

Janet Nissenson

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The convention attendees were treated to a cocktail reception at the historic South End Rowing Club, where Pat Cunneen shared some of the history of

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blood cells. Donnelly Gillen, the DSE Secretary, said, "The gala would never have ordered such nice trophies if we knew some runners would use synthetic enhancements to win them!" \*

### International champions expected to run at DSE Easter Roller Coaster 5K

In a closed-door meeting led by DSE treasurer Wendy Newman, the DSE signed three international champions to race at the April 12 Easter Roller Coaster 5K. An unidentified source said these champions would receive up to 8–10 baskets of cookies made by Fred and Yong Haber. These infamous Haber cookies, which show up as post-race refreshments at many of the DSE races, contribute to the recent growth in attendance of the DSE races. Ms. Newman said she had "no comment" at this time regarding the negotiations between the champions and the exact amount of cookies the DSE would award, but she went on to say that this would not conflict with the current supply of post-race refreshments. She also noted that the Habers are willing to "step up to the task." The Board of Directors indicated that they would issue a press release shortly after the talks settle.\*

\*These items are satirical, if in fact you consider these news blips funny; otherwise please consider these news items false and simply as filler.

### DSE COME RAIN OR SHINE

The months of February and March have had their fair share of rainy Sundays. So how does this rain affect

the DSE? Well, it looks as if it doesn't. Beginning in February we've had 1067 racers for seven DSE races with an average of 152 racers. The club experienced six out of seven Sundays with unsettling rainy conditions.

DATE	CONDITIONS	RUNNERS
2/8 Sawyer Camp	Rain	285
2/15 Ballpark 5K	Heavy Rain	86
2/22 Embarcadero 10K	Rain	142
3/1 Great Highway	Rain	118
3/8 Potrero Hill 4M	Overcast	95
3/15 St. Patrick's Day	Sprinkles	227
3/22 Ft. Pt. 12K	Partly Cloudy	
after rainy night		114
Total		1067
Average		152

### BOARD MEETING APRIL 4

A Board Meeting is scheduled for 6:00 PM on Saturday April 4 at Enjoy Vegetarian, 754 Kirkham St, San Francisco. All club members are welcome to attend. If you wish to come to the meeting, please send your RSVP before the meeting to Grant at [grant.johnson@schwab.com](mailto:grant.johnson@schwab.com).

### APRIL RACE SCHEDULE

Every Sunday the DSE finds a different location to hold our race. Thus far this year race locations have been at Golden Gate Bridge, Lake Merced, the Waterfront, Golden Gate Park, Sawyer Camp, Mission Bay, Presidio/Marina Green, Potrero Hill, etc. In April three out of four race locations are inside Golden Gate Park with the other just up the road in Mountain Lake Park. Each race explores one of the gamut of

routes that San Francisco has to offer.

On April 5, the Golden Gate Park 10K, which is always a crowd-pleaser, showcases the city's Windmill and runs along the park's northern route.

On April 12, the Easter Roller Coaster 5K is becoming an annual family favorite, in which lucky runners come away with Easter chocolates as refreshments.

There is NO DSE Race on April 19. The DSE encourages everyone to run the Zippy 5K. Club members receive a race discount with online registration.

The April 26 Polo Field 5K has added a new male and female one-mile race on the Upper Polo Field Track. The club offers a combination discount race entry fee to enter both races. Please note that the Mile race begins at 8:30 AM.

### BAY TO BREAKERS UPDATE

Sixty-one Bay to Breakers drawbridge positions were filled within two weeks. Many B2B volunteer assignments still need to be filled. Check them out at [http://www.doitsports.com/volunteer2/jobs-by-date.tcl?event\\_id=193488](http://www.doitsports.com/volunteer2/jobs-by-date.tcl?event_id=193488).

The B2B Running Club Challenge is a category that promotes local clubs, who will vie for first place in both size and speed. I think that the DSE can do very well in the size category. The B2B is giving \$5 registration discounts to DSE members.

Does anyone have Bay to Breakers stories? The B2B coordinator is looking for DSE stories connected to B2B. If you have any stories, please contact Josh at [jmuxen@INGbaytobreakers.com](mailto:jmuxen@INGbaytobreakers.com).

## ◆◆◆◆◆ 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](mailto: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.

## ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

### Mail

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

### Telephone

Hotline: 415-978-0837

### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)  
WEBMASTER: Jeff Houston  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

running in San Francisco, and where Convention Director George Rehmet felt the need to cool off by taking a dip in the bay (photos of George in his Speedo are available upon request). The Chinese Dragon dancers started off the business meeting on Friday morning, and the attendees enjoyed a Chinese dinner and shopping at Sports Basement that same evening.

The week was capped off with the companion race to the convention—the Presidio 10M/10K. The weather was picture-perfect for this scenic course that traverses both sides of the Golden Gate Bridge, starting and finishing at Crissy Field. This is a great event sponsored by The Guardsmen, with massive quantities of free food and drink after the race, and entertainment by a live band.

Many, many thanks to all of the volunteers from DSE who helped out at various times and places during the



**RRCA Convention Director George Rehmet with local ultramarathoning star Dean Karnazes**  
© 2009 Paul Mosel

convention, especially Paul Mosel who tirelessly took hundreds of photos over the four day period, and Joe Connelly, who was in charge of overseeing the convention expo. And a huge thanks to George Rehmet, who has devoted the past 18 months of his life to planning this extravaganza. It was definitely one for the ages.

*Editor's note: Presidio 10K/10M results and photos can be found on pages 12 and 13.*

## THE 10 STEEPEST STREETS OF SAN FRANCISCO

Janet Nissenson

A year or so back, when I was compiling several decades worth of DSE newsletters and race results, I set aside several articles and photos that caught my interest. One in particular was a table that listed the 10 steepest streets in the City. (I'm not sure exactly what year this was from, but looks like the mid-1970s.) Wouldn't this make for an interesting run course—to tackle all ten of these hills? Whoever made it to the top of all ten the quickest would without doubt be crowned King or Queen of the Mountain! Stay tuned—this crazy idea might just take shape one of these days in the form of a DSE Fun Run!

STREET	SLOPE	FEET
Filbert between Leavenworth & Hyde	31.5%	202
22nd between Church & Vicksburg	31.5%	250
Jones between Union & Filbert	29%	275
Duboce between Buena Vista & Alpine	27.9%	136
Jones between Green & Union	26%	275
Webster between Vallejo & Broadway	26%	275
Duboce between Divisadero & Alpine	25%	207
Duboce between Castro & Divisadero	25%	165
Jones between Pine & California	24.8%	275
Fillmore between Vallejo & Broadway	24%	275



**Tim Twietmeyer, five-time winner of the Western States 100 Mile race, spoke at a seminar on ultramarathoning**  
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**Leo Rosales and Jane Colman show off their convention volunteer blue tie-dye T-shirts**  
© 2009 Paul Mosel

## CLASSIC STU-PEDS

by Stu Ruth



On Saturday morning, the RRCA Convention featured a run on the Dipsea Trail—and no one was left hanging





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

February 22, 2009

Embarcadero 10K

**Race Directors:** Bill Woolf and Wendy Newman

**Volunteers:** Amy Sonstein, Joseph Connelly, Bobby Marty, Kevin Lee, Calvin Chan, Mort Weisberg, Diane Okubo-Fong, Peggy Kang, Gary Brickley, Phyllis Nabhan, George Sacco, Uwe Schling, Jin Daikoku, Virginia Rosales



