

DSE NEWS

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43rd Year

March 2009

RRCA CONVENTION THIS MONTH!

Janet Nissenson

After nearly two years of planning, the RRCA Convention comes to San Francisco the weekend of March 26–29. The convention features renowned runners/speakers including Olympic Marathon Gold Medalist Frank Shorter, “Ultramarathon Man” Dean Karnazes, and 5-time Western States 100M champion Tim Twietmeyer.

If you are interested in attending the convention, with its many activities and seminars, please register at www.rrcaconvention.org.

We are also still actively looking for volunteers to assist both at the convention and at the companion race, which is the Presidio 10M/10K. To sign on as a convention volunteer, please register at http://www.active.com/page/Event_Details.htm?event_id+1645382. To register as a volunteer for the Presidio 10 race, please see www.presidio10.com/event/volunteer.html. Race volunteers receive a T-shirt and free breakfast on race day.

We also encourage as many DSE members as possible to run in either of the race distances, but especially the 10K. This race has been designated as the RRCA 10K National Championship and also as the RRCA National Club Championship. The RRCA club that has the fastest combined time of its top 5 runners will win the award. Please be sure to designate DSE as your team/club name when signing up for this race. See www.presidio10.com for the entry form.

This will be a great weekend for running in San Francisco, and for showcasing what Runners World voted as the Top Running City in the U.S. to the rest of the country. We hope to see many DSE members volunteering and/or running.

THREE GENERATIONS OF MAHONEY'S AT TWENTY-THIRD CLAM BEACH RUN

Brierly Reybina

The twenty-third annual trip north for the Trinidad to Clam Beach Run drew thirty-one of us this year, ages six to eighty-one. The originator of this winter adventure, Neil Mahoney, came with two of his daughters, Jeannine Mahoney and Sheril Ackley, and his six-year-old granddaughter, Giana Ackley.

We congregated first at 10:30 AM on a rainy Friday at the Parducci Winery in Ukiah to taste and stock up on wine for the weekend. One hundred miles later we

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From the President's Desk

◆ ◆ ◆ GRANT JOHNSON

STIMULUS PLAN

After reviewing the DSE's financials and membership, I have decided not to fly to Washington to ask for any portion of the \$787 billion Stimulus Plan money drafted by Congress, as our numbers are strong and growing! Our club is on the right track for a promising present and future. The DSE has been a leader in hosting affordable races with minimal post-race benefits (i.e. snacks), and our races become even more important in times of economic despair. So in the spirit of stimulus, I want to stimulate continual race participation and club volunteerism from both older and newer club members. DSE is a wonderful club and I ask that we all give back. I am not asking for everyone to give up their Sunday racing, but periodically, when you are injured or taking a break from racing, the best way you can give back to DSE is by serving as a club volunteer. Regardless of whether it's a few race day preps or you choose to take on higher club operations, every club member should see the importance of continual annual club volunteerism.

RAIN OR SHINE

If you are an avid DSEer, you make your Sundays a race day—even in the rainy season and on a morning with the chance for precipitation. I decided to make my 2009 DSE debut last Sunday after a five month layoff from a knee injury (an injury due to a knee tracking problem that caused bone spurs, all because of weak quadriceps).

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reconvened for lunch in Garberville and then again in Eureka to pick up our race packets. By 5:00 we were checking into our cabins before heading out for dinner at the Moonstone Grill, at what used to be Neil's favorite bar, Merrimans.

Saturday, twenty-five of us raced, nineteen in the 8-3/4, four in the 5-3/4, and two in the 3-mile distance. The day was sunny and warm, requiring no more than shorts and a T-shirt, a welcome change from 2008 when we finished the race cold, stiff, and miserable. No desperate dash to the cars for dry warm clothes, no huddling in blankets, no rocketing back to our cabins for hot showers. Instead we lingered on the beach, enjoying each others' finishes, the Humboldt band, and some champagne. We all arrived at the post-race chili feed in plenty of time to witness awards presented to ten of us:

For the 8-3/4M distance:

70-74	Male	Mort Weisberg	3rd
65-69	Male	Jack Bascom	3rd
65-69	Female	Carol Pechler	2nd
		Brie Reybine	3rd
60-64	Female	Janice Rensch	2nd
		Carole Mawson	3rd

For the 5-3/4M distance:

80+	Male	Wally Rapozo	1st
80+	Female	Liese Rapozo	1st

For the 3M distance:

75-79	Male	Neal Pierce	2nd
75-79	Female	Shirley Pierce	1st

The fastest runner of our group, Jeff Bedolla, finished the race with a time of 1:13:43, but alas, his youngster age group of 55-59 was too competitive to allow him to place.

Saturday night the restaurant we had enjoyed for many years, Larrupin Café, had closed for the winter, but took us in as a private party. We enjoyed dinner in beautiful surroundings capped by a wonderful toast by Ken Reed to Neil Mahoney. Neil provided some of the history of past DSE trips to Trinidad and Mort Weisberg filled us in with some other memories.

Sunday morning we skipped the 7:00 AM run from College Cove to Big Head (we couldn't manage without you, Jim Pommier!), but eleven of us made it to the 8:00 AM traditional hike around Big Head. Twenty-two of us came to the Samoa Cookhouse for breakfast and "clammys," Neil's awards to each person who participated in the weekend. The Mahoney clan showed up at the Mendocino Brewery in Hopland along with a few others for the last stop before ending the twenty-third Mahoney Trinidad To Clam Beach Run weekend.



Neil Mahoney at the restaurant Larrupin Café.

Despite a continual downpour of heavy rain, 75+ runners hovered under the steel building shelter, hoping for the rain to subside or stop before the race start. In a bold prediction from Uwe Schling, he said that by 9:00 AM the rain would stop. Amazingly, it did and the DSE will never doubt his words again. Everyone knows history repeats itself. Bay Area weather is suspect; it can rain heavily one moment and the next moment it's over. The moral of this DSE story is, "don't call off your DSE Sunday race prematurely."

NEW DSE VICE PRESIDENT

The vacant 2009 VP position is being filled by executive decree. Effective February 15, Uwe Schling will become Sr. VP and George Sacco 2nd VP. Uwe will be serving his second term as Sr. VP, and George is no stranger to 2nd VP service.

