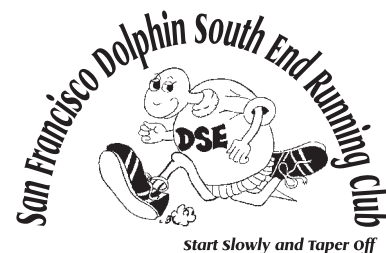


DSE NEWS



44th Year

June 2009

"I'm headed to the Double Dipsea, June 27th. It's the race I started 40 years ago and they need my help. PLEASE run or volunteer for this DSE signature race too. We need you!"

I'm Walt Stack, DSE founder and President Angelicus and I approve of this announcement.... Now where's my beer!"

Contact Janet or Ken for volunteer assignment or race entry!



DOUBLE DIPSEA VOLUNTEERS STILL NEEDED

Janet Nissenson

With less than a month to go until DSE's biggest racing event of the year—the 40th annual Double Dipsea Race—we are still in need of 18–20 volunteers. The majority of these volunteers are needed as course monitors. It is very important to runner safety that we have enough volunteers on hand to direct runners and vehicle traffic. There are also a few other spots where we need volunteers as well.

continued on page 2

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From the President's Desk

GRANT JOHNSON

A NEW BATTLE FRONT—THE RELAY RUNNING RACE

The DSE supported two battalions to do battle this year at the The Relay. These teams muscled their way from Calistoga to Santa Cruz in less than ideal weather conditions. One of the teams included several generations of soldiers, ranging in age from 19 to 70. Enduring hills, rain, and cold, these teams were dropped off at 36 locations from a 14-passenger van—think army surplus truck—and then ran their hearts out. All this with little to no sleep. Despite all the hardships, every runner came back with an amazing experience. Personally, I can testify that after a few months the memories of the difficulties fade, leaving only the memories of camaraderie and exhilaration. Special thanks to those who joined the troops and supported the teams. The proceeds of The Relay go to support Organs 'R' Us, an organization that supports organ donation.

BOARD MEETING 6/14/2009

A board meeting is scheduled on June 14. All club members are welcome to attend. Please send your RSVP to Grant by June 12th at grant.grantjohnson@gmail.com.

GENERAL MEETING 6/21/2009

The first general meeting of 2009 will be held on June 21, after the Father's Day Conservatory 5K. The DSE will review all the memorable first half events, club business, and what's in store for the future.

continued on page 2

JUNE RACE SCHEDULE

On June 3, come out and race in Golden Gate Park at the Strawberry Hill 5K. The streets will be closed to motorized traffic and ready for ready for the *real* speedsters.

All right, mountain goats, the June 14 Twin Peaks race is for you to test your fitness. Note that this course has one of the best views of the City.

Bring out your father to the Fathers Day Conservatory 5K for some Hallmark bonding. Nothing says "I Love You" like a DSE race.

Prove your toughness at the Double Dipsea on Saturday, June 28. Will you take the road less traveled?

SUMMER RACE SERIES

The summer evening race series begins on Thursday night, June 11. The series has expanded to 12 weeks this year. We run every Thursday evening at 6:30 PM at Lake Merced. Entry fee is just \$1 and we start registration around 5:45pm. Walkers and self-timers are also welcome. Hope to see many of you there!

MISSION ROCK 5K NOTICE

Online registration for the July 5 Mission Rock 5K is closed due to a high volume of already pre-registered runners. The difficulties in parking, limited bathroom facilities, and the fact that the course is on city streets not closed to traffic make this race one in which I feel can handle only a modest crowd. Therefore, Active.com registration is now closed, and race day registration will be limited to DSE members.

All volunteers receive a colorful Double Dipsea t-shirt, an invitation to the post-race volunteer picnic at Stinson Beach and an invitation to the DSE volunteer picnic in late August, and also fulfill their volunteer requirement for the entire year (required to receive various awards at year end).

If you are planning to run the race, please inquire if your spouse, partner, child, neighbor, sibling, co-worker, etc. might be willing to help us out in your place. Those Double Dipsea runners who can provide a volunteer for the race will also be invited to partake in the post-race volunteer picnic.

As of press time, we still need volunteers at the following locations:

Finish Line: one additional timer (Note: must be experienced with using the handheld timing machines) and one more stringer/tag puller.

Panoramic/Highway 1: Course Monitors—we need four more—this is probably the most critical location in the entire race and we really need a full staff here.

Insult Hill Aid Station: located approximately one mile from Stinson Beach—we need two more volunteers here.

Picnic: one more person needed to help prepare the picnic for all volunteers.