Race Directors Wendy Newman and Bill Woolf

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PL	NAME	AGE	TIME
1	Edrian Luna	18	35:53
2	Joel Lanz	36	35:57
3	Lance Doherty	32	36:38
4	Jason Reed	30	37:13
5	Hong Kee Kim	25	37:22
6	Kenley Gaffke	30	37:42
7	Jerry Lee	30	38:56
8	Sosa Franco	28	39:33
9	Juan Monje	21	40:16
10	Bob Sanchez	51	40:44
11	Mike Muchow	44	41:28
12	Adam Morganthaler	23	41:46
13	Michael Sweet		42:10
14	David Lorsch	38	42:20
15	Michael Gulli	49	42:27
17	Paul Cowie	30	42:29
16	Leigh Kenny ①	45	42:38
18	James Robinson	29	42:50
19	Robert Britain	50	42:51
20	Daryl Luppino	49	42:53
21	Rick Torreano	59	43:02
22	Rebecca d'Silva ②	20	43:08
23	Monty Hossain	31	43:18

24	Rick Pepper	46	43:21
25	Cherie Turner ③	39	43:22
26	Illegible	54	43:24
27	No Name		43:48
28	Leo Rosales	54	43:56
29	Carolyn Hutchins ④	47	44:17
30	Jorge Larre	52	44:57
31	Fiona McCusker ⑤	44	45:10
32	Luis Vargas	51	45:15
33	Aram Durgerian	14	45:26
34	Eric Cunningham	35	45:29
35	Julien Sobrier	29	45:31
36	Javier Szwaberg	39	45:39
37	Joni Castro	29	46:45
38	Koichi Fuvusawa	47	46:59
39	Mark Mooney	52	47:00
40	Wayne Plymale	57	47:04
41	Jonathan Silva	18	47:25
42	Erika Kikuchi	30	47:28
43	Marco Casalaina	31	47:28
44	Miguel Guerrero	39	47:29
45	Joe Digiacoimo	42	47:31
46	Marie Carlotti	52	48:32
47	Tim Allen	53	48:38
48	Joel Rizzo	43	48:40
49	Marie Muchow	44	48:43
50	George Baptista	66	48:52
51	Kenneth Fong	47	49:05
52	Michelle Chang	26	49:09
53	Casie McCarthy	26	49:19
54	Aqur Qureshi	41	49:20
55	Casey Childers	31	49:47
56	Benjamin Dillenberger	32	50:01
57	Carol Sie...morgan	42	50:13
58	Julianne Biagini	46	50:15
59	Sue Dykstra	37	50:31
60	Karina Dourado	29	50:40
61	Chenique Jackson	20	51:01
62	Steve Nissenson	60	51:09
63	Gregory Brown	59	51:16
64	Joseph Connelly	47	51:22
65	Paul Mennega	32	51:26
66	Kathleen Lail	41	51:32
67	Nina Santos	22	51:40
68	Gary Brickley	56	51:47
69	Maridee Charlton	53	51:50
70	Virginia Pedra	28	51:56
71	Carrie Contrerag	42	52:07
72	Patrick Lee	61	52:21
73	William Johnson		52:24
74	Mike Munson		52:30
75	Margarett Buschkamp		52:31
76	Luke Priebe	26	53:01
77	Juan Sanchez	33	53:05
78	Erin Allday	34	53:11
79	Tim Ramos	45	53:28
80	Rachel Boles	27	53:32
81	Paul Mosel	67	53:33
82	Elizabeth Arbuckle	33	53:37

83	Sam Rodriguez	49	53:55
84	Jeff St. Claire	43	54:41
85	Yen Kha	29	54:53
86	Peter Royce	74	54:54
87	Yong Haber	51	54:57
88	Tom Huster	65	54:59
89	Maren DeGraff	32	55:10
90	Pat Geramoni	61	55:18
91	Pam Kochman	59	55:28
92	Rachel Ochoa	23	55:30
93	Janet Nissenson	49	55:50
94	Valdeck Ribeiro	44	56:01
95	Neal Ashton	52	56:12
96	Adam DeGraff	34	56:21
97	Alicia Torres	19	56:40
98	Oliver Vautrin	33	56:55
99	J. Nickl	43	57:40
100	Erin Webb	25	57:59
101	Jonathan Garzon	32	58:43
102	Joy Yang	39	58:55
103	Ximeme Ares	43	59:04
104	Lisa St. Claire	42	59:11
105	Socheat Seng	28	59:16
106	Veronica Campbell	41	59:22
107	Katie Murphy	35	59:24
108	Anne Banfield	43	59:26
109	Erica Mizuuchi	29	59:27
110	Ji Yun Lee	30	59:29
111	Judith Rowlings	45	59:48
112	Mary Sohollen		60:14
113	Jeff Hall	39	60:31
114	Christina Collins	27	60:42
115	Karen Wells	52	60:46
116	Gayle Ehrean	35	60:48
117	Laura Froelich	41	60:55
118	Jim McBride	66	61:12
119	Maricki Heller	29	62:11
120	Karen Bird	39	62:14
121	Suzana Seban	55	62:44
122	Brian Hartley	55	63:19
123	Floe	68	63:26
124	Dave Spreager	46	63:31
125	Mike Hung	58	65:09

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Racing in the rain  
Photo by Don Watson

EMBARCADERO 10K  
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126	Joseph Delos	26	66:21
127	Jane Colman	65	68:12
128	Shazia Ashfaq	37	71:18
129	Susannah McCormick	24	76:05
130	Munaza Ashfaq		80:44
131	Xian Ke	27	88:00
132	Adrino Soliz		88:00

**SELF-TIMERS**

Carolyn Clark	
Fred Haber	49
Jesse Agbayani	57
Katherine Meyer	28
Margo Banowicz	50
Richard Finley	60
Robert Brizuela	69
Sandra Sigurdson	52
Shannon Luppino	13
Sunhi Kim	50

March 1, 2009

Great Highway 4M

**Race Director:** George Baptista

**Volunteers:** Bobby Marty, Joseph Connelly, Calvin Chan, Kevin Lee, Diane Okubo-Fong, Mort Weisberg, Fred Haber, Pat Geramoni, George Sacco, Paul Mosel, Helen Kauffold, Peggy Kang, Jim Kauffold, Phyllis Nabhan



Race Director George Baptista

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PL	NAME	AGE	TIME
1	Chikara Omine	26	21:44
2	Ian Macnider	23	22:27
3	Ryan Anderson	32	22:43
4	Valerie Young ①	42	22:51
5	Carlos Reyes	22	23:19
6	Joel Lanz	36	23:32
7	David Goldman	34	24:14
8	Grant Johnson	25	24:22
9	Joe Wehrheim	37	24:37
10	Adam Lucas	42	24:43
11	Colin Johnson	43	25:05
12	Edward Haack	40	25:24
13	Stephen Bourque	29	25:50
14	Jason Reed	30	26:20
15	Greg Hanna	48	26:23
16	Brian Schultz	41	26:28