MARCH RACE SCHEDULE

On March 1, come to the Great Highway 4M and watch the surfers as you run along SF's Ocean Beach from an elevated sure-footed pedestrian path.

March 8, come to Potrero Hill and run on SF's other crookedest street, Vermont. And don't forget that it's the first day of Daylight Savings Time!

On March 15, due to two other same-day race events, DSE will be celebrating the Irish "Green" in the "green, green grasses" of GG Park at the St Patrick's Day Rainbow Falls 5K.

March 22, come to the Fort Point 12K and run your fastest 12K on this mostly flat course—but take a moment to admire the Golden Gate Bridge as you run under it.

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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

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.

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.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com
WEBMASTER: Jeff Houston
webmaster@dserunners.com

On March 29 there is **no DSE race**—please consider running the RRCA Convention race, the Presidio 10M/10K—www.presidio10.com.

RRCA CONVENTION 3/26-29

The RRCA Convention is returning to SF after a 20+ year hiatus. I encourage all DSE members to help make this an event to remember by signing on as a volunteer (contact George Rehmet at rehmet_runs26.2@sbcglobal.net or sign up on www.active.com—see page 1 article) and attending any or all the convention events and the accompanying host race Presidio 10M & 10K.

DSE ZIPPY DISCOUNT

In appreciation of the DSE, the Zippy 5K Race Director Jin Daikoku has set up a discount code for DSE members to register for the 2009 Zippy 5K online. To redeem the discount, go to www.active.com and at the checkout section enter the Discount Code “DSE,” then click Redeem. This will give DSE Members \$10 off.

DSE RACE DIRECTOR PERK

Effective retroactive to the beginning of 2009, all DSE Race Directors will earn 50% of the new Point System points at each race they direct. The club still needs to fill 10 race director positions for 2009. If you would like to fulfill your volunteer credit and would like to direct a race, please contact Kevin Lee at dse.pekingduck@juno.com.

PAUL MOSEL'S PHOTOS ON FACEBOOK

Please note that Paul is posting many of his DSE pictures on www.facebook.com. Paul invites everyone to check them out. Feel free to thank Paul for all the great photos!

2009 BAY TO BREAKER DRAWBRIDGE REGISTRATION OPEN

The DSE has a long history with B2B, and although it's not a club event, we welcome club members to sign on as Drawbridge volunteers. Registration will fill up quickly. Registration is accepted on-line only, at http://www.doitsports.com/volunteer2/jobs-by-date.tcl?event_id=193488. Check off the box “First Mile (First Street)” and complete the questionnaire. Upon receiving B2B email confirmation, please forward your name to Kevin Lee at dse.pekingduck@juno.com.

TRINIDAD TO CLAM BEACH 8.75 MILE RUN

Kat Powell

Sandwiched between two stormy, rainy, gray days was a perfectly wonderful sunny day greeting us 1200+ runners who gathered at the starting line, located 2 miles north of Trinidad in the midst of the majestic giant redwoods. Being bused from Trinidad Town Hall in old-fashioned yellow school buses brought back memories of school field trips.

At noon the starting gun sounded and we were off. For the first 6 miles we ran on the asphalt-covered country roads up and down hills, which reminded me of hilly runs such as Holy City in the Santa Cruz mountains.

But any resemblance to Holy City ended at about the 6-mile point in the race. Charging down a steep hill that snaked round in a U-shaped fashion, we came upon a sandy beach with boulders and a swift flowing river. We had to cross the mouth of that river, known fondly as Little River, to get to the pristine beach on the other side. Some of the runners were taking off their shoes and socks before wading into the water, including my running buddy who had stopped at one of the boulders and was now untying his shoes. So I stopped at the same boulder, lifted my right foot up on the rock and began untying my shoe, but my fingers were stiff and weak from running 6 miles of steep hills so he had to untie my shoes for me.

I finally got my shoes and socks off with his help and then headed towards the rope that stretched across the river to assist the runners in getting across. Coast Guard Rescue swimmers had also been stationed at the river to aid the runners. Holding onto the rope with my left hand while holding my shoes in my right hand, I slowly made my way across that swift flowing, cold river. As I inched my way to the Coast Guard Rescue man holding the rope taut in the deepest portion of the river, the cold water enveloped my legs and hit my crotch. A gutsy tall woman gleefully passed me with her shoes dangling from her right hand. I just wanted to get to the other side without mishap for I'm certainly no swimmer! So I clung to the rope and pressed forward for what seemed like an eternity till I finally emerged on the other side, relieved. There was a giant box on the beach where runners had left their shoes for the Coast Guard to transport to the finish line, some 2.75 miles down Moonstone Beach.

I spotted other runners heading down Moonstone Beach so I followed suit, the packed wet sand giving way under my bare feet. My pace quickened as I became one with the sand and the roaring ocean to my right became my mantra. It seemed as if I had been transported to a worry-free world of sublime joy—I became a kid again!

I passed with ease several runners who were wearing their shoes and were struggling with their pace in the sand as if their shoes had become weights. The beach seemed to go on forever with no sight of the finish line, just the runners ahead of me in the distance. Time stood still as I relished this enlightened moment. Then the balloon arch appeared in the distance on the horizon.

Now my focus suddenly shifted to that elusive finish line in the distance beyond the advancing runners. Finally I found myself in the chute. Packed wet sand gave way to soft dry trampled sand and my pace slowed, but I finally crossed the finish line under the balloon arch. The race was now over for me; however, the fun was not. A local high school band performed while we feasted on oranges and reminisced with our friends and other runners about our race experience.



Trinidad Coastline
Photo by Brierly Reybina

Everyone had gleaned a different experience from this unique race up in a remote part of northern California.

Cold wind chilling us to our bones, we all headed back to town where post-race chili awaited us at Trinidad School. We were served a warm bowl of delicious home-made vegan chili by the local school children as we waited for the Awards Ceremony to begin, a great finale to a memorable event.