Equipment Transport: need one more person to help transport equipment to the aid stations and course monitor

posts – must have own truck or van
Mailboxes at Muir Woods Entrance: we need one more course monitor here
Lower Windy Gap: we need two more volunteers here

Upper Windy Gap: we need three more volunteers here

Flying Y: we need one more volunteer here

Top of Dipsea Steps: we need three more volunteers here

Trail Sweep: to follow behind the last runner to the finish line at Stinson Beach—we need one or two more here

Mill Valley, Muir Woods, and Cardiac Hill are all filled (both aid stations and course monitors). We will not be assigning any additional volunteers to these areas.

Please note that the Top of Dipsea Steps, Flying Y, Windy Gap (Upper & Lower), and Mailboxes are all located within 1.5 miles of Mill Valley and are an easy drive from there.

If you can help with any of these assignments, please contact Janet Nissenson at jLnissenson@aol.com or Ken Reed at RunKenRun@aol.com immediately. All of these volunteer positions need to be filled in order to ensure a safe and successful race. We ask those who are running the race to please assist us in recruiting volunteers to ensure your safety and comfort during the race. We can never have enough volunteers!

◆◆◆◆◆ 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

THE RELAY 2009

Rick Torreano

On May 2, with the anticipation of no sleep, little food, and complete exhaustion, coupled with the exhilarating experience of each team member running between five and seven miles three separate times over a 24-hour period, three teams of DSE runners (12 to a team) set out with a lively spirit from the City and drove up to the Napa Valley area to begin running in The Relay—an annual 199-mile, 36-leg race from Sonoma to Santa Cruz, benefiting Organs ‘R’ Us, an organ-donor organization dedicated to raising funds to assist with this life-extending cause.

While some of these 36 runners had done this event in the past, many were first-timers who knew about the experience only from conversations with others who had run it before. As most events like this go, words can’t begin to describe the experience itself. In talking to some of the other runners since the race, I found we all have had the same, post-race thoughts: We could be at work, driving down the highway or on a training run for that matter, and all of a sudden, the mind flashes back to a particular moment in time in the race that we just needed to reflect on at that moment. Usually, a smile crosses our face because, regardless of what team we were on, a sense of accomplishment and camaraderie are the central themes that come to mind.

Regardless of how fast any of the runners were, individual accomplishments or PRs played second fiddle to the overall goal of the teams. There’s a reason there is no “I” in Team—yet in running, as we all know, we each have an inner competitive spirit that drives us toward individual goals in our races. While it was difficult to calculate specific, individual PRs, each team member knew their leg splits because the times were calculated by the Team Captains. The total time for the 36 legs of each 12-member team determined the finishing place over the course of the 199 miles among the 228 competing teams. As in other years, the DSE Runners were well represented by both young and masters runners, men and women, with a variety of speed skills. Special congratulations should go to each team for their *strong* finishes:

- First Place in Open Men’s division (minimum age 16) , 4th overall! Time: 23:00 hours
The DSE Racing Team: Captain Eduardo Vazquez
- First Place in Masters division: (minimum age 40), 12th OVERALL! Time: 25:41:03
Devils Slide Track Club: Captain Steve Nissenson
- 12th Place in Open Men’s division: (minimum age 16, 34th OVERALL! Time: 27:38:34
Dolphin South End Runners: Captain Janet Nissenson

For the record, the Corporate Team of Google (in the Corporate division) once again won first place overall with a blazing time of 21:26:35.

Any time you set out on a new experience with others, you wonder how you’ll adapt to other people’s personalities, their quirks or their attitudes. However, such experiences are rarely confined to a moving van, over basically a no-sleep, 24-hour period of time. With 2 vans per team, six runners per van and the six stalwart drivers, the three team captains coordinated and navigated the 36 legs for their teams. While one van’s runners were running their legs one at a time over the course of several hours, the other team van had time for either a short rest stop, a food break, or just drove into position to make the hand-off with their other team van. This was no easy task, which is why the team captains had to be experienced in the routes and timing of each of their runners.

Within each van, the individual runners had their own ways of preparing for their legs. With the competitive juices flowing, every single runner gave their best efforts in each of their legs for the good of the team. During the “crunch time” that undoubtedly occurred for each team in the middle of the night and into the early morning of the final legs, the competitive drive of every runner was accompanied by the encouragement and support of their van partners. Whether it was the fanatical shouts out the van windows during the eerie, rain-drizzle, fog-shrouded hours of the night, or the singular effort of handing off a water bottle to an exhausted team runner during their leg, each team developed the camaraderie and appreciation amongst themselves to make it through the race, and it’s probably this feeling of comradeship that will stick with each of us over the course of time.

Congratulations again to the team captains, our heroic drivers and to all 36 runners who competed and prevailed in this running endeavor. And of course, along with the great running experience, each team member can know that their efforts and resulting donated dollars are going to give others the chance to have *their* lives extended as a result of this heart-pounding experience!