Mid-pack competition

Photo by Don Watson

17	Adrain Flores	39	26:38
18	James Robinson	29	25:51
19	Mike Dunne	24	26:52
20	Aram Durgerian	14	26:54
21	Jason Jones	39	26:55
22	Michael Gulli	49	26:57
23	Rick Torreano	59	27:05
24	Joseph Macrino	24	27:23
25	Leo Rosales	55	27:30
26	Austin Boer	13	27:40
27	Luis Vargas	51	27:46
28	Michael Sweet	39	27:51
29	George Rehmet	42	28:06
30	Jorge Larre	52	28:36
31	Steven Pitsenbarger	40	28:37
32	Louise Stephens ②	43	28:43
33	Matthew Fabry	36	28:48
34	Stella Hall ③	24	28:52
35	Fiona McCusker ④	44	29:05
36	King Wayman	59	29:21
37	Andres Stinchfield	31	29:28
38	Marie Carlotti ⑤	52	29:31
39	Alfred Hu	48	29:35
40	Casie McCarthy	26	29:36
41	Jim Buck	66	29:38
42	Kenneth Fong	47	29:43
43	Erika Kikuchi	30	29:58
44	Larry Wuerstle	53	30:18
45	Mark Prichard	53	30:31
46	Toni Hall	18	30:41
47	Amy Sonstein	39	30:48
48	Maria Pantoja	29	30:54
49	Laura Callagy	39	30:58
50	Patrick Lee	61	31:07
51	Emily East	24	31:12
52	Angela Wilhelm	32	31:19
53	Gavin Fuchs		31:21
54	Paul Mosel	67	31:33
55	Karen Pinckard	49	31:38
56	Steve Nissenson	60	31:48
57	Kathleen Lail	41	31:54
58	Kelli Proctor	40	32:02
59	Keith Johnson	70	32:04
60	Joseph Connelly	47	32:09

61	Brian Tam	27	32:58
62	Elizabeth Arbuckle	33	33:07
63	Jerry McGowen	70	33:18
64	Lauren Porter	23	33:36
65	Thomas Smiley	51	33:45
66	Yong Haber	51	33:59
67	Tom Huster	65	34:01
68	Peter Royce	74	34:18
69	Matt Grunewald	29	34:48
70	Ximeme Ares	43	34:58
71	Janet Nissenson	49	35:05
72	Peter Bachykita	31	35:30
73	J. Nickl	43	35:46
74	Pat Geramoni	61	36:09
75	Jason Boer	40	36:22
76	Janie Shelten	29	36:33
77	J. Porth	35	36:45
78	Emma Grice	13	37:27
79	Marshall Roberts	29	37:28
80	Wendy Newman	58	37:35
81	Mary Rose Fabi	35	37:48
82	Kate Gagnon	31	37:52
83	Hilary Bryant	27	37:54
84	Alice Miller	49	38:06
85	Johanna Merriss	58	38:08
86	Mary Liddy	36	38:14
87	Suzana Seban	55	38:39
88	Harriette Howett	35	39:05
89	Jack Bascom	67	39:06
90	Roy Howett	35	39:25
91	Jane Colman	65	39:31
92	Cissy Deluca	26	39:52
93	Bill Woolf	73	39:58
94	Tim Wasson	58	40:03
95	Floe	68	40:17
96	Virginia Rosales	45	40:56
97	Gary Bengier	54	41:45
98	Ashley Cooper	32	41:47
99	Nikki Levine	34	41:49
100	Jeff Houston	50	42:36
101	Robyn Orr	33	43:11
102	Jeff Shopoff	65	43:14
103	Linnea Fox	12	43:36
104	Lyndsay Orwig	23	44:03
105	Erin Johnson	37	44:58
106	Barbara Robben	74	45:22
107	Kathie Schwartz	58	46:29
108	Cherryll Sevy	60	46:31
109	Jerry Flanagan	43	50:43
110	Alexa Martinez	08	56:35
111	Don Martinez	41	56:36

**SELF-TIMERS**

Bob Theis	80
Don Watson	79
Jesse Agbayani	57
Jim Kauffold	71
Liese Rapozo	81
Robert Brizuela	69
Sunhi Kim	50
Wally Rapozo	80



March 8, 2009

Potrero Hill 4M

**Race Director:** Bob Morris

**Volunteers:** Bobby Marty, George Sacco,  
Kevin Lee, Uwe Schling, Calvin Chan, Sandra  
Sigurdson, Vince French, Diane Okubo-Fong,  
George Teiber, Marie Appel



Race Director Bob Morris

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PL	NAME	AGE	TIME
1	Will Hudson	27	21:21
2	Chikara Omine	26	23:34
3	Ian MacNider	23	23:51
4	Carlos Reyes	22	25:23
5	Michael Gulli	49	26:50
6	Jakob Gron	37	26:55
7	John Brust	37	27:06
8	Edward Haack	40	27:19
9	Anders Ryerson	31	27:43
10	Luis Vargas	51	28:07
11	Steve Stephens	65	28:09
12	Mike Dunne	24	28:18
13	Noe Castanon	38	28:23
14	Daryl Luppino	49	28:25
15	Steven Pitsenbarger	40	28:28
16	Rick Torreano	59	28:33
17	Taylor Todd	19	28:51
18	Brian Herndon	38	29:06
19	Leo Rosales	55	29:10
20	Brian Colleran	22	29:16
21	Koichi Furusawa	47	29:19
22	B.J. Ricketts	33	29:33
23	Jeff Shard-Lubbers	28	29:40
24	Joseph Macrino	24	29:48
25	Jorge Larre	52	29:57
26	Mark Mooney	52	30:04
27	Markham Miller	44	30:16
28	Frank Szerdy	49	30:23
29	Jose H. Ruiz	53	30:30
30	Shunsuke Nakata	22	30:32
31	David Klinetobe	48	30:54
32	George Musante	54	31:06
33	Jim Buck	66	31:12
34	Daz Lamparas	56	31:17
35	Amy Sonstein ①	39	31:21
36	Larry Wuerstle	53	31:30
37	George Baptista	66	32:21
38	Kenneth Fong	47	32:52
39	Karen Pinckard ②	49	33:23

40	William McCarty	33:27
41	Paul Mosel	67 33:29
42	Patrick Lee	61 33:43
43	Steve Nissenson	60 33:57
44	Keith O. Johnson	70 34:09
45	Lucy Wing ③	52 34:18
46	Matthew Higgins	33 34:40
47	Adrian Wong	58 35:16
48	Theo Jones	70 35:20
49	Gregory Brown	59 35:29
50	Greg McClellan	33 35:50
51	Janet Nissenson ④	49 36:25
52	Marian Lyons ⑤	61 36:39
53	Tyler Abbott	48 36:43
54	Yong Haber	51 36:46
55	Tom Huster	65 37:58
56	Chris Breen	48 38:28
57	Pat Geramoni	61 38:59
58	Wendy Newman	58 39:21
59	Henry Nebeling	76 39:24
60	Floe	68 40:55
61	Erin Leydig	33 41:11
62	Jack Bascom	67 41:37
63	John Gifford	66 42:03
64	Ximene Ares	43 42:13
65	Fiorenza Liope	18 42:56
66	Molly Orner	52 43:45
67	Virginia Rosales	45 43:47
68	Jim Kauffold	71 43:51
69	Jerry Flanagan	43 44:01
70	Bill Woolf	73 44:23
71	Sylvia Pagan	42 45:15
72	Jeff Houston	50 45:21
73	Mary Gray	47 46:23
74	Barbara Robben	74 46:38
75	Jane Colman	65 46:40
76	Eric Shaw	38 46:57
77	Felicia Lee	31 46:59
78	Kay Teiber	69 47:12
79	Henriette Howett	35 47:14
80	Robyn Orr	33 47:21
81	Lucy Pon	56 52:45
82	Shannon Luppino	13 53:42
83	Sandy Gifford	67 54:37
84	Carlos Bais	40 55:02