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

**January 4, 2009
Lake Merced Kids' Run**

PL	NAME	AGE	TIME
1	Zevan	09	7:10
2	Richard Tauber	06	7:17
3	Miles	08	8:05
4	Summer	06	8:29
5	Adina	06	10:30
6	Victoria	08	10:58
7	Raquel	04	12:30
8	Maggie	04	13:10

**January 25, 2009
Windmill 10K**

Race Director: Calvin Chan

Volunteers: Bobby Marty, Joseph Connelly, Diane Okubo-Fong, Kevin Lee, George Sacco, Phyllis Nabhan, Jeremy Calnan



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Ian Macnider	23	36:02
2	Sean Rhea	32	36:29
3	Ian Hill	26	37:14
4	Matthew Gilman	32	37:34
5	Kenley Gaffke	30	37:42
6	Mat Des Jardins	39	37:53
7	Douglas Berbena	50	37:54
8	Illegible	26	37:55
9	Jeff Pauley	39	38:11
10	Ashley Relf ①	26	38:32
11	Peter Hsia	47	39:04
12	Eduardo Vazquez	36	39:05
13	Joost Heglenberg	33	39:08
14	B.J. Ricketts	33	39:14
15	Michael Gulli	49	39:57

16	Patrick Clark	27	40:03
17	Markham Miller	44	41:14
18	Mark Orders	50	41:18
19	Kennet Den Silva	27	41:30
20	Stephanie Hass ②	25	41:42
21	Steve Carroll	40	42:03
22	Joseph Macrino	23	42:04
23	Juan Melendez	51	42:06
24	Brian Schultz	41	42:12
25	Hiromitsu Iijima	37	42:44
26	Rick Torrealano	59	42:53
27	Steve Stephens	65	42:59
28	Luis Vargas	51	43:01
29	Dick Cordont	59	43:47
30	Lafe Vittitoe	33	43:58
31	Riya Suising	41	44:00
32	Brian Eagleson	34	44:16
33	Rachel Wallick ③	24	44:22
34	Michael Sweet	39	44:31
35	Anna Ayzenshtat ④	24	44:42
36	Thad Hughes	29	44:46
37	Pamela Richardson ⑤	32	44:50
38	Daryl Luppino	49	44:51
39	Steven Pitsenbarger	40	44:59
40	Dave Flinn	42	45:04
41	Todd Stevens	36	45:09
42	Emma O'Neill	22	45:11
43	Sunanda Minarikova	34	45:14
44	Bill Reidy	49	45:16
45	Karl Bane	61	45:38
46	Cobb	44	45:48
47	Jorge Larre	52	46:07
48	Peggy Lavelle	48	46:10
49	David Klinetobe	48	46:12
50	King Wayman	59	46:17
51	Mark Gordon	52	46:23
52	Alex Willse	24	46:45
53	Leandry Estrella	31	47:03
54	Jim Buck	66	47:10
55	Monty Hossain	31	47:16
56	Terri Menghini	43	47:19
57	Abby Slonecker	27	47:31
58	Wayne Plymale	57	47:36
59	Daz Lamparas	56	47:41
60	Amy Sonstein	39	47:42
61	Karen Bowler	59	47:47
62	Miguel Guerrero	39	47:52
63	Marcie Hamilton	31	48:21
64	Susan Lynch	36	48:33
65	David Cook	29	48:51
66	Selena Galanz	29	48:57
67	Kenneth Fong	47	48:59
68	Alison Elafros	25	49:03
69	Andrew Smith	32	49:04
70	Erin Hughes		49:08
71	Jeff Chaff	32	49:16
72	George Baptista	66	49:21
73	Mark Mooney	52	49:31
74	Gavin Turner	30	49:38
75	Amy Wilson	36	50:25
76	Mark Prichard	53	50:29
77	Patrick Lee	61	50:33
78	Eileen Sneldon	34	50:36
79	Chris Akens		50:37
80	Steve Nissenon	60	50:45
81	Gary Brickley	56	50:53
82	Joe DiGiacomo	42	50:55

83	Dave Miller	24	51:02
84	Carl Silva	44	51:08
85	Maria Pantoja	28	51:11
86	Maridee Charlton	52	51:13
87	Michelle Larson	34	51:16
88	Jesse Ramos	46	51:17
89	Mike Markey	35	51:30
90	Vicky Torres	37	51:37
91	Mike Munson	00	51:49
92	Toby Silver	41	51:51
93	Shunsuke Nakata	22	51:55
94	Paul Mosel	67	51:57
95	Sunny Blende	00	52:00
96	Adam Noel	25	52:02
97	Janet Bodle	60	52:09
98	Lucy Wing	52	52:12
99	Keith Johnson	70	52:14
100	Emily Andrews	29	52:34
101	Ben Schaefer	32	53:00
102	Nathan Rapheld	old	53:02
103	Jim McBride	66	53:03
104	Emma Longaini	30	53:06
105	Joseph Connelly	47	53:19
106	Travis Enfield	25	53:32
107	Lucy Almers	30	53:34
108	Darren Rhea	29	53:35
109	Gregory Brown	59	54:01
110	Sandra Sigurdson	52	54:06
111	Cindy Oswald	45	54:14
112	David Olson	63	54:18
113	Jerome Guiang	19	54:56
114	Stephanie Bounds	35	54:47
115	Thomas Smiley	51	54:52
116	James Stratta	00	54:56
117	Marian Lyons	61	54:59
118	Dana Farkas	49	55:05
119	Dave Picariello	54	55:27
120	Janet Nissenon	49	55:32
121	Wendy Newman	58	55:39
122	Marie Carlotti	52	55:41
123	Vincente Aguigui	49	55:47
124	Catherine Burke	32	55:49
125	Jessie Amberg	30	55:51
126	Lisa Castellanos	39	55:58
127	Neal Ashton	52	56:23
128	Guy Murtagh	59	57:01
129	Colleen Eagleson	37	57:07
130	Mansi Goel	32	57:27
131	Yong Haber	51	57:29
132	Matthew Higgins	33	57:31
133	Jennifer Gauna	36	57:39