DSE RELAY TEAMS

DSE Racing Team—Captain: Eduardo Vazquez; Team Members: Matthew Fabry, Jeremy Calnan, Ky Faubion, Olga Tsyvinsky, Kennet DeSilva, Ian Macnider, Kenley Gaffke, Joseph Macrino, Chikara Omine, Peter Hsia

Devil’s Slide Track Club—Captain: Steve Nissenson; Team Members (not all from DSE as this was not an official DSE team): Dan Moreno, Gene French, Alan Gelman, Michael Duncan, Ken Rheume, Edward Haack, Juan Melendez, Steve Pitsenbarger, Jim Moore, Luis Vargas, Roy Clarke

Dolphin South End Runners—Team Members: Kenneth Fong, Gary Brickley, Theo Jones, Kelly Emo, Ed Caldwell, Joel Rizzo, Rick Torreano, Erika Kikuchi, Vincent Gulli, Michael Gulli, Noe Castanon

More Relay information on pages 9–10



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

April 26, 2009

Polo Field "Mile" & 5K

Race Director: Kevin Lee

Volunteers: Bobby Marty, Marie Appel, Eduardo Vazquez, Pat Geramoni, George Sacco, Phyllis Nabhan., Jeanie Jones, Savanan Rivera-Pro, Joseph Connelly, Theo Jones, Kenley Gaffke, Uwe Schling, Judith Jarosz



Race Director Kevin Lee

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Women's 0.86 Mile

PL	NAME	AGE	TIME
1	Stella Hall	24	5:17
2	Sarah Orders	13	5:20
3	Mary Orders	11	5:30
4	Karen Pinckard	49	6:03
5	Ann Grimaldi	45	6:12
6	Denise Collier	30	6:22
7	Yong Haber	51	6:56
8	Patricia Skidmore	47	7:10
9	Pat Geramoni	61	7:36
10	Jane Colman	65	7:53
11	Shannon Luppino	13	8:05
12	Mary Gray	47	8:51
13	Elizabeth Ascencio	48	9:40
14	Alia Hicks	13	9:45

Men's 0.86 Mile

PL	NAME	AGE	TIME
1	Jason Reed	30	4:26
2	Ian Macnider	23	4:30
3	Kennet De Silva	27	4:35
4	Kenley Gaffke	31	4:36

5	Michael Gulli	49	4:47
6	Edward Haack	40	4:53
7	Steven Pitsenbarger	41	4:56
8	NO NAME		4:58
9	Mark Mooney	52	4:59
10	Simon Novich	13	5:03
11	Joseph Macrino	24	5:08
12	Brian Herndon	38	5:12
13	James Flynn	33	5:18
14	Leo Rosales	55	5:20
15	Robert Britain	50	5:25
16	Daryl Luppino	49	5:28
17	Riya Suising	41	5:32
18	Steve Chamberlin	38	5:34
19	Patrick Lee	61	5:35
20	Kenneth Fong	47	5:37
21	Jorge Larre	52	5:39
22	David Klinetobe	42	5:51
23	Thomas Smiley	51	6:00
24	George Baptista	66	6:15
25	Keith Johnson	71	6:19
26	Gary Brickley	56	6:32
27	Neal Ashton	52	6:35
28	Gregory Brown	59	6:47
29	Joseph Connelly	47	6:48
30	Richard Tauber	06	7:15
31	Paul Tauber	42	7:16
32	Sam Roake	73	7:22
33	Bob Morris		7:29
34	Henry Nebeling	76	7:40
35	Jeff Houston	50	8:01
36	Jack Bascom	67	11:00
37	Douglas O.	14	12:01

5K

PL	NAME	AGE	TIME
1	Jason Reed	30	17:51
2	Jonathan Bretan	20	18:08
3	David Levy	36	18:48
4	Kennet De Silva	27	18:49
5	Kenley Gaffke	31	18:53
6	Mark Orders	51	19:17
7	Samuel Harvell	46	19:31
8	Eli Carillo	25	19:33
9	Joe Wehrheim	37	19:41
10	B.J. Ricketts	33	19:48
11	Sloan Bermann	31	20:25
12	Michael Gulli	49	20:31
13	Thomas F. McManus	39	20:33
14	Ted Tillis	36	20:36
15	Tom Collier	32	20:44
16	Luis Vargas	51	20:58
17	Edward Haack	40	21:04
18	Elliot King	29	21:25
19	Dave Flinn	43	21:27
20	Rick Torreano	59	21:32
21	Riya Suising	41	21:44
22	Brian Herndon	38	21:45
23	Emma O'Neill ①	22	21:46
24	Edward Caldwell	50	21:47
25	Stefan de Rougemont	25	21:53



Start of the women's "mile"

