

May 2009

Janet Nissenon

A sign-up board will be available at all of the weekly races through mid-June, or until all volunteer slots are filled. If you have questions about a particular volunteer assignment, or would just like to sign up, please contact Janet Nissenson, Volunteer Coordinator, at jNissenson@aol.com or Ken Reed, Race Director, at RunKenRun@aol.com. Many thanks to all of our returning volunteers, and we hope to see a lot of new faces out there helping us this year!

◆ ◆ ◆ GRANT JOHNSON

I sat in on a few seminars and absorbed tangible knowledge about how to better govern the club and found insight into race directing, but I also discovered an understanding of how amazing our club is by observing how other clubs run themselves. Similar to an experience I had last year, a race director from another state could not believe that the DSE could have races every week ("serious, you mean every week???"). I sometimes take this feat of ours for granted. Our club and the service we provide are extraordinarily special. Our essence lies in our solid foundation of core volunteers, modest expenditures and revenue, a responsible Board of Directors, and dedicated athletes. Walt Stack created a precedence of hard work and respect that runs deep in the veins of this club to this day.

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I felt very proud to represent the DSE at this convention and I thank you all for the opportunity you gave me to do so.

SFGATE.COM SF CHRONICLE BEST RUNNING CLUB CONTEST

DSE has been nominated for the first annual San Francisco Chronicle SFGate.com BayList Best Mind & Body contest! The contest kicked off April 7 and ends May 29. Bay Area locals are invited to vote for their favorites on the BayList. DSE is competing in the Out and Active / Running Club category.

We all already know that the DSE is the best Bay Area running club, so cast your vote. As of 4/24/09, DSE is tied for 3rd place.

<http://baylist.sfgate.com/standings/best-of-mind-and-body/4728/out-and-active/running-club>

2009 GENERAL MEETING

Oh, how time flies when you are having fun! Please start getting ready for the the first club general meeting of 2009. This meeting will review the first half of 2009 and preview coming attractions. The general meeting will take place in June. I will post more specific time and place information in the next newsletter.

BOARD MEETING

The next Board Meeting is scheduled for June, and all club members are welcome to attend. I will post more specific time and place information in the next newsletter.

MAY RACE SCHEDULE

The May 3 Stern Grove 4M is your chance to check out Stern Grove before the concert series starts. Another highlight of this course is running under the many eucalyptus trees.

Bring out your Mother or Daughter or Son to our Mother's Day Marina Green 5K on May 10. What a perfect way to start the morning before you have a well-earned Mother's Day breakfast!

On May 17 there will be no DSE race. Did you know you can represent the DSE in Bay to Breakers? Sign up as part of the DSE team or as a volunteer. Please note this year's restrictions on nudity and alcohol and know that the DSE will not bail anyone out this year.

At the May 24 Golden Gate Bridge Vista 10K, you can run along the ocean through Land's End and past the Legion of Honor on this hilly course.

The May 31 Practice Dipsea 6.8M is your big chance to check out the Dipsea trail and find all the shortcuts before the big day. Even if you're not racing the historic Dipsea Race, it's a fun course to run anyway through the woods of Marin.

NATIONAL RUNNING DAY

Wednesday June 3 is National Running Day. In support of this very sacred holiday, make sure you get out and support it by doing what we all love to do: run.

IT'S BAY TO BREAKERS TIME!



CLASSIC STU-PEDS

by Stu Ruth

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

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

Mail/Phone/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116
Email janecol@earthlink.net

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

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

◆◆◆◆◆ 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

GREAT ACHIEVEMENTS IN RUNNING

*This month we hear from **Kenley Gaffke**, a talented young runner and fairly recent DSE member, one of several members who ran the Boston Marathon this April. In his non-running life, Kenley is manager of the San Remo Hotel, owned by former DSE member (and DSE Gala raffle benefactor) Robert Field.*

“There is No Finish Line”

Kenley Gaffke

Running has always seemed to be a natural part of my life. Growing up on a 200-acre farm in Michigan, I began running at an early age. With five older siblings, running and tree climbing were skills that I needed to survive my youth. I did have one older sister who was a speed phenom on the track; she would come home with medals from her high school track meets. I remember thinking to myself that I wanted a medal. What would it take for me to be a medal contender?

At eight years old I started to play every sport I possibly could and was drawn to baseball, basketball and running. However, running seemed to bring out the athlete within, and since every sport I did involved running, I always liked being able to outrun everyone. In the third grade I ran in my very first track meet. We had only two track meets a year, barely a chance to really get a feel for running. The longest distance I ran was the 60-yard dash. My running life consisted of only two track meets a year until the eighth grade.