Climbing Vermont, the crookedest street

Photo by Don Watson

85	Margo Banowicz	50	55:32
86	Bob Theis	80	58:27
87	Daniel Randleman	31	59:41
88	Denise Olvea	31	62:16
89	Juanita Greene	17	62:18

#### SELF-TIMERS

Ed Olkowski	66	80:33
Sunhi Kim	50	
Kim Chee Kim	4	
Richard Finley		
Gary Davis		
Robert Brizuela	69	

March 15, 2009

St Patrick's Day Rainbow Falls 5K

**Race Directors:** Jim Kauffold and Neil  
Mahoney

**Volunteers:** Bobby Marty, Joseph Connelly,  
Calvin Chan, Kevin Lee, Diane Okubo-  
Fong, Liese Rapozo, George Baptista,  
Phyllis Nabhan, George Sacco, Vince  
French, Helen Kauffold, Wally Rapozo,  
Jesse Agbayani



Co-Race Director Jim Kauffold

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PL	NAME	AGE	TIME
1	Ben Jarrett	29	16:27
2	Michael Davitian	23	16:30
3	Ehrin Armstrong	31	16:56
4	Ian Macnider	23	17:01
5	Grant Johnson	25	17:14
6	Daniel Sanchez	25	17:28
7	Jonathan Bretan	26	18:28
8	Jeff Seaby	36	18:29
9	Roy Clarke	53	19:15
10	Markham Miller	44	19:20
11	Colin Johnson	43	19:25
12	Michael Gulli	49	19:29
13	Aram Durgerian	14	19:47
14	Noah Feinstein	33	19:50
15	John Woods	45	20:10
16	Robin Quarricci ①	27	20:16
17	Thomas Heinzel	40	20:22

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# ST PATRICK'S DAY RAINBOW FALLS 5K

continued from page 6

18	Joseph Macrino	24	20:26
19	Luis Vargas	51	20:28
20	James Robinson	29	20:30
21	Rick Torreano	59	20:33
22	Dave Flinn	43	20:36
23	Robert Britain	50	20:37
24	Gene French	62	20:38
25	Eric Davies	36	20:41
26	Noe Castanon	38	20:44
27	Steven Pitsenbarger	40	20:49
28	Matthew Fabry	36	20:49
29	Riya Suising	41	20:52
30	Jeremy Calnan	49	21:08
31	Leo Rosales	55	21:13
32	Daryl Luppino	49	21:20
33	John McAndrew	25	21:27
34	Austin Boer	13	21:29
35	Hayley Ney ②	17	21:31
36	Emma O'Neill ③	22	21:35
37	Jim Ney	52	21:42
38	Jorge Larre	52	21:45
39	Sophia Cannata-Bowman ④	14	21:46
40	Mark Mooney	52	21:48
41	Sam Redmond	13	21:52
42	Edward Caldwell	50	21:58
43	Fiona McCusker ⑤	44	22:01
44	Maurice Daroy	38	22:04
45	Kelvin Brillante	20	22:07
46	David Klintobe	48	22:14
47	King Wayman	59	22:19
48	Karl Olson	56	22:26
49	Daz Lamparas	56	22:44
50	Jim Buck	66	22:46
51	Stephen Sorrow	33	22:50
52	Marie Carlotti	52	22:59
53	Junichi Napaki	41	23:06
54	Larry Wuerstle	53	23:13
55	Ed Celestina	58	23:15
56	Rachel Young	32	23:20
57	Greg Millner	37	23:24
58	Claude Maugein	57	23:28
59	Christian Blakey	11	23:29
60	Bruce Leary	57	23:31
61	Maria Pantoja	29	23:33
62	Lauren Currie	37	23:35
63	George Baptista	66	23:37
64	Emily Ferrey	27	23:44
65	Shang Yulei		23:45
66	Jerome Guiang	19	23:46
67	Maureen Davin	27	23:48
68	Patrick Lee	61	23:50
69	Joe Czech	55	23:51
70	Cath Kemp	28	23:58
71	Andrew Tirnan	25	24:01
72	Karen Pinckard	49	24:12
73	Paul Mosel	67	24:22
74	Don Elsener	53	24:28

75	Keith Johnson	70	24:37
76	Thomas Smiley	51	24:42
77	Miho Iijima	39	24:43
78	Steve Nissenson	60	24:44
79	Sara Mahoney	27	24:46
80	Karina Gomes	29	24:53
81	Kathleen Lail	41	24:57
82	Joseph Connelly	47	25:03
83	William McCarty	61	25:13
84	Erick Reyes	31	25:26
85	Stephanie Soler	34	25:31
86	Jerry McGowan	70	25:40
87	Michelle Smith		25:43
88	Yong Haber	51	25:45
89	Tom Huster	65	25:46
90	Jennifer Chen	22	25:51
91	Tyler Boer	10	25:57
92	Bryan Olney	23	26:01
93	Sabina Bannon	47	26:10
94	Gregory Brown	59	26:11
95	NO NAME		26:12
96	Calee Swinney	28	26:16
97	Charles Herndon	13	26:17
98	Laura Elsener	18	26:28
99	Valdeck Ribeiro	44	26:35
100	Janet Nissenson	49	26:38
101	Gary Owens	40	26:54
102	Noelle Wyman	38	26:56
103	Miguel Guerrero	39	27:02
104	Craig Wasserkug	48	27:09
105	Brittany Bovenizer	23	27:14
106	Neal Ashton	52	27:24
107	Grainne McAleese	29	27:26
108	Jackie Teixeira	27	27:28
109	Mike Dunne	24	27:38
110	M. Fabi	35	27:43
111	Pat Geramoni	61	27:45
112	Tim Grant	48	27:47
113	Dior Walker	08	27:48
114	Rosy	10	27:49
115	Francis Riggins	41	27:50
116	Quran	08	27:51
117	Bahare Farhadian	24	27:59
118	Jim McBride	66	28:15
119	Jane Czech	56	28:23
120	Jennifer Wuest	32	28:25
121	Angela White	28	28:29
122	Bianca Lim	22	28:42
123	April French	12	28:46
124	Kathleen Bannan		28:52
125	Kevin Fry	29	29:00
126	Jodi Kaldenbach-Chase	23	29:15
127	Suzana Seban	55	29:17
128	Jack Bascom	67	29:53
129	Bob Morris		30:04
130	Jerry Flanagan	43	30:15
131	Virginia Rosales	45	30:18
132	Mar Cainglet	24	30:21
133	Marian Corpus	23	30:23



Kids' race runners showing off their finishers' ribbons

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134	Juliet Noonan	29	30:25
135	Han Lee	42	30:44
136	Sebum Lee		30:48
137	Tatum N.	29	30:50
138	Floe	68	31:00
139	Dina Piccoli	45	31:05
140	B. Stockelee	39	31:07
141	Laura Seaman	23	31:25
142	Janet Fry	29	31:37
143	Stephanie Hayes	33	31:48
144	Jeff Shopoff	65	31:57
145	David McLaughlin	15	31:58
146	Joanne McLaughlin	43	32:00
147	Nick Krozek	08	32:01
148	Kim Krozek	40	32:03
149	Jeanie Jones	73	32:05
150	David Olney	55	32:07
151	Jamie Gironella	31	32:34
152	Rebecca Johnson	51	32:47
153	Rod Reyes	37	32:48
154	Carolina Castañon	14	33:12
155	Debbie Banaag	25	33:13
156	Carlos Araya	34	33:14
157	Reese Daroy	15	33:16
158	Cowboy Guy	55	33:23
159	Amy Herrington	33	33:38
160	Jeff Houston	50	33:41
161	Diego Lawson	12	33:43
162	Jack Olson	12	33:44
163	Dustin Daroy	12	33:46
164	Andrew Bayly	45	33:48
165	Anisha Chandra	24	33:52
166	Patricia Wolters	55	34:01
167	Jill Wolters	29	34:03
168	Dot Beineix		34:05
169	NO NAME #2		34:07
170	Xian Xe	28	34:17
171	Rochelle Pillagar	31	34:41
172	Heather Webster	27	34:51
173	Denen Kamp	00	34:53
174	Jen Bloom	00	34:54
175	Ulrike Delling	51	35:20
176	Naomi Cubillos	32	35:48
177	Shannon Mills	22	35:50