Photo by Don Watson

26	Steven Pitsenbarger	41	21:55
27	Robert D. Britain	50	21:56
28	Andres Stinchfield	31	21:57
29	Mark Mooney	52	22:02
30	Joseph Macrino	24	22:03
31	Ian Macnider	23	22:04
32	Leo Rosales	55	22:28
33	Simon Novich	13	22:36
34	Daryl Luppino	49	22:40
35	King Wayman	59	22:42
36	Jorge Larre	52	22:44
37	Steve Chamberlin	38	23:01
38	Erika Kikuchi ②	30	23:03
39	Wayne Plymale	57	23:13
40	Shang Yulei		23:24
41	David Klinetobe	48	23:29
42	Marie Carlotti ③	52	23:32
43	Larry Wuerstle	53	23:48
44	Lafe Vittitoe	33	23:56
45	Maria Pantoja ④	22	23:57
46	Mark Prichard	53	24:06
47	Kenneth Fong	47	24:11
48	Stella Hall ⑤	24	24:31
49	Amelia Fisher	24	24:34
50	Paul Mosel	67	24:46
51	Travis Enfield	25	24:53
52	Steve Nissenson	60	25:01
53	Karen Pinckard	49	25:09
54	Kathleen Lail	41	25:22
55	Thomas Ballock	24	25:24
56	No Name		25:24
57	George Baptista	66	25:36
58	Patrick Lee	61	25:44
59	Gary Brickley	56	25:48
60	Keith O. Johnson	71	25:49
61	No Name		25:55
62	Thomas Smiley	51	26:01
63	Yong Haber	51	26:04
64	Tom Huster	65	26:17
65	Craig Wasserkrug	49	26:22
66	Joseph Connelly	47	26:36
67	Caitlin Sullivan	25	26:40
68	Sabina Bannon	47	27:16
69	Evan Austin	12	27:23

continued on page5

POLO FIELD 5K

continued from page 4

70	Janet Nissenson	49	27:31
71	Brad Conner	27	27:32
72	Naomi Mahoney	39	27:34
73	Tom Murphy	36	27:37
74	Karen Murphy	41	27:38
75	Han Lee	40	27:40
76	Kai-Mei Fu	31	27:43
77	Shaheeda Ahmed	36	27:57
78	Gregory Brown	59	28:01
79	Sam Roake	73	28:07
80	Tim Reid	49	28:12
81	Robin Jackson	51	28:13
82	Miguel Guerrero	32	28:17
83	Peter Royce	74	28:20
84	Neal Ashton	52	28:37
85	Mike Hung	58	28:39
86	Wendy Newman	59	28:40
87	Susan Haines	40	28:56
88	Lina Khatib		28:57
89	Vicente Aguigui Jr.	49	29:01
90	Pat Geramoni	61	29:12
91	Dave Rosenberg	36	29:24
92	Andrea Diamond	23	29:41
93	Michael Rouan	45	29:42
94	April French	12	29:43
95	Sebum Lee		29:46
96	Dexter Bisquera	26	29:47
97	Suzana Seban	55	29:51
98	Henry Nebeling	76	29:52
99	Chip Stewart	52	29:53
100	Sheldon Gersh	63	29:55
101	Susan McGarry	46	29:56
102	Veronica Lee	30	29:59



Jason Reed en route to winning the men's "mile" (he also won the 5K)

Photo by Don Watson

103	Matt Krumme	35	30:05
104	Virginia Rosales	45	30:07
105	Kathleen Bannon	50	30:10
106	Rocco Mullinax	35	30:13
107	Bob Morris		30:27
108	Amy Ellingson	45	30:42
109	Carlos Araya	34	30:43
110	Jack Bascom	67	30:51
111	Erin Proctor	24	31:08
112	Yuliya Shmidt	25	31:31
113	M. Fabi	36	31:33
114	Cowboy Guy	55	31:40
115	Jeanie Jones	73	31:53
116	Chris Carathers	34	31:54
117	Kristen Carathers	27	31:56
118	Jane Colman	65	32:26
119	Michelle De La Cruz	28	33:16
120	Amy Austin		33:24
121	Glen Garcia		33:30
122	Brie Reybine	69	33:32
123	Aaron Low	48	33:40
124	West Loehlan	54	33:47
125	Ulrike Delling		33:52
126	Bob Bean	66	33:58
127	Rhoda Garcia	38	34:00
128	Diana Whipple	41	34:03
129	Bill Woolf	73	34:09
130	Sara Cambridge	43	34:20
131	Jeff Houston	50	34:22
132	Amy Cooper	35	34:29
133	Meghan Delaney	26	34:30
134	Mary Gray	49	34:37
135	Laurie Quinlan	51	35:03
136	Elizabeth Ascencio	48	35:25
137	Kim Nguyen-Pinh	27	35:32
138	Doug Austin	42	35:39
139	Daniel Randleman	31	38:37
140	Anita Devinen	25	38:54
141	Judith Jarosz	69	41:39
142	Jocelyn Herndon	36	47:29
143	Ann Miller	26	48:35
144	Ashley Conner	27	48:36
145	Michelle Schraibman	23	53:42
146	Angela Mayhew	23	53:43
147	Patrice Wade	25	56:25