Photo by Don Watson

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Windmill 10K

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134	Heath Dwenger	31	58:01
135	J. Brain	42	58:23
136	Geoff Byrd	00	58:23
137	David Lippi	42	58:38
138	Pat Geramoni	60	58:53
139	Tim Bowler	60	59:20
140	Craig Wasserkrug	48	59:23
141	Jack Bascom	67	59:29
142	Sam Roake	72	59:37
143	Shianne Lombard	31	59:52
144	Dianne Alting	33	60:07
145	Natasha Sennert	23	60:11
146	Uwe Schling	38	60:15
147	Henry Nebeling	76	60:35
148	Marta Novca	23	60:37
149	Suzana Seban	55	60:39
150	Tom Huster	65	60:41
151	Betsy Dorsett	00	61:12
152	Kathy Ha	18	61:16
153	Kelvin Brillante	20	61:17
154	Alice Miller	49	61:25
155	Joy Yang	39	61:42
156	Betsy Fuller	46	61:44
157	Chris Brischer	60	62:13
158	Shelly LaFree	35	62:26
159	Doni Liston	44	62:28
160	Judith Waitz	48	62:46
161	Dana Piper	44	63:38
162	Joel MacDonald	44	63:50
163	Tanya Rita	33	64:01
164	Robin Fowler	47	64:39
165	Bill Woolf	73	64:56
166	Tawnya Piper	24	65:06
167	Lena Nilsson	45	65:15
168	Paige McClellan	32	66:43
169	Brooke Michael	24	66:46
170	Jane Colman	65	67:26
171	Tami Borshay	38	67:33
172	Kate Gerwe	47	68:05
173	Sara Mascio		68:07
174	Floe	68	68:08
175	Brandon Alvarez	21	68:28
176	Alpesh Oza	30	68:39
177	Cowboy Guy	55	69:09
178	Jeff Houston	50	69:42
179	Barbara Robben	74	70:21
180	Kelly Morph	40	70:55
181	Amanda Jackson	23	73:34
182	Molly Malone		73:36
183	Stephanie Senner	43	82:05
184	Elaine Koga Kennelly	66	84:47
185	Paul Kennelly	63	84:47

SELF-TIMERS

Bob Theis	80
Dee Farkas	81
Elaine Gecht	65
Heidi Rosenberg	40
Jane Lee	58
Jesse Agbayani	57
Kathy Guziejka	50
Liese Rapozo	81
Lucy Pon	56
Robert Brizuela	69
Rosemary Bredahl	73
Wally Rapozo	80

February 8, 2009

Sawyer Camp Trail 5K & 10K

Race Directors: Calvin Chan and Jesse Agbayani

Volunteers: Ann Agbayani, Jorge Larre, Bobby Marty, Joseph Connelly, Diane Okubo Fong, Karen Pinckard, Erika Kikuchi, Miguel Guerrero, Fred Haber, Paul Mosel, Gene French, Robert Brizuela, George Sacco, Savannah Rivera, Jim Kauffold, Vince French, Jimmy Yu, Yong Haber

5K

PL	NAME	AGE	TIME
1	Armen Vartanian	29	15:50
2	Dave Mackey	39	16:42
3	Ian Macnider	23	17:58
4	Kennet De Silva	27	18:00
5	B.J. Ricketts	33	18:24
6	Jason Reed	30	18:54
7	J. Jobin	35	18:59
8	Markham Miller	44	19:30
9	Eric Risley	44	20:00
10	Luis Vargas	51	20:35
11	Justin Rice	20	20:38
12	Rick Torreano	59	20:48
13	Hans Facer	56	20:59
14	Matt Foehr	36	21:01
15	Andrew Freid	41	21:11
16	Eduardo Vazquez	36	21:25
17	Alan Morgan	39	21:26
18	Kate Samuelson ①	50	21:28
19	Leo Rosales	54	21:31
20	Robert Britain	50	21:38
21	Javier Szwarcisare		21:43
22	Frank Markowitz	52	21:50
23	Francisco Pinillos	19	21:51
24	Riya Suising	41	21:52
25	Kelly Emo ②	44	21:53
26	Caroline Looney ③	32	22:02
27	Amy Sonstein ④	39	22:06
28	Paul Tauber	41	22:25
29	Rich Wood	54	22:39
30	David Miller	24	22:43
31	Joie Ruiz	53	22:46
32	Roger Garcia	52	22:48
33	Jason Scatena	37	22:54
34	Martin Malberg	37	22:55
35	Kenneth Fong	47	22:58
36	Mike	22	23:00
37	Marie Appel ⑤	44	23:07
38	Jim McCormick	56	23:10
39	Mark Mooney	52	23:11
40	Larry Wuerstle	53	23:16
41	Joel Rizzo	43	23:21
42	Keiko M.	36	23:25
43	Miho Iijima	39	23:33
44	Patrick Lee	61	23:37
45	Mark Prichard	53	23:39
46	Maria Pantoja	29	23:50
47	Wayne Plymale	57	23:52
48	Andrew Stuples	31	24:02
49	Gregory Hayes	27	24:04
50	Vincent Lefebvre	51	24:06
51	Karen Pinckard	49	24:17
52	Cort Metzger	35	24:28
53	Stacey Gerber	43	24:35

54	Stephanie Soler	34	24:46
55	Travis Enfield	25	24:49
56	Keith Johnson	70	24:50
57	Megan Scatena	32	24:51
58	William Johnson		24:53
59	Joseph Connelly	47	24:55
60	Chris Vargas	26	25:04
61	Steve Chamberlin	38	25:09
62	Gary Brickley	56	25:10
63	Colleen Lue	26	25:11
64	Theo Jones	70	25:15
65	Ben Chelf	30	25:16
66	Maddie Ross	16	25:18
67	Brendan Knapp	16	25:21
68	Jason Williams	33	25:23
69	Dan Tavaraz	37	25:24
70	Jacob Quinlan	18	25:28
71	Uwe Schling	38	25:31
72	Emma Keenan-Grice	13	25:33
73	Rebecca Johnson	37	25:35
74	Sabina Bannon	47	25:36
75	Noe Castanon	38	25:47
76	Ximeme Ares	43	26:02
77	Guy Philips	36	26:03
78	Sherry Sanders	13	26:11
79	John Sanders	52	26:15
80	Donna Spinelli	50	26:26
81	George Baptista	66	26:27
82	Chuck Johnson	39	26:28
83	Eoin Buckley	28	26:30
84	Robin Lin	39	26:45
85	Luciano Chi	35	26:50
86	Kimberly Kaiser	37	26:53
87	Rick Hunter	56	26:54
88	Juliette	39	26:59
89	Lawrence Lue	32	27:19
90	Karen Schwartz Decker	48	27:23
91	April French	12	27:31
92	Roel Farrales	33	27:33
93	Francisco Mendez	33	27:38
94	Vincente Aguiqui	49	27:39
95	Cindy Ricketts	35	27:41
96	Peter Bach	31	27:55
97	Johanna Merriss	58	27:59
98	Michele Nemschoff	48	28:01
99	Erik Jaesler	39	28:10
100	Caleb Jaesler	10	28:11
101	Pat Geramoni	61	28:13
102	Mark Reichhauser	51	28:19
103	Ray Decker	50	28:21
104	Regina French	49	28:24
105	David Eligator	44	28:26
106	Aura Cardona	39	28:29
107	Jessica Spinelli	15	28:43
108	Meredith Dillon	32	28:50
109	Joe DiGiacomo	42	28:54
110	Michelle Mocklin	27	29:04
111	Kathleen Bannon	50	29:35
112	Amy Reich.	39	29:40
113	Kerry Haylock	36	29:57
114	Tom Huster	65	29:59
115	Michael McGee	37	30:06
116	Eric Ippolito	28	30:21
117	Annalie Bula	43	30:27
118	Danielle Johnson	32	30:39
119	M.B. Lefebvre	45	30:43