continued on page 8



ST PATRICK'S DAY RAINBOW FALLS 5K  
continued from page 7

178	Jad Aboulhson	12	36:00
179	Kirsten Dahl	26	36:35
180	Leah DeViny	25	36:37
181	Ryan	08	36:50
182	Shannon Luppino	13	36:52
183	Claudia Boer	42	37:33
184	Dionni	11	37:42
185	Gabriel	10	37:43
186	Kristy Chow		37:45
187	Jenny Fan		37:49
188	Suzanne Lee	31	37:56
189	Antonette Dumpit	30	38:29
190	Yvonne Mullen	27	38:47
191	R. Marasigan		39:42
192	A. Ferdon		39:44
193	Ann Castañon	35	39:47
194	Peggy Kang	73	40:21
195	Morgan Boer	08	40:31
196	Bob Theis	80	40:49
197	Dashon James	07	40:54
198	Jajuan Jones	10	40:55
199	Natalie Zimmer	34	40:59
200	Cathryn Weems	33	41:01
201	Aguilar	31	41:03
202	Safa Aliabadi	29	41:10
203	Ronnell	11	41:40
204	Samaiyah Abdullah	11	41:42
205	Tray	28	42:42
206	Alex Harris	25	42:43
207	Channan Johnson	21	42:51
208	Morgan Parker	23	45:02
209	Lupita Montenegro	28	45:28
210	Priscilla Kalugdan	39	46:03
211	Baleen Shemirani	32	46:27
212	Lily Hodges	07	46:30
213	Lisa Hodges		47:13
214	Patricia Harris	38	47:15
215	Danielle Torres	38	49:38
216	Angela Daroy	34	49:40
217	Stacey Moen	38	52:00
218	Alexa Martinez	08	52:00+
219	Don Martinez	41	52:01+

**SELF-TIMERS**

Jane Lee	58
Jesse Agbayani	57
Kerry Gundjohnsen	39
Kim Chee Kim	04
Liese Rapozo	81
Richard Finley	60
Russell Breslauer	63
Sunhi Kim	50

**KIDS' RUN**

1	Christian Blakey	11	3:47
2	Dior Walker	08	3:51
3	Tyler Boer	10	4:09
4	Cole Huster	08	4:17
5	Quran Lubin	08	4:23
6	Dennis Vuong	09	4:24

7	Logen Wyman	12	4:25
8	Jamiera Ganner	10	4:27
9	Ryan Damy	09	4:29
10	Miles Ramos	08	4:30
11	Gabe Lavern	10	4:46
12	Takeru Iijima	06	4:49
13	Amelia Huster	09	5:16
14	Morgan Boer	08	5:17
15	Samaiyah Abdullah	11	5:31
16	Gabriel Jones	06	5:32
17	Dashon James	07	5:50
18	Shannon Wyman	11	5:54
19	Rebekah Davis	07	6:01
20	Aaron Davis	11	6:03
21	Katelyn Flanagan	08	6:08
22	Jajuan Jones	10	6:24
23	Trinity Jones	04	6:36
24	Daniel McLaughlin	12	6:41
25	Connor Flanagan	03	6:55
26	Leanne McLaughlin	03	6:59

**March 22, 2009**

**Fort Point 12K**

**Race Director: Calvin Chan**

**Volunteers: Bobby Marty, Judith Jarosz, Karen Pinckard, Cathie Schling, Kenley Gaffke, Fred Haber, Phyllis Nabhan, George Sacco, Uwe Schling, Joseph Connolly, Wally Rapozo, Kevin Lee**



**Race Director Calvin Chan**

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PL	NAME	AGE	TIME
1	Chikara Omine	26	43:30
2	Matt Debski	32	44:31
3	Ian Macnider	23	44:42
4	Jon Williams	40	45:29
5	Grant Johnson	25	46:54
6	Carlos Reyes	22	47:04
7	Jason Reed	30	47:23
8	Michael Ward	54	47:36
9	Brent Daniel	38	48:07
10	Galin Carnicelli	40	48:28
11	Mark Orders	50	48:41
12	B.J. Ricketts	33	48:57
13	Juan Martin	35	49:18
14	Roy Clarke	53	49:45
15	Jakob Gron	37	50:10
16	Jin Daikoku	25	51:45



**Fort Point winner Chikara Omine**

Photo by Don Watson

17	Markham Miller	45	52:13
18	Joseph Macrino	24	52:17
19	Luis Vargas	51	52:18
20	John Woods	45	53:16
21	Monty Hossain	31	53:34
22	Matthew Ryan	24	53:44
23	Brian Hutto	44	53:53
24	Daryl Luppino	49	54:07
25	Steven Pitsenbarger	40	54:23
26	Mike Dunne	24	54:48
27	Rick Torreano	59	54:52
28	Leo Rosales	55	54:58
29	Michael Gulli	49	55:14
30	Emma O'Neill ①	22	55:18
31	James Robinson	29	55:42
32	Paul Cowie	30	55:43
33	Riya Suising	41	56:11
34	Vincent Gulli	19	56:57
35	Joann Pavlovcak ②	37	57:02
36	Edward Caldwell	50	57:10
37	Shannon Fischer ③	26	57:28
38	Roger Garcia	52	57:45
39	Larry Ledbetter	35	57:47
40	James Flynn	33	58:22
41	Wayne Plymale	57	58:44
42	Kenneth Fong	47	58:46
43	Al Nayeri	33	58:59
44	Jorge Larre	52	59:12
45	Erika Kikuchi ④	30	59:13
46	Alex Red Eagle	28	59:26
47	Alfred Hu	48	59:31
48	Passerini		59:51
49	Daz Lamparas	56	60:05
50	Theo Jones	70	60:13
51	Jenner Tiscareno ⑤	25	60:35
52	Jesus Chavez	32	60:50
53	Maura Prendiville	27	61:04

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54	Zach Hansen	31	61:38
55	David Klinebobe	48	61:40
56	Maria Pantoja	29	61:42
57	Nicole Stoller	29	61:47
58	Patrick Lee	61	62:06
59	Logan Taylor	29	62:09
60	Alexander Bradley	22	62:14
61	George Baptista	66	62:31
62	Cassie Chandler	30	62:55
63	Dale Hogan	30	63:44
64	Paul Mosel	67	65:10
65	Keith Johnson	70	65:14
66	Sam Rodriguez	49	65:59
67	Gary Brickley	56	66:09
68	Joseph Connelly	47	66:35
69	Mark Lennon	33	67:17
70	Kim Kivela	32	67:19
71	Steve Nissenson	60	67:41
72	Yong Haber	51	67:57
73	Nancy Chen	29	68:07
74	Robyn Collord	25	68:55
75	Gregory Brown	59	70:10
76	Janet Nissenson	49	70:22
77	Tom Huster	65	70:57
78	Stephanie Soler	34	71:04
79	Kelvin Brillante	20	73:26
80	Kathy Hu	18	73:28
81	NO NAME		73:35
82	Henriette Howett	35	73:37
83	Thomas Smiley	51	73:52
84	Kathleen Lail	41	73:58