SELF-TIMERS

Sunhi Kim	50
Kim Chee Kim	04
Carolyn Clark	
Bob Theis	80
Jane Lee	58
Liese Rapozo	81
Wally Rapozo	80
Fred Haber	49

May 3, 2009

Stern Grove 4M

Race Directors: Bob Theis and Robert Brizuela

Volunteers: Bobby Marty, George Sacco, Jim Kauffold, Peggy Kang, Ann Agbayani, Jesse Agbayani, Uwe Schling, Kevin Lee, Phyllis Nabhan, Wally Rapozo, Fred Haber, Ken Reed, Liese Rapozo



Race Directors Robert Brizuela and Bob Theis

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PL	NAME	AGE	TIME
1	Michael Little	32	22:33
2	David Goldman	35	24:37
3	Jason Reed	30	26:24
4	Patrick Cummins	14	26:38
5	Joe Wehrheim	37	26:47
6	Dinesha Richardson	31	27:42
7	Mike Durre	25	28:23
8	Steve Stephens	65	28:30
9	Daryl Luppino	49	29:02
10	Evan McCollum		29:33
11	No name		29:38
12	Leo Rosales	55	29:39
13	Riya Suising	41	29:58
14	John Cummins	45	30:07
15	Fiona McCusker ①	44	30:09
16	David Klinetobe	48	30:09
17	Nick Fraboni	25	30:100
18	Jorge Larre	52	30:24
19	Jim Buck	66	30:31
20	Amy Sonstein ②	39	31:00
21	Larry Wuerstle	53	31:41
22	Maria Pantoja ③	29	31:52
23	James Young	52	32:00
24	Christopher Rowe	31	32:21
25	Patrick Lee	61	32:22
26	William McCarty	61	33:07
27	Daniel Morris	26	33:21
28	Valdeck Ribeiro	44	33:26
29	George Baptista	66	33:30
30	Andy Gleckman	31	34:06
31	Thomas Smiley	51	34:16
32	Keith O. Johnson	71	34:17
33	Kathleen Lail ④	41	34:26
34	Yong Cholee Haber ⑤	51	35:08
35	Tom Huster	65	35:08
36	Rosa Garcia	37	35:13

continued on page 6

continued from page 5

37	Ximene Ares	43	35:14
38	Wendy Newman	59	35:56
39	Peter Royce	74	37:12
40	Gene Reynolds	51	37:22
41	Pat Geraconi	61	37:41
42	Sam Roake	73	38:16
43	Adams Burns	32	38:26
44	Dul		39:06
45	Mike Hung	58	39:16
46	John Cohen		39:37
47	Lina Khatib		39:46
48	Julia Gilden	26	39:51
49	Mike Daniels		40:02
50	Floe	68	40:23
51	Kelvin Brillante	20	40:31
52	Bob Morris		40:37
53	Kathy Ha	18	41:26
54	Steve Hambalek	53	41:35
55	Lisa Kelly	26	41:45
56	Sergio Ximenes	43	42:00
57	Michael Longwich	63	42:01
58	Matthis B.	35	42:45
59	Clarissa Wong	22	42:59
60	Justin Falusoto	19	43:01
61	Isidro Perez		43:02
62	Amy Ching	24	43:03
63	Yolanda Jimenez	35	43:04
64	Kelley McDonnell	37	43:53
65	Skyla Montgomery	43	43:54
66	Brie Reybine	69	44:09
67	Bill Woolf	73	44:16
68	Lori Hooper	25	44:56
69	Jeff Houston	50	45:36
70	Lindsey Pollack	31	46:26
71	Mary Gray	47	46:46
72	Kimber Blackburn	40	47:12
73	Matt Blackburn	36	47:13
74	Ana Hernandez	42	47:37
75	Jason Friend	32	47:39
76	Dennis Hassler	75	47:55
77	Margo Banowicz	50	56:00
78	Shannon Luppino	13	57:14
79	Alexa Martinez	8	57:19
80	Katherine Martinez	35	57:35
81	Michael Nazareno	10	1:01:48
82	Giovanni Quintero	12	1:01:55
83	Chris Ramirez	8	1:20:00
84	Douglas	64	1:20:00

SELF-TIMERS

Xian Ke	27
Andrew Perez	3
Brian Perez	9
Jim Kauffold	71
Sunhi Kim	50
Marcia Martin	56
Wally Rapozo	80
Liese Rapozo	81
Ann Agbayani	48