It wasn't until I was a 14-year-old freshman in high school that I really began to become passionate about running. Every morning in high school when we had track practice at 6 AM, I would run two miles to school and then participate in practice, where I usually ended up running between four and six miles. My peers on the track team thought I was crazy for running to practice, especially so early in the morning. I continued this tradition of running to practice throughout high school. In track I ran the 800m, mile, 2 mile and the 2 mile relay, which meant that I ended up running four miles at each track meet. I guess these were the early years for building up my endurance. The 800m and the mile were my favorite events. In my sophomore year of high school I had one of my best track moments, when I finished the mile in 4:57 (my first and only sub-5-minute mile in high school).

In January 2008, I began training with the SF Marathon Training Program, the official training program for the San Francisco Marathon. With the guidance of experienced marathon leaders, I began my quest to run 26.2 miles, a full-fledged marathon. My hopes for running this marathon were not only to inspire myself but also to inspire others into believing we are capable of anything.



Kenley after the Boston Marathon, wearing his finisher's medal

Running a marathon had been a serious dream of mine since the age of 19 when I began training for the Chicago Marathon, but my training then only consisted of a few double-digit runs; some weeks I only ran three or four days, which didn't seem adequate enough training for a marathon. My longest run was 16 miles. My friends told me that I should still run it and that I would finish. Instead of running the marathon I opted to run a race in Frankenmuth, Michigan, called the Volkslaufe, which was 12.7 miles, the longest race I could enter besides a marathon. The race happened to be on the same day as the Chicago Marathon so it seemed like it was meant to be. I really wanted to run the Chicago Marathon, but I wanted to train properly for my first marathon and also get a good finishing time.

Ten years later, I revisited the quest to run a marathon and ran the San Francisco Marathon, my first marathon, on August 3, 2008. I finished in 3:22:31, almost 7 minutes ahead

of my goal time of 3:29. After finishing that first marathon I really rediscovered my passion for running and knew I wanted to run a lot more races and run another marathon. Three weeks after my first marathon I ran the Potrero Hill 4 Mile Run and finished fourth, the first time I had a top five finish.

In life there are very few things that are constants, but for me running is one of those constants that has always helped me get through anything. It is something I can do anywhere, anytime. One notable hero of mine, Steve Prefontaine, one of America's greatest long distance runners, once said, "I don't run to see who is the fastest. I run to see who has the most guts." One of the best things about running is the people I meet along the way. They will actually listen to your running stories and understand what a PR means. I've met a lot of great runners these past two years through DSE, Pamakids and the SF Marathon Training Program.

A week ago I ran in the Boston Marathon and set a marathon PR of 3:02:33. Afterwards I felt like I could do anything. It was my fourth marathon in eight months. After setting a marathon PR I felt like this was just the tip of the iceberg.

My next running adventure will be running a 50K some time this year.



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

April 5, 2009

Golden Gate Park 10K

Race Director: Janet Nissenson

Volunteers: Bob Theis, Joseph Connelly, Bobby Marty, Kevin Lee, Calvin Chan, Pat Geramoni, Diane Okubo-Fong, Peggy Kang, Ed Celestina, Phyllis Nabhan, Erika Kikuchi, Steve Nissenson, Fred Haber, Vince French, George Sacco



Race Director Janet Nissenson

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PL	NAME	AGE	TIME
1	Stuart McLay	45	33:53
2	Carsten Von Kuk	42	34:51
3	Mark Janes	33	35:24
4	Joel Lanz	36	35:51
5	J. Keenan	28	36:15
6	Ian Macnider	23	36:22
7	Carlos Reyes	22	37:06
8	Jeff Wilson	28	37:10
9	Kenley Gaffke	30	37:14
10	David Davis	40	37:27
11	Jason Reed	30	37:36
12	Jonathan Bretan	26	38:09
13	Chikara Omine	26	38:12
14	Eduardo Vazquez	36	38:23
15	Jenny Wilson ①	26	38:29
16	Kennet De Silva	27	38:43
17	Arthur Breton	22	38:50
18	Jakob Gron	37	39:05
19	Ky Faubion	24	39:07
20	John Park	42	39:30
21	Todd Stevens	36	39:55
22	Evan McCallum	26	40:06
23	Rok Yu	36	40:21

