): Run along Guadalupe Parkway uphill to first "stand up" reflector sign on right side of road. Turn around and return same way to finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Change and DSE Sr. VP Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.

Membership ♦♦♦ ♦♦♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE Newsletter* 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 memberships that 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 e-mail from Richard (if you receive an e-Newsletter).

Questions should be directed to **Richard Finley at nishikifinley@sbcglobal.net or Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦♦♦ ♦♦♦ Session

DATE: Tuesday, July 29, 2008
TIME: 7:00 PM
PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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 begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Jane Colman at janecol@earthlink.net.

Weather ♦♦♦ ♦♦♦ Report ♦♦♦ Meteorologist Mike Pechner

July will have near normal temperatures but also extremes of cold and hot. Temperatures will be near or below normal through the 4th of July with lots of bay and coastal fog. The weather will be warm to hot in the second week of July with offshore winds around the 10th—at least 80s in the City for a few days and over 100 inland. Cooler weather and fog will return around the 12th through mid-month with temperatures back into the 50s along the coast. The third week of the month should have more seasonable temperatures, with another warming trend in the last week of July.



♦♦♦ Club Officers & Coordinators ♦♦♦



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Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

1	Peter Hsia	15	Ann Agbayani
2	George Mitchell	16	Nicholas Cannata-Bowman
3	Linda Carter	18	Vincent Gulli
	John Gregson	19	Kay Teiber
4	Daz Lamparas		Jenny Tsang
	Fiona McCusker	20	Michael Chu
	Zenaida Tubao		Connor Flanagan
5	Marie-Pierre Carlotti		Grace Ruth
6	Jack Bascom		Luis Vargas
8	Emanuella Chrysoglou	21	Laura Froelich
	Dina Kovash	23	Bill Dake
9	Tim Craig	24	Tippy Prichard
	Mark Janes	25	Jeffrey Darrow
10	David Ressler	27	Liam Murphy
	George Teiber	28	Margie Whitnah
11	Pete Gallagher	29	Gina Antonini
13	Kyra Vidosh	30	Wallace Rapozo
14	Pete Nowicki		Robert Theis

New Members

EMERYVILLE

Marc Payne

OAKLAND

Nick Leach

SAN FRANCISCO

Lloyd Breeland

Matthew Douglas

Aaron Gannon

Susanne Steggarda

Luis Vargas

SARATOGA

Emanuella Chrysoglou



San Francisco

Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley

805 Vega Circle

Foster City, CA 94404

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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.



Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!