May 10, 2009

Mother's Day Marina Green 5K**Race Director:** George Sacco

Volunteers: Bobby Marty, Joseph Connelly,
Calvin Chan, Kevin Lee, Fred Haber, Phyllis
Nabhan, George Teiber, Robert Brizuela,
Ian Macnider, Uwe Schling, Jason Reed,
Wally Rapozo

**Race Director George Sacco**

Photo by Don Watson

PL	NAME	AGE	TIME
1	Mark McDermitt	31	17:42
2	Ian Macnider	23	17:59
3	Clive Spencer	41	18:03
4	Kenley Gaffke	31	18:11
5	Steve Holcombe	26	18:30
6	David Goldman	35	18:42
7	Kenet De Silva	27	18:53
8	Chikara Omine	26	18:57
9	Chip Scarinzi	28	19:03
10	Joe Wehrheim	37	19:17
11	John Brust	37	19:36
12	Michael Gulli	49	19:38
13	Markham Miller	45	19:40
14	Dinesha Richardson	31	19:43
15	Aram Durgerian	14	19:47
16	Simon Novich	13	20:12
17	Bob Anderson	61	20:20
18	Jerry Moore	49	20:21
19	Ian Schneider	28	20:30
20	Byron Shirley	26	20:33
21	Brian Herndon	38	20:42
22	Jeremy Calnan	49	20:45
23	Vincent Gulli	19	20:45
24	Robin Lie	37	20:54
25	Rick Torreano	59	20:57
26	Leo Rosales	55	20:59
27	Daryl Luppino	49	20:59
28	Edward Caldwell	50	21:00
29	Brian Schultz	41	21:02
30	Noe Castanon	38	21:09
31	Ben Chelf	30	21:13
32	Steven Pitsenbarger	41	21:14
33	Alan DeLoria	23	21:16
34	Brian Hutto	44	21:29
35	Mark Mooney	52	21:30
36	Jason Whipple	40	21:31
37	Jose Ruiz	53	21:51

38	Matt Troyka	36	21:52
39	Fiona McCusker ①	44	21:54
40	Jorge Larre	52	22:22
41	Andres Stinchfield	32	22:25
42	Travis Cooke	33	22:31
43	Erica DeMint ②	34	22:43
44	Jim Buck	66	22:46
45	Wayne Plymale	57	22:49
46	Michael Anderson		23:00
47	Shang Yulie		23:03
48	Marie Carlotti ③	52	23:08
49	Theo Jones	70	23:15
50	Maria Pantoja ④	29	23:17
51	Claude Maugein	56	23:23
52	Patrick Lee	61	23:24
53	Larry Wuerstle	53	23:29
54	Ed Navarro	59	23:40
55	Adrian Flores	39	23:45
56	Edward Haack	40	23:55
57	Thomas Smiley	51	23:59
58	Noriko Bazeley ⑤	50	24:02
59	O.C. Romero	31	24:04
60	Erika Kikuchi	30	24:07
61	Joann Pavlovcak	37	24:08
62	Marjorie Powell	48	24:17
63	Jeremy Schafer	33	24:21
64	Stephanie Soler	34	24:27
65	Mark Kelley	53	24:28
66	William McCarty	61	24:32
67	Joanne Collins	50	24:41
68	Katy Kinninger	31	24:48
69	George Baptista	66	24:48
70	George Durgerian	42	24:48
71	Chuck Malinski	27	24:57
72	Jeff St. Claire	43	24:59
73	Yong Cho Haber	51	25:23
74	Joseph Connelly	47	25:37
75	Dan Shalom	57	25:41
76	Jerry Flanagan	43	25:42
77	Peter Hsia	48	25:42
78	Jonathan Fong	32	25:43
79	Dana Farkas	50	25:46
80	Lydia The	23	25:48
81	Mary Olugash	22	25:48
82	Kathleen Stewart	31	25:52
83	Ximena Ares	43	25:59
84	Rachel Boles	28	26:02
85	Ruth Weatherall	33	26:05
86	Judith Waitz	49	26:11
87	Falina Williams	27	26:15
88	Gary Brickley	56	26:18
89	Han Lee	40	26:20
90	Miguel Guerrero	39	26:40
91	NO NAME		26:59
92	Katarina Thorten	32	27:02
93	Jung Yoo	33	27:24
94	Sam Roake	73	27:31
95	John Colter	38	27:40
96	Lina Khatib		27:41