24	Megha Doshi ②	27	40:36
25	Pascal Romon	40	40:47
26	Peter Trudelle	24	40:59
27	Juan Martin	35	41:04
28	Markham Miller	45	41:05
29	Pamela Richardson ③	32	41:38
30	Luis Vargas	51	42:21
31	Brian Schultz	41	42:30
32	Matthew Fabry	36	42:44
33	Joann Pavlovcak ④	37	42:47
34	Daniel Pu	34	43:04
35	James Miller	42	43:07
36	Dave Flinn	43	43:26
37	Thomas McManus	39	43:30
38	Rick Torreano	59	43:32
39	Dragan Stojanovic	37	43:42
40	Leo Rosales	55	43:50
41	Adrian Jue	27	43:50
42	NO NAME		43:54
43	Michael Yeager	41	43:54
44	Brian Hutto	44	44:13
45	Sean Roland	39	44:12
46	Robert Britain	50	44:29
47	Elliot King	29	44:34
48	Tyler Abbott	48	44:36
49	Jeremy Calnan	49	44:41
50	Riya Suising	41	44:44
51	Evan Vossol	30	44:55
52	Brian Herndon	38	45:04
53	Noe Castanon	38	45:06
54	Jeff Shand-Lubbers	28	45:20
55	Edward Caldwell	50	45:40
56	Robert Stadler	34	45:42
57	Jorge Larre	52	45:49
58	NO NAME		46:07
59	Thomas Moyer	26	46:19
60	Jon Bishop	28	46:21
61	King Wayman	59	46:31
62	Michael Wall	41	46:31
63	Jose Ruiz	53	46:32
64	Francois Lariviere	47	46:32
65	Alfred Hu	48	46:40
66	Theo Jones	70	47:10
67	Bryant Young	34	47:12
68	Mike Dunne	25	47:19
69	James Flynn	33	47:29
70	George Musante	54	47:45
71	Shunsuke Nakata	22	47:58
72	Emma O'Neill ⑤	22	48:02
73	Daz Lamparas	56	48:07
74	Kevin Cuevas	18	48:08
75	Kenneth Fong	47	48:44
76	Christopher Rowe	31	49:18
77	Stella Hall	24	49:24
78	George Baptista	66	49:28
79	Ziming Wang	28	49:32
80	Jeff Landi	38	49:44
81	George Rehmet	42	49:55
82	Ben Chelf	30	50:18
83	Patrick Lee	61	50:22



Runners coming down from Stow Lake

Photo by Don Watson

84	James Alfieri	44	50:32
85	Danielle Ouano	38	50:35
86	John Roberts	42	50:36
87	Kent Williams	30	50:50
88	Kevin Trock	45	51:07
89	Maria Pantoja	29	51:12
90	Sunil Parekh	22	51:22
91	Mark Kelley	53	51:39
92	Donald Sou	23	51:41
93	Gary Brickley	56	51:49
94	Jeffrey Mounzer	23	52:03
95	Vivi Heine	34	52:16
96	Jessica Lukrich	18	52:18
97	Travis Enfield	25	52:30
98	Kelly Boyd	46	52:48
99	John Briden	50	52:48
100	Yong Haber	51	52:55
101	Terry Mohr	39	53:16
102	Gregory Brown	59	53:22
103	Allison Denbleyker	25	53:33
104	Elizabeth Arbuckle	33	53:35
105	Melissa Carmel	22	53:45
106	LisaAnne Chung	23	53:47
107	Paul Mosel	67	53:51
108	Friederike Haass	31	54:04
109	Anna Wong	44	54:08
110	John Tragas	30	54:21
111	Jeff St. Claire	43	54:23
112	Sam Rodriguez	49	54:29
113	Valdeck Ribeiro	44	54:34
114	Adrian Butscher	37	54:38
115	Thomas Smiley	51	54:40
116	Marissa Boyd	15	54:43
117	Mort Weisberg	72	54:46
118	Julie Deroche	28	54:48
119	Stephanie Soler	34	54:56
120	Lynnard Phippz	66	55:03
121	Tom Huster	65	55:10
122	Veronica Mendoza	26	55:14
123	Wayne Plymale	57	55:40
124	Sam Roake	73	55:48
125	Cheryl Blatt	30	55:49
126	Dave Picarelli	55	56:05
127	Wendy Newman	58	56:08