continued on page 6

120	Jerry Birn	49	30:47	170	Kiara Foisette	12	47:11	45	Kelly Emo ④	44	49:12
121	Anne Ginotti	26	31:05	171	Vin Gupta	62	49:51	46	Eric Ziemelis	42	49:33
122	Danielle Nemschoff	13	31:20	172	Lisa Hodges	45	51:21	47	Joe DiGiacomo	42	50:04
123	Jeanie Jones	73	31:22	173	Lily Hodges	07	51:22	48	Ben Chelf	30	50:29
124	Sarah Krum	28	31:50	10K							
125	Brian Fouts	26	31:51	1	Dave Mackey	39	34:49	49	Kenneth Fong	47	50:43
126	Bridget Fain	26	32:01	2	Tom Gardin	45	34:52	50	Scott Strochak	41	50:52
127	Cheri O'Neill	50	32:06	3	Chikara Omine	26	35:41	51	Mario R.	41	50:53
128	Marjorie McGonigal	40	32:08	4	Jin Daikoku	25	36:01	52	Claudia Cabrera ⑤	22	50:55
129	Charisma Kitchener	36	32:09	5	Ian Macnider	23	36:33	53	Noe Castanon	38	51:04
130	Jeff Darrow	59	32:10	6	Chris Hughes	23	36:58	54	Matt Keil	49	51:07
131	Laurie Quinlan	51	32:12	7	Kennet De Silva	27	37:52	55	George Baptista	66	51:08
132	Jeff Houston	50	32:31	8	Eduardo Vazquez	36	40:07	56	Stacey Gerber	43	51:14
133	Lynne McGhee	38	32:34	9	J. Jobin	35	41:20	57	Kathleen Lail	40	51:26
134	Vanessa Whittaker	37	32:36	10	Jay Balagtas	37	41:33	58	Paul Mosel	67	51:59
135	Sonia Kalil	28	32:38	11	Jason Reed	30	41:47	59	Keith Johnson	70	52:05
136	Christen O'Neill	22	32:42	12	Wayne Hale	34	41:52	60	Guy Philips	36	52:27
137	Roxana Cardoza	29	32:48	13	Robert Darling	59	42:31	61	Lisa Hughes	42	52:52
138	Susan Soobie	43	33:09	14	Luis Vargas	51	43:23	62	Nick Doyle	30	52:59
139	Bob Bean	66	33:15	15	Burton Lee	36	43:23	63	Gary Brickley	56	53:00
140	Racehl Lewin	48	33:19	16	Daryl Luppino	49	43:55	64	Sandra Sigurdson	52	53:50
141	Jeff Shopoff		33:23	17	Tom Cobb	44	44:17	65	Gregory Brown	59	54:26
142	Lorraine Ross	51	33:34	18	Jason Jones	39	44:25	66	Joel Rizzo	43	54:32
143	Mark Ross	52	33:36	19	Rick Torreano	59	44:26	67	Elizabeth Arbuckle	33	54:34
144	Andrew Bayly	45	33:59	20	Mike Dunne	24	44:48	68	Sheila McConville	47	54:43
145	Tracey Kemp	42	34:02	21	Michael Sweet	39	44:54	69	Joseph Connelly	47	54:44
146	Sophia Aron	12	34:12	22	Robert Britain	50	45:06	70	Mansi Goel	32	55:17
147	Stasha Wyskiel	41	34:27	23	Leo Rosales	54	45:11	71	Deanna Magnuson	25	55:36
148	Shalimar El Arculli	34	34:35	24	Jorge Larre	52	45:22	72	Sean Griffin	26	55:37
149	Roy Saptarshi	32	34:45	25	Roger Royse	49	45:46	73	Jim McBride	66	55:45
150	Amy O'Sullivan	43	35:08	26	Matthew Fabry	36	45:49	74	Karen Shipe	45	55:57
151	Robyn Orr	33	35:26	27	Marco Pessi	39	45:52	75	Yong Haber	51	56:06
152	Kate McGee	37	35:39	28	Daz Lamparas	56	45:57	76	Uwe Schling	38	56:21
153	Sonali Desai	36	35:46	29	George Ambus	43	46:11	77	Rebecca Marty	37	57:39
154	Meaghen English	26	35:55	30	Jose Ruiz	53	46:22	78	Henry Nebeling	76	57:52
155	Sage Shamsai	11	36:03	31	Roger Garcia	52	47:09	79	Julie Ziemelis	43	58:06
156	Amor Terrazas	32	36:05	32	Shannon Fischer ①	26	47:18	80	Bill Marty	46	58:07
157	Amelia DeLaPaz		36:07	33	Alan Morgan	39	47:23	81	Kristin Burt	28	58:20
158	Tamara Knapp	47	36:22	34	Miguel Guerrero	37	47:54	82	Ally Bocchieri	37	58:39
159	Margo Banowicz	49	36:27	35	Shunsuke Nakata	22	48:26	83	Beth Goldstein	42	59:13
160	Jarod McGadden	11	36:30	36	Vinh Ngo	36	48:28	84	Chanell Roberts	00	59:32
161	Chuck McGadden	51	36:32	37	Mark Mooney	52	48:37	85	Naomi Branz	23	59:41
162	Carlos Bais	39	37:24	38	Robert Riu	26	48:38	86	Pat Geramoni	61	60:27
163	Pauline Kalil	32	37:49	39	Riya Suising	41	48:44	87	Suzana Seban	55	60:42
164	Mahnaz Shamsai	44	39:56	40	Marie Carlotti ②	52	48:45	88	Heath Kranyak	39	61:35
165	Marga Torner	41	39:57	41	Keiko M. ③	36	48:53	89	Pat Mauro	40	61:36
166	Ken Johnson	58	39:57	42	Francisco Pinillos	19	49:00	90	Kristy Kiriyan	41	61:58
167	Joanne Del Bene		45:52	43	Mario Dias	63	49:03	91	Alica Miller	49	62:22
168	Katie Lassiter		47:11	44	Theo Jones	70	49:11	92	Lena Nilsson	45	62:50
169	Shannon Luppino	12	47:11								