continued on page 7

MOTHER'S DAY MARINA GREEN 5K

continued from page 6



First woman Fiona McCusker
Photo by Don Watson

97	Rosemary Dunbar	57	27:43
98	Jessica Russell	37	27:44
99	Peter Royce	74	27:48
100	Kelvin Brillante	20	27:50
101	Dave Picariello	55	27:56
102	Tatum Nevils	29	28:04
103	Matthew Bouchard	36	28:09
104	Sara Eoel	29	28:17
105	Sunny Ryan	40	28:20
106	Mike Hung	58	28:22
107	Wendy Newman	59	28:23
108	Kathy Ha	18	28:25
109	Barry Murphy	58	28:26
110	Russell Breslauer	64	28:29
111	Gregory Brown	59	28:31
112	Johanna Merriss	59	28:37
113	Sebum Lee		28:39
114	Bob Morris		28:46
115	Melanie Lieberman	27	28:48
116	Andrew Halvorson	28	28:49
117	Suzana Seban	55	28:57
118	Jamie Gironella	31	29:03
119	NO NAME		29:06
120	Diane Perun	41	29:07
121	Louise Golan	33	29:13
122	Katherine Paré	29	29:17
123	Marian Lyons	62	29:18
124	Marybeth McCrub	36	29:18
125	George Evangelista	46	29:23
126	NO NAME		29:33
127	Eric Shackelford	59	29:36
128	Floe	68	29:51
129	Heather Chickery	36	30:02
130	Joel Gamoras	41	30:03
131	Alica Miller	49	30:10
132	Steve Hambalek	53	30:12
133	Cathleen Roche	46	30:19
134	F.X. Roche	48	30:20
135	Jane Colman	65	30:23
136	Lynn Hinch	39	30:41
137	Jeanie Jones	73	30:42

138	NO NAME		30:47
139	Virginia Rosales	45	31:08
140	Jim Kauffold	71	31:20
141	Jeff Shopoff	65	31:21
142	Lisa St. Claire	42	31:28
143	Jennifer Brantley	29	31:32
144	Kristin Smith	32	31:34
145	Riley Roche	20	31:36
146	Amy Martel	41	31:46
147	Henry Nebeling	76	32:05
148	Brie Reybine	69	32:14
149	Laurie Quinlan	51	32:16
150	Bill Woolf	73	32:21
151	Jesse Gill	31	32:35
152	Jen Gentle	24	32:29
153	Hallina Popko	50	32:42
154	Laura Solomon	41	32:46
155	Kelly Kramer	24	32:49
156	Susan Kramer	59	32:49
157	Ulrike Delling		33:00
158	Kathryn Hendrix	30	33:12
159	Wendy Fong	28	33:12
160	Mei Lai Lucas	41	33:18
161	Eric Moayed	38	33:52
162	Micheline Moayed	37	33:53
163	Susan Allan	57	33:53
164	Natalie Naylor	29	34:03
165	Jeff Darrow	59	34:03
166	Holly Garriock	32	34:05
167	NO NAME	00	34:12
168	Allison Neves	37	34:26
169	Kay Teiber	69	34:31
170	Cowboy Guy	55	34:52
171	Mary Gray	47	34:59
172	Jennifer O'Neill	36	36:00
173	Britton Walker	37	36:25
174	Glynns Thomas	42	36:25
175	Shannon Luppino	13	36:25
176	Margo Banowicz	50	37:30
177	Lori Thomson	30	38:12
178	Justine Gibon	43	44:11
179	Mimi Cattermole	47	46:24
180	Emily Cattermole	13	46:24
181	Sara Coughlin	25	47:44
182	Abby Cattermole	13	48:02
183	Maddie Watson	14	48:03
184	Lisa Eichen	36	48:23
185	Cristina Yardley	31	48:24
186	Steph Uniacke	20	51:46
187	Peggy Kang	73	51:58
188	Wilburg Pokorny	76	54:53
189	Neill Barne	57	54:54
190	Elke Pokorny	44	55:25
191	Jean Barnes	58	55:26
192	Jennifer Bearss	46	55:51
193	Liz Uniacke	18	55:53
194	Sandy Rodrigues	43	56:00
195	Brandon Rodrigues	13	56:02
196	Senna Whipple	09	58:22
197	Diana Whipple	41	60:00

198 Sydney Whipple 07 60:00

SELF-TIMERS

Carolyn Clark		
Don Watson	80	
Ed Olkowski	66	59:21
Elaine Gecht	65	
Ellan Breslauer	62	
Jane Lee	58	
Liese Rapozo	81	
Robert Brizuela	69	53:00
Stephanie Soler	34	

KIDS' RUN

Richard Tauber	06	5:49
Jack Soler	08	6:09
Lauren Lucy	06	7:14
River	08	8:01
Freya	04	8:45
Katelyn Flanagan	08	9:14
Isabelle	07	9:43
Hatti Hsia	05	9:55
Lena Hsia	05	9:58
Maggie Haack	05	10:13
Connor Flanagan	03	10:21
Sarah Betschart	02.5	10:58
Allie Williams	02.5	11:00
Lance Lucy	04	13:22
Camelan Moayed	02	13:27
Dylan Moayed	04	13:30