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128 Dale Wong	38	56:13
129 Allison Gomez	26	56:13
130 Caitlin Sullivan	24	56:15
131 Curt Troxel	45	56:32
132 Pat Geramoni	61	56:39
133 Cara Sullivan		57:06
134 Brian Buntz	36	57:15
135 Ayelet Konrad	24	58:09
136 Nick Fisher		58:16
137 Kevin Brillante	20	58:18
138 Kathy Ha	18	58:35
139 Amy Zoucha	25	58:38
140 Leslie Niswander		58:43
141 Peter Royce	74	58:47
142 Henry Nebeling	76	59:08
143 David Maaib	52	59:12
144 Bradley Conner	27	59:28
145 Kirsty Traill	32	59:50
146 Elizabeth Johnson	33	59:52
147 Lauren Barr	47	60:28
148 Michelle Lang	27	60:29
149 Erin Kirk	34	60:45
150 Chris Land	28	61:09
151 Julie Chan	29	61:38
152 Grace Gracia	34	61:40
153 Nick Gallegos	22	62:23
154 Suzana Seban	55	62:24
155 Cynthia Gutierre	33	62:35
156 Catherine Lull	30	62:36
157 Denise McLay	45	62:47
158 Akihiko Sugiura	27	63:29
159 Virginia Rosales	45	64:13
160 Lisa Connolly	27	64:25
161 John Atallah	41	64:28
162 Han Lee	40	64:51
163 Bob Morris		65:08
164 Stephanie Lee	28	65:12
165 Taj Palchauthuri	32	65:21
166 Lisa St. Claire	42	65:25
167 Jennie Azdarren	27	65:27
168 Jim Kauffold	71	65:34
169 Matthew Bouchar	36	65:39
170 Sebum Lee	34	65:42
171 Jane Colman	65	65:48
172 Floe	68	65:52
173 Renee Wong	31	65:58
174 Jim McBride	66	66:10
175 Bill Woolf	73	66:24
176 Caori Izuka	24	66:31
177 Nicole Andrews	21	66:32
178 Elizabeth Topliff	27	66:41
179 Lauren Dickey	00	66:42
180 Mike Rouan	45	66:58
181 Maureen Peirano	24	67:07
182 Amy Pomerantz	24	67:13
183 Susan Herder	52	67:35
184 Cynthia Patty	30	67:48

185 Sarah Hayes	27	67:48
186 Andrea Hyde	21	68:07
187 Riina Lewis	32	69:17
188 Kristina Garcia	34	69:43
189 Cheri Saito	24	69:44
190 B. Knight	30	69:52
191 Christina Fulleton	22	70:03
192 Leticia Marquez	46	70:03
193 Shashi Navar	34	70:09
194 Jordon Costello	16	70:16
195 Laura Wolfram	29	70:45
196 Ted Scott	37	70:46
197 Laurie Quinlan	51	70:49
198 Molly Webb	32	71:04
199 Jeff Vesey	60	71:15
200 Tania Sarria	31	72:08
201 Ulrike Delling		73:24
202 Sorida Kimnormnual	27	73:28
203 Dennis Hassler	75	73:45
204 Holly Garriock	32	73:55
205 Mary Gray	47	75:39
206 Jami Lundgren	28	77:32
207 Lars Lundgren	28	77:32
208 Matt Marchini	34	78:17
209 Vanita Nemali	39	80:56
210 Daniel Randleman	31	80:57

SELF-TIMERS

Carolyn Clark	
Elaine Gecht	65
Jane Lee	58
Jesse Agbayani	57
Kimchee Kim	04
Liese Rapozo	81
Richard Finley	60
Robert Brizuela	69
Roxanna Pezzy	
Sunhi Kim	50
Tom Boyd	63
Wally Rapozo	80



Surging up the final hill
Photo by Don Watson

April 12, 2009

Easter Roller Coaster 5K

Race Director: George Sacco

Volunteers: Ann Agbayani, Kevin Lee, Bobby Marty, Kim Chee Kim, Calvin Chan, Patrick Lee, Diane Okubo-Fong, Phyllis Nabhan, Fred Haber, Sunhi Kim, Jesse Agbayani, Tom Huster, Joseph Connelly, Vince French, Kenley Gaffke, Yong Haber



Race Director George Sacco

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PL	NAME	AGE	TIME
1	Ian Macnider	23	18:45
2	Jonathan Bretan	26	19:15
3	David Haefe	20	19:34
4	Ivan Liebeu	39	19:39
5	Eduardo Vazquez	36	20:04
6	Wayne Cottrell	46	20:12
7	B.J. Ricketts	33	20:21
8	Jerry Lee	31	20:23
9	Ky Faubion	24	20:37
10	Brad Slavens	42	21:02
11	Michael Gulli	49	21:07
12	Joseph Macrino	24	21:58
13	Kenley Gaffke	31	22:00
14	Lauren Dubay ①	19	22:02
15	Markham Miller	45	22:05
16	Brian Herndon	38	22:07
17	Steven Pitsenbarger	40	22:21
18	Luis Vargas		22:30
19	Rick Torreano	59	22:32
20	Brian Schultz	41	22:33
21	Noe Castanon	38	22:36
22	Kelvin Brillante	20	22:37
23	Saul Ferris	40	22:38
24	Leo Rosales	55	22:40
25	Steve Stephens	65	23:11
26	Chikara Omine	26	23:29
27	Daryl Luppino	49	23:29
28	Edward Caldwell	50	23:30
29	Riya Suising	41	23:32
30	Jorge Larre	52	23:35
31	Amy Sonstein ②	39	23:51
32	Kelly Emo ③	44	24:00