85	Sam Roake	73	76:51
86	Jerry Flanagan	43	78:20
87	Laura Froelich	41	78:58
88	Floe	68	79:26
89	Ximene Ares		80:09
90	Jessica Ramirez	28	80:45
91	Ani Nica	47	81:12
92	Jim Kauffold	71	85:01
93	Kay Teiber	69	86:07
94	Lindsay Kolterman	19	86:31
95	Mary Gray	47	86:41
96	Susanna West	29	87:29
97	Jane Colman	65	87:43
98	Rebecca Hansen	28	89:43
99	Beth Johnson	30	89:45

SELF-TIMERS

Bob Theis	80
Fred Haber	49
Holly Tarbet	32
Jane Lee	58
Jesse Agbayani	57
Karen Pinckard	49
Kim Chee Kim	04
Laurie Koski	38
Lea Smith	36
Liese Rapozo	81
Margo Banowicz	50
Robert Brizuela	69
Shannon Luppino	13
Sunhi Kim	50
Tom Boyd	63

## ADDITIONAL VOLUNTEERS

*George Sacco*

In the last few years the DSE has started to return to the lofty status it once had. I can remember when I first started running with the club in the late 60s, the race attendance was always over 100 and the Practice Bay to Breakers, Bay to Breakers Revisited, and the Hangover runs could even have close to if not more than 1,000 runners. I don't know that we will ever get that big again, or even if we could accommodate that many runners. But in many ways we have become a more professionally run organization.

I feel the reason for this is our club volunteers, including operations volunteers, 12 coordinators, race directors, race day volunteers, and five club officers, all of whom are doing a great job. We seem to be doing very well at this time. But let's not forget that we always have and always will need replacements for these volunteers. So I am asking you to think about being a part of one of these volunteer groups.

For example, if you are not already an operations member please take the initiative and forward your name for future consideration to George Sacco at [gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com). The names and assignments of operations members are posted on our website.

We may need replacements or additional individuals. Please step forward to help our club becoming even better in the future.

## 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 races at which we need a full slate of volunteers:

April 5	Golden Gate Park 10K	May 10	Marina Green 5K
April 12	Easter 5K	May 24	Golden Gate Vista 10K
April 26	Polo Field 1M/5K	May 31	Practic Dipsea
May 3	Stern Grove 4M	June 7	Strawberry Hill 5K

If you can assist at any of the races/events listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto: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 nine more of our 2009 races. Please check with Kevin regarding open race dates if you are interested and have some experience as a Race Director.

## SUMMER SERIES WARM UP

*Calvin Chan*

Yes, the Summer Series will return later this year, but why wait? Ken Fong, Yong Haber, Tom Pang and Chikara Omine have been seen burning up the path as they get ready for the series.

If you are interested, you can join them Thursday nights at 6:30 PM at the parking lot at the end of Sunset Blvd and Lake Merced Blvd.

If you prefer, you can also join me and my gang for a bike ride around the lake. We have gathered for three weeks and look forward to having you join us for a run or a ride.

# DSE AT THE SNOWSHOE RACES

Erika Kikuchi

Many of you may know Jason Reed from all the DSE and other races he runs, but what you may not know is that, come winter, he hits the snow and competes in both the local and national championship snowshoe races—and this year he succeeded in getting some DSE members to take up the sport and join in. If any of you read *TrailRunner* ([www.trailrunnermag.com](http://www.trailrunnermag.com)) or even the *Wall Street Journal* (see “Chill of Victory, Agony of the Feet: The Art of Snowshoe Racing” by Barry Newman), you may have noticed there’s been a flurry (pun intended) of recent articles on the topic of snowshoe racing. What the heck is snowshoe racing anyway, you might ask. Well, it’s the fastest growing winter sport in the world, according to *Snowshoe Magazine* ([www.snowshoemag.com](http://www.snowshoemag.com)).

To put it in DSE perspective, imagine running the Easter Roller Coaster Run on a single track trail of snow with snowshoes (that legally can be no smaller than 7’ x 20’) strapped to your running shoes, snowflakes blowing in your face and our fleet-footed Chikara Omine taking over an hour to complete a 10K (for third place)! Oh yeah, and afterward, you have the strange impression that you just did a series of 400 meter track repeats. Our running friends in Colorado may disagree, but let me assure you that even for us hill-running Californians, snowshoe racing is ridiculously hard—but it’s also amazingly fun!

This year, the U.S. Nationals qualifying event in California was the Jazz Trax Snowshoe Stomp in Bear Valley. Jason pulled together a full DSE team, including himself, Jim Kauffold, Chikara Omine, me and my friend (and occasional DSE runner), Lisa Chin. We rented an SUV and headed up to 7,000 feet on a snow covered road, arriving amidst some blustery gusts of wind and snow and a 27 degree temperature. With some reservation, I opted to keep my ski jacket shell and hood on to block the wind, a choice I was glad I made as I was pelted with snow during first part of the race. Despite the snow, I warmed up fast, as the course consisted of one hilly 10K loop with a climb near the beginning. During the first half mile, I was beyond winded and actually wondered if I’d make it the whole way. After a mile or so, though, I found a groove (consisting of walking and running), and the weather brightened up. Jim and I both really enjoyed the snow-laden pine trees that covered the course.

Chikara came in third overall (out of the nineteen 10K runners) with a 1:01:17; Jason finished strong with a 1:07:36 for 6th place, I ran a 1:14:47 for first female, 8th overall, and Lisa sprinted to the end for a 1:19:42. Jim, at age 71,

finished in an incredible 1:46:55 and won a special award for the being the oldest racer to ever run the Jazz Trax race. Due to the small number of runners at the race and the rules that were made to help the sport grow, everyone who ran the race qualified for nationals. After the race, we kicked back in the lodge with bowls of hot soup for the awards ceremony, and listened to the middle school jazz band that came to play. As we drove down the mountain, we witnessed a car (with chains) skid into a mailbox right as we went by—a startling reminder of the slick conditions on the roads (go to these races with four wheel drive and chains if possible). Overall, it was a wonderful introduction to snowshoeing and made me even more excited for the nationals at Mt. Hood.

Jason and I couldn’t gather a group for the National Championship at Mt. Hood, but we ventured up to the race on our own. On the uphill, I battled against the wind and icy snow beating my face and questioned the sanity of my new-found sport, but once the climb was complete, it was a cool, winding single track downhill through the white forest all the way back. At nationals, there is a much more competitive field (first place male ran it in 44:30 and first female in 51:58), but Jason and I both had good races and I managed to place second in my age group with a time of 1:13:25. We met another runner there and formed a relay team for the 3 x 2.5K relay event. We were the

only mixed team, so we won our division. They had tons of raffle prizes and we won a pair of ski goggles, which I think might just come in handy for the next snowshoe race. I can’t wait!

If you’re interested in snowshoeing next season, come chat with any of us and be sure to check out the U.S. Snowshoe Association website at [www.snowshoeracing.com](http://www.snowshoeracing.com).