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Sawyer Camp Trail Panorama, 10:00 AM

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SAWYER CAMPTAIL 5K
continued from page 6



Pat Geramoni leading the back of the 10K pack
Photo by Don Watson

93	Sylvia Hughes	72	62:51
94	Aura Cardona	39	63:16
95	Jane Colman	65	63:18
96	Mike Hung	58	64:06
97	Virginia Rosales	45	66:16
98	Cowboy Guy	55	66:49
99	Barbara Robben	74	66:56
100	Jennifer LaFever	25	67:36
101	Floe	68	67:55
102	Joanne Grispe	35	76:12
103	Carolyn Lazaro	33	76:13

SELF-TIMERS

Bob Theis	80
Dee Farkas	81
Don Watson	79
Elaine Gecht	65
George Sacco	70
Marcia Martin	56
Richard Finley	60
Rosemary Bredahl	73
Sunhi Kim	50
Tina Kim	72

February 15, 2009

Ballpark 5K

Race Director: Kevin Lee

Volunteers: Bobby Marty, Jesse Agbayani,

Calvin Chan, Joseph Connelly, Diane

Okubo Fong, George Sacco, Uwe Schling,

Kay Teiber, George Teiber



Race Director Kevin Lee,
smiling in the rain

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PL	NAME	AGE	TIME
1	Ian Macnider	23	17:53
2	David Goodin	39	18:17
3	Kenley Gaffke	30	18:23
4	Jason Reed	30	18:29
5	Grant Johnson	25	19:28
6	Markham Miller	44	19:42
7	B.J. Ricketts	33	19:55
8	Michael Gulli	49	19:57
9	Vincent Tofsc		20:24
10	Alan Ringvald	27	20:27
11	Clint Davis	28	20:31
12	James Robinson	29	20:39
13	Noe Castanon	38	20:54
14	Steve Stephens	65	21:00
15	Jeff Apple	38	21:02
16	Daryl Luppino	49	21:03
17	Rick Torreano	59	21:11
18	Gene French	62	21:13
20	Luis Vargas	51	21:22
21	Monty Hossain	31	21:27
22	Riya Suising	41	21:31
23	Leo Rosales	54	21:33
24	Michael Sweet	39	21:35
25	Aram Durgerian	14	21:37
26	Jorge Larre	52	22:08
27	Fiona McCusker ①	44	22:27
28	Mark Mooney	52	22:42
29	Erika Kikuchi ②	30	22:45
30	Jim Buck	66	22:46
31	David Klinetobe	48	23:03
32	Marie Appel ③	44	23:13
33	Larry Wuerstle	53	23:20
34	Alfred Hu	48	23:27
35	Andres Stinchfield	31	23:36
36	Kenneth Fong	47	23:47
37	Mark Prichard	53	23:56
38	George Baptista	66	24:28
39	Maria Pantoja ④	29	24:31
40	Dan Marvier	29	24:34
41	Steve Nissenon	60	25:07
42	William McCarty	61	25:18
43	Gary Brickley	56	25:27
44	Paul Mosel	67	25:55
45	Joseph Connelly	47	25:57
46	Doug DaSilva	53	26:58
47	Gerald Clegg	29	26:15
48	Jim McBride	66	26:20
49	Gregory Brown	59	26:34
50	Janet Nissenon ⑤	49	26:52
51	Yong Haber	51	26:58
52	Tom Huster	65	27:00
53	Dan Borden	00	27:01
54	Sabina Bannon	47	27:03
55	Jason Boer	40	27:09
56	Pat Geramoni	61	27:33
57	Amy Bodensteiner	32	28:01
58	Todd Bodensteiner	34	28:01
59	Jessica Swift	32	29:15
60	Breanna Fleshman	22	29:17
61	Sam Roake	72	29:35
62	April French	12	29:39
63	Mary Rose Fabi	35	29:48
64	Mike Lovi	30	29:50
65	Kathleen Bannon	49	29:56
66	Mike Hung	58	30:10
67	Virginia Rosales	45	30:28
68	Erika Altamirano	34	30:31
69	Assad Swissa	22	30:45
70	Wendy Newman	58	31:26
71	Jim Kauffold	71	31:40
72	Floe	68	31:49
73	Bill Woolf	73	32:12
74	Jeff Shopoff		32:54
75	Mary Gray	47	34:22
76	Dayna Jesus	24	34:45
77	Bob Theis	80	42:56
78	Amanda Ghaith	23	53:00

SELF-TIMERS

Geroge Sacco	71
Jesse Agbayani	57
Robert Brizuela	69

KID'S RUN

1	Christian Blakey	11	3:34
2	Richard Tauber	06	4:01
3	Julia Valencia	11	4:24
4	Antonio Valencia	08	4:41
5	Angelo Valencia	04	4:56

PICK UP YOUR TROPHY!

Bobby Marty reports that he still has trophies for the following people who did not pick them up at the DSE Gala:

- Tim Abbott
- Jeanie Jones
- Emma O'Neill
- Mark Janes
- Eric Park
- Jorge Rivera
- Veronica Vaskinn
- Christina Trayers
- Kenichi Matsumura
- David Goldman
- Juliette Johnson

- David Altena
- Milinda Lommer
- Mark Kelley
- Carols Reyes
- Theo Jones
- Mort Weisberg
- Dennis Hassler

Please contact Bobby at one of the races to receive your trophy. He is eager to get them out of his truck!