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Heading up the Roller Coaster hills
Photo by Don Watson

33	Jose Ruiz	53	24:10
34	Matthew Fabry	36	24:11
35	Vincent Gulli	19	24:41
36	David Klinetobe	48	24:45
37	Jim Buck	66	24:52
38	Wayne Plymale	57	25:01
39	Debbie Banaag ④	25	25:08
40	Kathryn Gagnon ⑤	31	25:13
41	Claude Maugein	57	25:23
42	Larry Wuerstle	53	25:35
43	George Baptista	66	25:39
44	Geradline Cros	36	25:40
45	Kenneth Fong	47	25:59
46	Karina Dourado	29	26:08
47	Keren Remingson	32	26:09
48	Sloan Berman	31	26:15
49	Marie Carlotti	52	26:19
50	Paul Mosel	67	26:26
51	Mary Schaezlein		26:28
52	Patrick Lee	61	26:31
53	Luciano Chi	35	26:43
54	Hugh Byrne	47	26:48
55	James Young	52	26:51
56	Lucy Wing	52	27:05
57	Rachel Hellesto	23	27:09
58	Thomas Smiley	51	27:13
59	Keith Johnson	70	27:15
60	Christian Blakey	11	27:23
61	Valdeck Ribeiro	44	27:26
62	Matthew Michel	10	27:30
63	Robert Michel	41	27:30
64	John Freitas	35	27:31
65	Mark Kelley	53	27:35
66	Dan Kauffold	35	27:37
67	Gary Brickley	56	27:42
68	Steve Nissenson	60	28:20
69	Yong Gulley	51	28:23
70	Sabina Bannon	47	28:28
71	Dana Farkas	50	28:35
72	Mort Weisberg	72	28:49
73	Jessica Howlett	32	28:56

74	Janet Nissenson	49	29:14
75	Johanna Merriss	58	29:33
76	Peter Royce	74	29:57
77	Glenn Jones	65	30:08
78	Gregory Brown	59	30:08
79	Tatum N.	29	30:10
80	Hansel Teoh	09	30:11
81	Kennedy		30:12
82	Francis Riggins	41	30:21
83	Peter Hsia	48	30:23
84	Sam Roake	73	30:26
85	Kathy Ha	18	30:27
86	Michael Moelter	42	30:33
87	Jamie Gironene	31	31:46
88	Floe	68	31:48
89	Tyler Abbott	48	32:12
90	Kathleen Lail	41	32:34
91	Dan Miller	48	32:35
92	Chong Teoh		32:37
93	Kathleen Bannan	50	32:41
94	Jack Bascom	67	32:52
95	Marcus Ho	10	32:54
96	Carlos Araya	34	33:02
97	Diana Aka-Bashorun	32	33:12
98	Wale Aka-Bashorun		33:15
99	Jim Kauffold	71	33:19
100	Julie Damiano	27	33:29
101	Maria Pantoja	29	33:35
102	Suzana Seban	55	33:48
103	Dulce Venturi		34:01
104	Alexandra Mortins	35	34:02
105	Sigma Takeuchi	10	34:34
106	Shinji Takeuchi		34:34
107	Erik Ratta	10	34:41
108	Virginia Rosales	45	34:55
109	Bob Morris		34:59
110	Wendy Newman	59	35:13
111	Bill Woolf	73	35:14
112	Victor Chien	10	36:10
113	Jeff Houston	50	36:52
114	Barbara Robben	74	37:08
115	Mary Gray	47	37:16
116	Ashley King	22	37:17
117	Sean Smith	32	37:17
118	Jane Colman	65	37:23
119	NO NAME		38:20
120	Kyle Ritchie	10	38:27
121	Dean Ritchie	49	38:28
122	Stephanie Brogan	33	38:44
123	Hilary Bryant	27	38:45
124	Matt Bouchard	36	39:18
125	Anita Devineni	25	39:44
126	Shannon Luppino	13	40:23
127	Craig Wasserkrug	48	40:27
128	Katelyn Cresta	18	40:30
129	Matt Ratta	44	41:13
130	Lisa Burgess-Roggins	34	41:20
131	Margo Banowicz	50	41:25
132	Nitan Selvamani	10	45:48