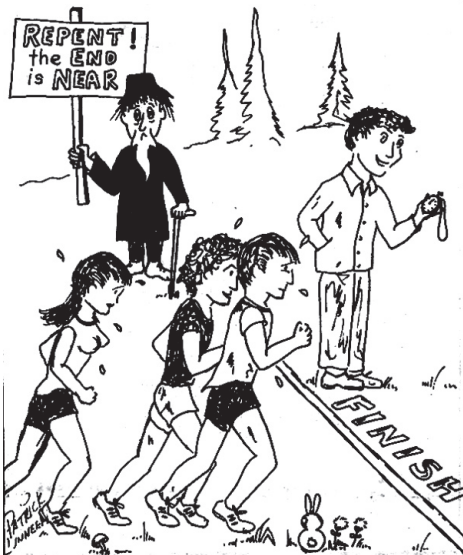
For more of our snowshoeing pics, see <http://picasaweb.google.com/hillrunner08/Snowshoeing2009?feat=directlink>.





## FROM THE ARCHIVES

### 1974



Thirty-five years ago, Stu Ruth was not the only one to contribute original cartoons to the DSE News. Here is one from a 1974 newsletter, by Pat Cunneen, one of the few current DSE members who has been in the club ever since its beginning in 1966.

### 1984

Some things never change. Twenty-five years ago, DSE historian Ted Vincent wrote:

The DSE is one of the few running clubs in the nation that puts on races almost every weekend of the year. It takes a sizable work force to keep the races and other club functions going, and a survey shows these workers are a tenacious bunch. They tend to last for years and years. Maybe they get their stick-to-it-ness from Walt Stack, and maybe he gets some of his tenacity from them; but for whatever reason, the DSE workers show a dedication that seems quite beyond the norm for your typical sports club.

Ted went on to say:

The job of DSE newsletter editor, a quite social position, is regrettably one that rapidly burns out its workers. Over the past 15 years there have been 14 different editors.... The 1983 editor, Margaret Curtis, says, "The sheer overwhelming amount of work is the one memory that sticks in my mind." Fortunately, some things do change. In the last twenty years, we have had only three editors (counting the team

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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
<b>Jazz Trax Snowshow Stomp 10K, Bear Valley, January 25</b>						
	Chikara Omine		1		M20-29	1:01:17
	Jason Reed		2		M20-29	1:07:36
	Erika Kikuchi	30			1st female overall	1:14:47
	Jim Kauffold		1		M >70	1:46:55

### Buzz Marathon, San Miguel, February 21

	Paul Kennelly					7:39
	Elaine Koga Kennelly		1		F 65-69	7:39

### LMJS Couples Relay, 2x5K, Oakland, February 22

15	Monica Zhuang/Eduardo Vazquez	2		60-79	38:38
24	Cammie Dingwall/Markham Miller	5		80-99	42:30
61	Veronica Vaskinn-Lew/Bevan Lew	10		40-59	48:08
102	Chalice Fong/Gene French	1		120-139	56:06
118	Kelly Cunneen/Steve Anderson	23		80-99	59:56
125	Marcia Martin/Keith Johnson	5		120-139	63:00
130	Marty Maricle/Patrick Cunneen	1		140+	63:63

### Tom Caruso 5K, February 22

23	Tyler Abbott				22:33
63	Barbara Robben				33:00

### Woodside King's Mountain Half Marathon, February 28

171	Jim Kauffold	71	1	M70-74	2:29:27
176	Sten Mawson	67	2	M65-59	2:34:11
178	Carole Mawson	64	1	F 60-64	2:36:40

### Juana Run 8K, Palo Alto, February 28

43	Peter Hsia				30:38
121	Gene French	62	2	M60-69	34:43
213	Joe DiGiacomo	42	46	M40-49	39:19
346	Neal Ashton	52	30	M50-59	44:23
349	Judith Waitz	48	23	F 40-49	44:26
501	Barbara Robben	74	1	F 70-79	52:43

### Napa Valley Marathon, March 1

405	David Klinetobe	48	44	M45-49	3:45:41
553	Kelly Emo	44	23	F 40-44	3:54:39
1370	Gregory Brown	59	64	M55-59	4:52:42
1511	Joi Wong	43	118	F 40-44	5:05:18
1562	Gary Aguiar	53	112	M50-54	5:11:23
1621	Uwe Schling	38	147	M35-39	5:18:27

### Face Off 2M Race, Redwood Shores, March 1

	Richard Tauber	6			17:00
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### Romancing the Island 12K, Angel Island, March 14

1	Kennet De Silva	27	1	M25-29	49:42
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### Across the Bay 12K, March 15

23	Chikara Omine	26	13	M25-29	40:03
45	Cliff Lentz	44	1	M40-44	42:20
82	Jason Reed	30	13	M30-34	44:53
102	Kenley Gaffke	30	15	M30-34	46:03
114	Eduardo Vazquez	36	8	M35-39	46:37
193	Edward Haack	40	24	M40-44	49:50
195	Tyler Abbott	48	18	M45-49	49:52

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of Jim Roe and Cheryl Willis, our first long-term editors, as one). Perhaps this is because we now have computers, sophisticated software and copy shop same-day printing to make the job a bit less overwhelming. One thing that hasn't changed is the popularity of the monthly folding session, which has been taking place for as long as I can remember—and 2009 is my 25th year in the club.

## 1989

Some of our races stay the same while the city changes around us. The circumstances may be different now, but the advice from 1989 DSE News editor Cheryl Willis is still timely:

What a hot time at last month's Potrero Hill run. Ted Vincent and Bernice Carter were the able race directors who sent off the predominantly male contingent (thanks to the scheduling of the Bonne Bell run on that date) into the grueling heat of this "mostly" flat course.

Mostly, except for the Lombard-like hill at Vermont Street, followed by the crest of the hill and a steep downhill to the finish.

Some of the frontrunners lost time to the passenger train which impeded their progress within the first half mile of the race, while some good samaritans in the front of the pack took time to help a stranded motorist and his friend push their car into a gas station's lot.

All of this under what felt like 80 degree temperatures. All of which brings me to some cautions which we don't think about all the time, because the chances of encountering a train, passenger or otherwise, are not too great on most of our courses.

We have to remember that DSE and its members continue to run our races on city streets with the implied blessings of the police and other public works departments, so long as we do not incite their wrath or that of the residents and businesses in the areas in which we run.

Like the sergeant in *Hill Street Blues* used to say, "Let's be careful out there." Keep your eyes open for hazards, moving or otherwise. And don't get into a ----ing contest with pedestrians or vehicles bigger than you are.

## DSE AT THE RACES

continued from page 11

330	Russ Kiernan	71	1	M70-74	54:21
352	Tom Collier	32	40	M30-34	55:05
365	Dale Hogan	30	44	M30-34	55:58
515	Kenneth Fong	47	37	M45-49	59:06
527	Erika Kikuchi	30	31	F 30-34	59:19
550	Amy Sonstein	39	28	F 35-39	59:48
601	Michael Gama	50	40	M50-54	1:00:50
763	Lucille Wing	42	13	F 50-54	1:03:38
921	Mitchell Sollod	69	7	M65-69	1:06:32
953	Kat Powell	58	12	F 55-59	1:07:14
1009	Sheldon Wong	51	83	M50-54	1:08:04
1183	Gary Brickley	56	39	M55-59	1:10:16
1190	Marian Lyons	61	6	F 60-64	1:10:21
1323	Peter Royce	74	8	M70-74	1:12:31
1488	Hashim Bashiruddin	52	84	M50-55	1:14:40
1531	Elizabeth Collins	28	124	F 25-29	1:15:26
1542	Henry Nebeling	76	3	M75-59	1:15:35
1563	James Golden	57	53	M55-59	1:15:56
1577	Erin Kirk	34	130	F 30-34	1:16:06
1621	Gary Aguiar	53	92	M50-54	1:16:48
1622	Alice Miller	49	65	F 45-49	1:16:51
1739	Jane Colman	65	3	F 65-69	1:18:53
1741	William Woolf	73	10	M80-74	1:18:64
1744	Mike Hung	58	61	M55-59	1:19:02
1782	Wendy Newman	58	28	F 55-59	1:19:47
2036	Barbara Robben	74	1	F 70-74	1:24:45
2062	John Herbert	60	39	M60-64	1:25:08
2064	Patricia Baker	48	100	F 45-49	1:25:11
2172	Kay Teiber	69	5	F 65-59	1:27:29
2195	Robyn Orr	33	219	F 30-34	1:27:56
2268	Rezelda Tubao	27	210	F 25-29	1:29:39
2401	Jeffry Darrow	59	82	M55-59	1:33:58
2455	Saskia Napieralla	29	237	F 25-29	1:36:20
2529	Dennis Hassler	75	5	M75-59	1:40:27
2657	Dina Kovash	70	4	F 70-74	1:50:45