DSE MEMBERS WIN PC TRAILS AWARDS



Congratulations to Erika Kikuchi, Jason Reed and George Rehmet, who attended the Pacific Coast Trail Runs awards ceremony and received the following awards:

In the Trail Series, Erika was third overall and first in the women's 1-29 age group, and Jason was first in the men's 1-29 age group.

In the Mini Prix (which included the Diablo Marathon, Lake Merritt 6 Hour Race, Headlands 50 Mile, and San Francisco 12 Hour runs), George was second overall and first in the men's 40-49 age group.

CLASSIC STU-PEDS

by Stu Ruth



DSE members at the Kaiser San Francisco Half Marathon. From left to right, Erika Kikuchi, Jerry Flanagan, Kenley Gaffke, Adrian Jue, Jason Reed and Kevin Lee, with photographer Paul Mosel seated in front
Photo by Pat Cunneen

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
LMJS 4th Sunday Runs, Oakland, January 25						
5K						
32	Kristin Slye	39	5		F 30-39	26:01
10K						
2	Noe Castanon	38	1		M30-39	46:13
15K						
2	Edward Haack	40	1		M40-49	64:58
Kaiser Permanente San Francisco Half Marathon, February 1						
21	Chikara Omine	26	7		M25-29	1:17:03
44	Ian Macnider	23	6		M20-24	1:19:41
77	Kennet De Silva	27	18		M25-29	1:23:10
80	Kenley Gaffke	30	16		M30-34	1:23:23
81	David Goldman	34	17		M30-34	1:23:30
90	Peter Hsia	48	8		M45-49	1:23:55
135	Jason Reed	30	27		M30-34	1:26:28
153	Roy Clarke	53	2		M50-54	1:27:00
192	Mark Orders	50	5		M50-54	1:28:03
261	Markham Miller	44	37		M40-44	1:29:53
307	Arthur Breton	22	13		M20-24	1:30:57
311	David Altena	47	23		M45-49	1:31:09
317	Jakob Gron	37	51		M35-39	1:31:18
496	Luis Vargas	51	18		M50-54	1:35:20
555	Michael Sweet	39	92		M35-39	1:36:24
601	Daryl Luppino	49	55		M45-49	1:37:07
777	Adrian Jue	27	107		M25-29	1:39:58
823	Joseph Macrino	24	20		M20-24	1:40:41
838	Jeremy Calnan	49	74		M45-49	1:41:02
897	Erika Kikuchi	30	42		F 30-34	1:42:02
921	Kenichi Matsumura	31	137		M30-34	1:42:30
999	David Klinetobe	48	87		M45-49	1:43:30
1030	Louise Stephens	43	36		F 40-44	1:43:53
1108	Cammie Dingwall	45	19		F 45-49	1:44:50
1254	Jorge Larre	52	56		M50-54	1:46:29
1286	Leopoldo Rosales	54	57		M50-54	1:46:52
1304	Amy Sonstein	39	56		F 35-59	1:47:05
1317	Kenneth Fong	47	109		M45-49	1:47:12
1349	Daz Lamparas	56	16		M55-59	1:47:33
1369	Richard Nippes	60	10		M60-64	1:47:48
1388	Leland Faust	62	11		M60-64	1:48:03
1394	Theodore Jones	70	2		M70-74	1:48:10
1466	Fiona McCusker	44	59		F 40-44	1:48:50
1541	Ian Reid	65	5		M65-59	1:49:42
1582	Ann Orders	48	34		F 45-49	1:50:08
1638	Joe DiGiacomo	42	217		M40-44	1:50:39
1643	Keith Johnson	70	3		M70-74	1:50:42
1662	Aram Durgerian	14	26		M 2-19	1:50:53
1794	Miguel Guerrero	39	247		M35-39	1:52:11
1852	Maria Pantoja	29	142		F 25-29	1:52:41
1904	George Baptista	66	7		M65-69	1:53:04
2086	Lucille Wing	52	15		F 50-54	1:54:38
2651	Gary Brickley	56	46		M55-59	1:59:59
2257	Marian Lyons	61	1		F 60-64	1:56:18
2356	Denise Leo	33	189		F 30-34	1:57:18
2606	Joel Rizzo	43	285		M40-45	1:59:35
2660	Joseph Connelly	47	187		M45-49	2:00:11
2955	Thomas Smiley	60	30		M60-64	2:03:25
3020	Paul Mosel	67	11		M65-59	2:04:04
3043	Sheldon Wong	51	130		M50-54	2:04:17

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DSE AT THE RACES

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3328	Elizabeth Collins	28	333	F 25-29	2:07:13
3369	Uwe Schling	38	392	M35-39	2:07:37
3432	Patricia Geramoni	60	3	F 60-64	2:08:13
3757	Milinda Lommer	39	261	F 35-39	2:12:27
3829	Erin Kirk	34	355	F 30-34	2:13:23
3890	Michael Rothman	58	72	M55-59	2:14:07
3934	Wendy Newman	58	33	F 55-59	2:14:36
4005	Joi Wong	43	252	F 40-44	2:15:41
4357	Henry Nebeling	76	9	M75-59	2:20:45
4517	Betsy Dorsett	26	517	F 25-29	2:24:01
4953	Mary Jean Pramik	60	14	F 60-64	2:34:06
5074	William Woolf	73	11	M70-74	2:38:55
5329	Virginia Rosales	45	241	F 45-49	2:48:58
5539	Alfred Tolentino	37	520	M35-39	3:02:59
5580	Margie Whitnah	60	23	F 60-64	3:07:08
5620	Elaine Koga Kennelly	66	10	F 65-69	3:11:36
5621	Paul Kennelly	63	55	M60-64	3:11:37
5810	Elaine Gecht	65	14	F 65-59	3:38:45

Kaiser Permanente San Francisco 5K, February 1

179	Steve Nissenson	60	4	M60-99	25:30
195	Sandra Sigurdson	52	13	F 40-59	25:55
286	Lisa Griffin	44	17	F 40-59	27:19
327	Judith Waitz	49	19	F 40-59	27:57
422	Lisa St. Claire	42	33	F 40-59	29:07
466	Jeff St. Claire	43	60	M40-59	29:35
757	Jeanie Kayser-Jones	73	4	F 60-99	32:10
821	Barbara Robben	74	6	F 60-99	32:44
871	Jeffry Darrow	59	109	M40-59	33:15