133	Richard Yi	09	48:25
134	Peter Chien	08	48:33
135	Stephen Ho	51	49:27
136	Riley Davis	10	49:33
137	Kasen Teoh		49:37
138	Tiffany Cisneros	38	49:49
139	Cheng Fu		50:27
140	Jim Darwin	48	51:27
141	Selva Rajagopal		56:14
142	Minjun Yi	39	56:19
143	Makiko Buma	49	57:38
144	NO NAME		58:22
145	Kyle Takeuchi	07	58:23
146	Yukiko Takeuchi		58:24
147	Jennie Hou		58:25
148	Juliet Sham	47	58:26
149	Steve Hume	10	58:27
150	Kelly Yao	37	60:48

SELF-TIMERS

Ann Agbayani	48
Dee Farkas	81
Gary Davis	56
Jane Lee	58
Jesse Agbayani	57
Liese Rapozo	81
Linda Sullivan	
Marcia Martin	56
Wally Rapozo	80

KIDS' RUN

Christian Blakey	11	3:56
Richard Tauber	6	4:20
Hetti Hsia	5	5:47
Lena Hsia	5	5:48
Vanessa Miller	5	5:59
Xavier Miller	3	6:13
T.T. Abbott	5	6:47
Michael Schuezlein 4		6:57



Young racers Hetti and Lena Hsia
Photo by Don Watson

DSE MEMBERS IN THE SAN FRANCISCO CHRONICLE

Janet Nissenson

In recent weeks, several of our DSE members have been the subjects of articles in the *San Francisco Chronicle*. In the April 12 issue, our Results Coordinator Joe Connelly was profiled along with his mate Colleen Holland in the "On The Couch" feature. And on April 20, Pauline Vargas (spouse of frequent DSE racer Luis Vargas) was the subject of the "Healthy Obsession" feature. To read both of these articles in their entirety, please see the links below.

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/04/12/LVEA16N3EU.DTL&hw=joe+connelly&sn=001&sc=1000>

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/04/20/DDD516NMAB.DTL&hw=pauline+vargas&sn=001&sc=1000>

From Jin Daikoku

With immense help from the DSE, we were able to host the 2009 Zippy 5K on April 19th. I'd like to particularly recognize the contributions of Janet Nissenson and Kevin Lee in leading the way with the volunteer charge and providing a much-needed assist to a newbie Race Director like myself. I saw many familiar DSE names and faces out at the race and I hope everyone enjoyed themselves and sampled the various goodies that companies were kind enough to donate to the race. For those of you whom I have not had the pleasure to meet yet, I hope we'll have the opportunity to chat soon.

Thank you all so much for volunteering and participating to make the 10th Zippy a successful fundraising event for Girls on the Run (www.gotrbayarea.org) and Jenny's Light (www.jennyslight.org). See you at the races!

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
Mermaid 5K, Mountain View, March 22						
3	Kelly Emo	44	1		F 40-44	23:21
Carneros Vineyard 5K, Napa, March 28						
18	Kelly Emo	44	3		F 40-49	22:48
American River 50M, Sacramento to Auburn, April 4						
3	Chikara Omine	26	1		M18-29	6:12:46
31	Jason Reed	30	21		M30-39	7:20:11
Yakima River Canyon Marathon, Yakima, WA, April 4						
88	Jim Buck	66	1		M65-69	3:43:05
95	David Klinetobe	48	21		M45-49	3:45:101
Luka Seikulich Memorial Brickyard Run, Martinez to Port Costa, April 5						
4M						
34	Keith O. Johnson	71	1		M70-74	33:03
103	Judith Waitz	49	6		F 45-49	42:09
108	Gary Aguiar	13	53		M50-55	42:48
131	Patrick Cunneen	75	2		M70-75	45:55
163	Kelly Cunneen	46	14		F 45-49	55:04
8M						
12	Peter Hsia	48	1		M45-59	52:47
199	Barbara Robben	74	1		F 70-74	1:29:08
Muir Woods 25K, Stinson Beach, April 11						
6	Jason Reed	30	2		M30-34	2:02:25
8	Kennet De Silva	27	2		M25-29	2:05:82
33	Erika Kikuchi	30	1		F 30-34	2:25:57
Run Your Bunny Off 5K, Snow Hill, NC, April 11						
3	Roy Clarke	53				19:35
Carlsbad 5000, April 5						
Masters Women						
86	Kelly Emo	44				22:16
Ruth Anderson 50K/50M/100K, April 18						
50M						
2	Eduardo Vasquez	36				7:50:39
17	Noe Castanon	37				11:07:40
50K						
32	Kat Powell	58				6:47:40
Wenatchee Marathon, Wenatchee, WA, April 18						
	Elaine Koga-Kennelly	67	1	F 65-59		7:43:47
	Paul Kennelly	63	6		M60-64	7:43:47
Paul and Elaine were 1st in the Marathon Couples Challenge						
Go! St. Louis 5K, April 18						
86	Gregory Brown	59				25:45
Marin County Half Marathon, April 19						
Men						
24	George Rehmet	42	7		M40-49	1:41:58