### City of Dublin Annual Shamrock 5K, March 15

16	Peter Hsia	48	5	M40-49	18:42
691	Judy Jarosz	69	5	F 60-69	39:13

### Susan Alves Memorial Scholarship 5K, San Jose, March 21

29	Neal Ashton		3		26:51
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### LMJS 4th Sunday Run, Oakland, March 22

#### 5K

47	Barbara Robben	74	1	F 70+	35:51
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#### 15K

2	Edward Haack	40	2	M40-49	63:20
5	Noe Castanon	38	1	M30-39	71:23

### Presidio 10K, March 29

8	Eduardo Vazquez	36	1	M35-39	38:38
13	Kenley Gaffke	30	2	M30-34	39:38
48	Aram Durgerian	14	2	M 2-17	44:53
91	Fiona McCusker	44	3	F 40-44	47:42
100	Mark Mooney	52	5	M50-54	48:01
119	King Wayman	59	2	M55-59	48:45
120	Cammie Dingwall	45	1	F 45-49	48:49
139	George Rehmet	42	10	M40-44	49:19
150	Amy Sonstein	39	11	F 35-39	49:34

continued on page 13



206	Keith Johnson	71	1	M70-99	51:44
447	Wendy Newman	58	2	F 55-59	58:03
497	Milinda Lommer	39	34	F 35-39	59:32
894	William Woolf	73	5	M70-99	1:08:19
902	Virginia Rosales	45	17	F 45-49	1:08:36
	Liese Rapozo	81	1	F 70-99	1:43:00
	Wallace Rapozo	80	7	M70-99	1:47:00

**Presidio 10M, March 29**

14	Jason Reed	30	4	M30-34	1:04:39
73	Kristina Landry	33	3	F 30-34	1:13:07
95	Russ Kiernan	71	2	M70-99	1:15:15
110	Ian Reid	65	1	M65-69	1:16:35
127	Leopoldo Rosales	55	4	M55-59	1:17:51
185	David Klinetobe	47	11	M45-49	1:21:16
245	Erika Kikuchi	30	15	F 30-34	1:23:58
263	Kenneth Fong				1:24:52
361	Maria Pantoja	29	31	F 25-59	1:29:32
397	Joseph Connelly	47	25	M45-49	1:31:19
400	Joe Digiacomo	42	33	M40-44	1:32:18
475	Lucille Wing	52	7	F 50-54	1:35:13
502	Pat Geramoni	61	4	F 60-64	1:37:26
564	Gary Aguiar	53	23	M50-54	1:40:39
625	Suzana Seban	55	5	F 55-59	1:47:24
652	Carol Pechler	68	1	F 65-69	1:50:22
664	Jane Colman	65	2	F 65-69	1:52:12
666	Mike Hung	58	15	M55-59	1:52:21
716	Patricia Baker	48	15	F 45-49	1:59:50
755	Paul Kennelly	63	5	M60-64	2:26:36
756	Elaine Koga Kennelly	67	4	F 65-59	2:26:36

**PRESIDIO 10 PHOTOS**

Lucy Wing greeting the photographer  
Photo by Don Watson



Pat Geramoni running through Crissy Field  
Photo by Don Watson



Presidio 10K racers waiting at the starting line

© 2009 Paul Mosel



Suzana Seban, Wendy Newman and Carol  
Pechler relaxing after the race  
Photo by Don Watson

# ◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at [www.active.com](http://www.active.com) by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (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 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.

## **Sun Apr 12\* Easter Roller Coaster 5K**

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave and run through gate entrance at Pacific Street. Turn right on Pacific Street and run downhill to marked turnaround, then return along same route to finish.

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

## **Sun Apr 19 NO DSE RUN**

Opportunity to run Zippy 5K, [www.zippy5Krun.org](http://www.zippy5Krun.org)

## **Sun Apr 26 Polo Field 1M & 5K**

START/FINISH: South Side of Polo Fields, Golden Gate Park

ENTRY FEES: \$3/\$5 for one race; **\$5/\$7 for both races.**

**1M:**

STARTING TIMES: **Women's Race: 8:30 AM, Men's Race: 8:50 AM**

COURSE DESCRIPTION: Run 1 1/4 counter-clockwise loops around upper dirt track of Polo Field.

**5K:**

STARTING TIME: **Runners at 9:05 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way, and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

## **Sun May 3 Stern Grove Run, 4 miles**

START/FINISH: 33rd Ave & Wawona St

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west-to-east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and 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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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 News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

**Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](http://www.dserunners.com/members.html). From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at [www.active.com](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, 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](mailto: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 29, 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](mailto:janeacol@earthlink.net).

## Weather ♦♦♦ ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner



April temperatures will be seasonable, cooler in the early part of the month and warmer toward the end.

Most of the rain in April will be in the first two weeks, with sunny, dry and warmer weather in the last half of the month.

Rain will develop late on the 5th, with showers on the 6th, ending on the morning of the 7th. The last rain of April should be around the 10th or 11th.

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



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ANGELICUS  
Walt Stack

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Wendy Newman [wsn99@aol.com](mailto:wsn99@aol.com)

# Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

## April

1	Steven Friedman	16	Jennifer Wuest
2	Diane Okubo-Fong	17	Saptarshi Roy
3	Lynne Vogel	18	Norman Ching
4	Michael Dunne	20	Dale Hogan
5	Sandy Baumgarten		Sean Lavelle
	Jeff Landry		Mark Orders
6	Aaron Brickley		Susan Phelan
	Maeve Metzger		Jesse Ramos
7	Anya Durgerian	21	Colleen Holland
	Richard Hippard	22	Russell Breslauer
	Ken Reed		Jeffrey Ollis
8	Edwin Dunn		Steven Pitsenbarger
9	Wendy Newman	24	Diann Leo
11	Lucy Pon		Jeannine Mahoney
12	Gary Aguiar	25	Christian Blakey
	Alex Tsang		Patrick Sullivan
13	Robert Miller	26	Jack Olson
	Stacey Schesser	27	Robert Morris
14	Barbara Robben		Pat Wellington
15	Gwendolyn Herndon	29	Lori Hebert

## New Members

**PORTOLA VALLEY**  
David Maahs

**REDWOOD CITY**  
Jeannine Mahoney

**SAN FRANCISCO**  
Ximena Ares  
Gail Gabriel  
Thomas Ringer  
Jennifer Wuest  
Craig Wasserkrug

**SAN RAFAEL**  
Ella Haack

**SONOMA**  
Chris Breen



**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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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!