Surf City Marathon, Huntington Beach, February 1

1381	Gregory Brown	59	60	M55-59	5:01:30
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**Jed Smith Ultra Classic, Sacramento, February 7
50K**

1	Chikara Omine	26	1	M 1-29	3:08:44
4	Eduardo Vazquez	36	1	M30-39	3:51:03
7	Jason Reed	30	3	M30-39	3:59:07
28	Erika Kikuchi	30	3	F 30-39	4:52:32
48	Noe Castanon	38	7	M30-39	5:27:32

30K

6	David Klinetobe	48	2	M40-49	2:32:05
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Trinidad Clam Beach Runs, Trinidad, CA, February 7

8.75M

179	King Wayman	59	14	M55-59	1:13:36
181	Jeffrey Bedolla	55	15	M55-59	1:13:43
294	Peter Royce	74	4	M70-74	1:23:33
297	Wendy Newman	58	4	F 55-59	1:24:11
298	Kat Powell	58	5	F 55-59	1:24:37
322	Sam Roake	72	5	M70-74	1:28:02
330	Janice Rensch	63	3	F 60-64	1:29:31
335	Jack Bascom	67	4	M65-69	1:30:13
337	Richard Pon	57	20	M55-59	1:30:16
377	Jim Kauffold	71	6	M70-74	1:34:30
380	Brierly Reybine	69	3	F 65-59	1:35:05
384	William Woolf	73	7	M70-75	1:35:59
410	Lucy Pon	56	11	F 55-59	1:43:54
448	John Lang	69	8	M65-69	1:56:56

5.75M

259	Ken Reed	63	7	M60-64	1:05:38
377	Wally Rapozo	80	1	M 80+	1:35:44
404	Liese Rapozo	81	1	F 80+	1:41:42

Davis Stampede Half Marathon, February 8

152	Ed Celestina	58	2	M55-59	1:44:26
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President's Day 10K, San Mateo, February 16

	Gregory Brown	59	2		57:15
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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 races at which we need a full slate of volunteers:

- March 8 Potrero Hill 4M
- March 15 St. Patrick's Rainbow Falls 5K
- March 22 Fort Point 12K
- April 5 Golden Gate Park 10K
- April 12 Easter 5K
- April 26 Polo Field 1M/5K
- May 3 Stern Grove 4M
- May 10 Marina Green 5K

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.

We are actively seeking Race Directors for 10-12 of our 2009 races. Please check with Kevin regarding open race dates if you are interested and have some experience as a Race Director.

**ACCURATE AGE
DIVISION POINTS**

Janet Nissenson

Please make sure that you write down your correct age each week on your race tag. It is extremely important for age division points tracking that this information is accurate.

If you prefer not to disclose your actual age, then do not list an age at all. By not listing your correct age, you can adversely impact other runners in your age group by taking away points that they have deservedly earned.

◆◆◆ 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 Mar 1 Great Highway Run, 4 miles

START/FINISH: Lincoln Way & Lower Great Highway grass path

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

COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path and run south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd and return northbound to Lincoln Way finish.

Sun Mar 8 Potrero Hill Run, 4 miles

START/FINISH: 17th & Arkansas Streets

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th St, right on 3rd St, right on Cesar Chavez, right on Vermont, right on 26th St. Then turn left on Kansas, left on Vermont (up crooked street), right on 20th St, left on Kansas, right on 17th St and run to finish near corner of 17th & Arkansas.

NOTE: First day of Daylight Savings Time—Set clocks ahead one hour!

Sun Mar 15* St. Patrick's Day 5K at Rainbow Falls

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 to McLaren Lodge. Turnaround 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 Mar 22 Fort Point 12K

START/FINISH: Yacht Rd Parking Lot, 1 block north of Marina Blvd (Little Marina Green)

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

COURSE DESCRIPTION: Run clockwise loop of Yacht Harbor, turn around at end of parking lot, exit left along diagonal dirt path and left onto Marina Blvd. Traverse uphill/downhill on Fort Mason path and turn around at vertical wood posts at east end of Aquatic Park. Return to Start and then 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 Mar 29 NO DSE RUN

Opportunity to run Presidio 10K/10M—Companion race to National RRCA Convention held in San Francisco
www.presidio10.com, www.rrcaconvention.org

Sun Apr 5 Golden Gate Park 10K

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

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto M L King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) 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: Wednesday, April 1, 2009
 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 janeacol@earthlink.net.

Weather Report

Meteorologist Mike Pechner

The most important forecast for right now is for the Napa Valley Marathon; I expect a dry start with the possibility of rain for the late arrivals in Napa. Cold rain will continue for the first few days of March, with dry, mild weather in the second week.

Rain will return for several days around mid-month, followed by a few dry days before a more significant storm moves in around the 25th. This could be the strongest storm of the month. Overall, March should be much wetter and colder than last year and wetter than normal.



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Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

March

1	Richard Nippes	17	Marie Brizuela
	David Picanello		Markham Miller
	Leo Rosales	19	Mark Ashton
	Jim Stratta		Mark Olson
2	Noah Feinstein		John Soler
	Sherrill Golden	21	Andrew Freid
	John H. Weidinger		Leslie Okamoto
3	Laurie Huth	23	Sara Jane Osborne
8	Kathryn vonBlankenburg	24	Ed Kinchley
9	James Alfieri	25	Skyler Bruno
10	Diego Patrick McManus	27	Marian Lyons
11	Michael Gama	28	David Goldman
15	Lourdes Gregson	29	Keith Johnson
16	Susan Bruno		Alex Nissenson
	James O'Donnell	30	Sally Fairchild
	Tyler Tsang		Carole Mawson
		31	Michael Lavelle

New Members

CONCORD
Jakob Lail

MENLO PARK
Carol Pechler

SAN FRANCISCO
Vinod Gupta
Paul Cowie

SAN JOSE
Dacia Roe

WOODSIDE
Sten Mawson

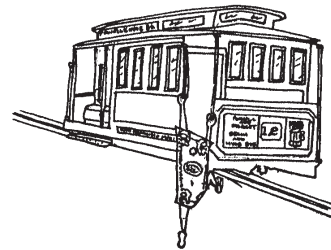


San Francisco
Dolphin South End Running Club
Postmaster, Return Undeliverable Mail To:
Richard Finley
805 Vega Circle
Foster City, CA 94404

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>.

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com.



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!