continued on page 8

Zippy 5K, April 19**Women**

76	Fiona McCusker	44	21:58
84	Kelly Emo	44	22:39
89	Amy Sonstein	39	22:56
98	Marie Appel	44	23:55
101	Maria Pantoja	29	24:08
122	Judith Waitz	49	26:24
154	Jane Colman	65	30:28
158	Mary Jean Pramik	60	31:00
161	Diane Okubo-Fong	48	31:30
170	Barbara Robben	75	32:29
171	Mercedes Acosta	65	32:31
188	Dina Kovash	70	42:37

Men

20	Jin Daikoku	25	15:52
25	Chikara Omine	26	16:09
32	Cliff Lentz	44	16:33
61	Ian Macnider	23	17:31
102	Peter Hsia	48	18:48
122	Tyler Abbott	48	19:32
181	Keith Johnson	71	24:42
185	Steve Nissenson	60	25:19
186	Paul Mosel	67	25:21
189	Gary Brickley	56	25:45
196	Joseph Connelly	47	27:16
201	Hashim Bashiruddin	52	27:56

Go! St. Louis Marathon, April 18

1335	Gregory Brown	59	47	M55-59	4:49:54
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B.A.A. 5K, Boston, April 19

30	Jason Reed	30	6	M30-34	17:21
1508	Milinda Lommer	39	109	F 35-39	27:29
2476	Jeanie Kayser-Jones	73	3	F 70-74	31:11

Boston Marathon, April 20

1606	Kenley Gaffke	30	1098	M30-34	3:02:33
1975	David Goldman	35	1975	M35-39	3:05:24
5929	Edward Haack	40	1012	M40-44	3:24:38
6627	Markham Miller	45	905	M45-49	3:27:57
12236	Erika Kikuchi	30	2522	F 30-34	3:46:52
14148	Theodore Jones	70	7	M70-74	3:54:17
20424	Patricia Geramoni	61	78	F 60-64	4:38:24
22455	Carole Mawson	65	34	F 65-69	5:31:19

LMJS 4th Sunday 10K, Oakland, April 26

8	Noe Castanon	38	1	M30-39	44:10
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Big Sur 5K, Carmel, April 26

11	Jin Daikoku	25	6	M25-29	16:05
13	Chikara Omine	26	7	M25-29	16:15
25	Cliff Lentz	44	3	M40-44	17:09
73	Tyler Abbott	48	11	M45-49	19:48
156	Russ Kiernan	72	1	M70-74	24:06
378	Barbara Robben	75	1	F 75-59	32:18
579	Dina Kovash	70	2	F 70-74	41:43

ZIPPY 5K PHOTOS

Zippy 5K Race Director Jin Daikoku
(also the first DSE finisher in the race)
© Paul Mosel



Start of the men's race
Photo by Don Watson



Steve Nissenson and Paul Mosel
racing to the finish
Photo by Don Watson

◆◆◆ Letters ◆◆◆

Notes from DSE Boston marathoners

From **Kenley Gaffke**:

Greetings from Boston! I ran a 3:02:33 at Boston (6:57 Pace). An amazing Marathon PR for me, it was the race of my life.

From **Theo Jones**:

Jeanie ran the inaugural 5K on Sunday the 19th and placed 3rd in her age group (70-74) in 31:11.

I did the marathon in 3:54:17, 7th out of 78 finishers in my age group (70-74). Weather cool, turning cold with a strong head wind as we approached Boston.

From **Stuart McLay**, winner of the Golden Gate 10K

Dear Sir/Madam,

I hope you are well. I am writing to offer my congratulations and thanks to Race Director Janet Nissenson, her team of helpers and indeed everyone at DSE Runners for a super race on Sunday.

My wife and I are British nationals presently working in El Salvador and it was our very good fortune that our brief holiday in the States coincided with this race which had a lovely friendly atmosphere, a great (if challenging!) course, impressive organisation and some wonderful home cooking treats to savour at the end, to name but a few of the highlights.

Thank you once again for a great experience and our very best wishes for 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:

May 3	Stern Grove 4M	June 7	Strawberry Hill 5K
May 10	Marina Green 5K	June 14	Twin Peaks Loop
May 24	Golden Gate Vista 10K	June 21	Father's Day Conservatory 5K
May 31	Practic Dipsea— 8 AM start	June 27	Double Dipsea— SATURDAY

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 IN URGENT NEED OF RACE DIRECTORS FOR THE FOLLOWING RACE:
May 10 Mother's Day Marina Green 5K. Please contact Kevin immediately if you can help.

SUMMER EVENING RACE SERIES RETURNS JUNE 11

Janet Nissenson

Join DSE for a second year of our Summer Evening Race Series at Lake Merced. This year we are expanding the series to 12 weeks, beginning on June 11 and continuing through August 27. The races are held every Thursday evening, starting and finishing at the Sunset Blvd parking lot at Lake Merced, and the course is one loop around the paved 4.5-mile bike path. The specific dates are June 11, 18, 25, July 2, 9, 16, 23, 20, and August 6, 13, 20, and 27.

This year more than ever runners are certain to appreciate the bargain basement entry fee of \$1 for these races. We will have water and snacks at the finish line, and those wishing to can avail themselves of a "grab-bag" finisher ribbon from DSE races of old.

Registration begins at 5:45 PM, and the timed race starts promptly at 6:30 PM. Walkers and self-timers can begin anytime after 5:45 PM. Runners will accrue points in the following age divisions over the 12-week series: Youth (18 & under), Open (19-37), Masters (38-49), Senior (50-62), and Veterans (63+). We will present awards to the top runners in each division at the end of the series.

Please note that participation in these races does not count toward overall DSE race attendance or regular age division points. However, if you volunteer to help at a race it will count towards your required DSE volunteer hours.

Hope to see many of you there this summer!



Start of the last 2008 Summer Evening
Lake Merced Race

© 2008 Paul Mosel

◆◆◆ 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 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.

Sun May 10* Mother's Day Marina Green 5K

START/FINISH: Walt Stack Memorial Bench, Marina Green Drive Parking Lot—one block north of Marina Green Blvd, enter via Scott or Filmore Streets.

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

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

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

Sun May 17 NO DSE RUN

Join DSE at the Bay to Breakers Drawbridge (1st & Howard Streets), www.baytobreakers.com

Sun May 24 Golden Gate Bridge Vista 10K

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

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

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

Sun May 31 Practice Dipsea Run, 6.8 miles

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach—**Runners need to arrange their own transport back to start.**

ENTRY FEE: **\$10 with aid stations and course monitors.**

STARTING TIME: **Runners at 8:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais. Course is not marked except for permanent GGNRA trail markers.

Sun Jun 7 Strawberry Hill 5K

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

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, make a right (uphill) at Stow Lake Drive; before reaching the parking lot take a left and begin a clockwise street loop of Stow Lake. Take a right over the first stone bridge onto island, then left onto lower level dirt path and run a clockwise loop of lower island. Before completing the lower loop make a right and run up to the top of Strawberry Hill. Follow path clockwise and continue downhill back to the stone bridge. Cross over stone bridge and complete the clockwise Stow Lake street loop. At the boat house run downhill onto Kennedy Drive, make a left and return 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 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. 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, June 3, 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 janecol@earthlink.net.

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

Overall, May looks cooler than normal, with above average rainfall. The warmest weather will begin the second week of May, with inland highs in the 90s and 70s in San Francisco.

On the immediate horizon is some light rain possible on the first or second with unseasonably cool weather and lots of fog for the first ten days.

Some light rain is possible for a day or two after the middle of the month. It will be unseasonably cool with a possibility of some light rain just before Memorial Day. Warmer weather is expected the last week of May.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

May

1	Edward Bruno	15	Ken Klein
3	Jin Daikoku		Sharon Melmon
	Joanne Desmond		Mary Jean Pramik
	Paul Kennelly	16	Mary Orders
	Ian Macnider	17	Elaine Mah
	Don Watson	18	Gary Davis
5	ZaZa Berven	19	Carolyn Johnston
	Bruce Leary	20	Heidi Lavelle
6	Peter Aguiar		Carol Pechler
	Gerard Popko	21	Marcus Johnson
	Lila Raygoza		William Woolf
7	Jesse Davis	22	Angelica Castellanos
	Johanna Merriss		Lyndsay Orwig
	Chase Popko-Fowler	24	Steve Nissenson
8	Byron Fairchild		Jose Ruiz
9	Alice Dingwall		Tony Stratta
	Carolyn Dingwall	25	Letty Garbisch
	Richard Finley	27	David Guerrero-Pantoja
	Robert Finley	28	Ceis Wildin
	Maggie Haack		John Woods
10	Jeff Houston	30	Tom Huster
	Amanda King		Miles Ramos
	Gavin Ramos		Uwe Schling
		31	David Pon

New Members

DALY CITY
David Black

SAN CARLOS
Claudia Maugein

SAN FRANCISCO
David Floersch
Michael Innes
Tatum Nevils
Chip Stewart

SAN PABLO
Carolina Castanon



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 DSE RUNNERS CLUB 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!