Dylan Moayed on the Kids' Run
Photo by Micheline Moayed

May 24, 2009

Golden Gate Vista 10K

Race Directors: Marie Carlotti and
Suzana Seban

Volunteers: Bobby Marty, Pat Geramoni,
Fred Haber, Paul Mosel, George Sacco,
Peggy Kang, Jane Lee, Phyllis Nabhan,
Joseph Connelly, Uwe Schling, Vince
French, Kevin Lee, Calvin Chan



**Race Directors Marie Carlotti
and Suzana Seban**

© Paul Mosel

PL	NAME	AGE	TIME
1	Jason Scott	25	39:44
2	Kennet De Silva	27	41:12
3	Sloane Cook	19	41:12
4	Jonathan Miganowicz	22	41:26
5	Bob Murphy	56	41:30
6	Mark Orders	51	41:54
7	Kenley Gaffke	31	41:58
8	Dinesha Richardson		42:43
9	Fernando Fiotos	30	43:18
10	Michael Gulli	49	43:20
11	Slaon Berman	31	43:27
12	Justin Pauls	26	43:43
13	Devon Ponds	24	43:55
14	Liam Murphy	17	44:14
15	Luis Vargas	51	45:40
16	Markham Miller	45	46:11
17	Rick Torreano	59	46:21
18	Steve Stephens	65	46:37
19	Mike Measer	32	46:44
20	Paul Cowie		46:46
21	James Moore	50	47:08
22	Dragan Stopanovic	37	47:10
23	Pedro Llanos	30	47:22
24	Edward Caldwell	50	47:27
25	Daryl Luppino	49	47:34
26	Mark Mooney	52	47:41
27	Alan DeLoria	24	48:18
28	Leo Rosales	55	48:19
29	Emma O'Neill ①	22	48:28
30	Monty Hossain	31	48:30
31	Dale Hogan	31	48:44
32	Lisa Penzel ②	43	49:09
33	Oscar Mak	32	49:29
34	Jorge Larre	52	49:41
35	Walker Wright	31	49:50
36	John Davin	31	50:09
37	Al Nayeri	33	50:12
38	Larry Stone	49	50:15

39	Erika Kikuchi ③	30	50:20
40	Matt Zabochnik	20	50:21
41	George Musante	54	50:28
42	Jerry Flanagan	43	50:32
43	Kenneth Fong	47	50:38
44	Roger Garcia	52	50:49
45	Amy Sontein ④	39	50:57
46	Klaus Steitz	49	51:01
47	David Klinetobe	48	51:02
48	Mark Nagel	40	51:03
49	Jess Smith ⑤	28	51:26
50	Michael Innes	41	52:12
51	Janet Perron	24	52:15
52	Maria Pantoja	29	52:18
53	Larry Wuerstle	53	52:27
54	Theo Jones	70	53:23
55	Dan Ransenberg		54:18
56	Noriko Bazeley	50	54:22
57	Gary Brickley	56	54:34
58	Juliana Tobon	26	54:44
59	Melody Pfeiffer	29	54:57
60	Hector Osorio	41	55:30
61	George Baptista	66	55:39
62	Steve Nissenon	61	55:51
63	Yong Haber	51	56:03
64	Gina Eagleson	31	56:11
65	Brian Eagleson	35	56:11
66	Rick Hunter	56	58:06
67	Rodrigo Leroux	33	58:11
68	Jason Fang	26	58:49
69	Maya Dobuzhskaya	27	58:52
70	Pete Smith	27	58:56
71	Erin Stewart	23	58:57
72	Sara Cambridge	43	59:30
73	Travis Moses	24	59:44
74	Tawny Luu	32	60:31
75	Andrew Hg		60:33
76	Alexandra Martin	22	60:50
77	Manuel Quiroz	50	61:00
78	Jen Northcott	25	61:22
79	Scott Tebo	44	62:04
80	Samantha Alexander	44	62:12
81	Pat Geramoni	61	63:06
82	Marian Lyons	62	63:46
83	Steve Hambalek	53	64:07



**Legless runner Rudy Garcia,
after finishing the race**

© Paul Mosel

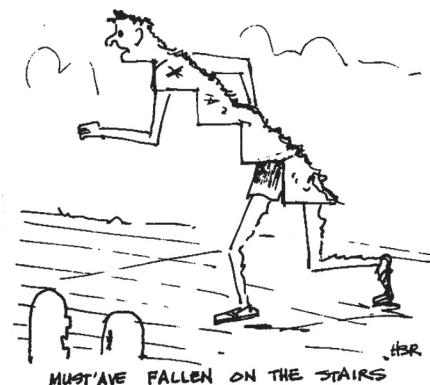
84	Richardo Garcia		64:41
85	Rudy Garcia		64:42
86	Meghan Eagleson	30	64:45
87	Steve Kim	26	65:13
88	Floe	68	65:56
89	Mike Hung	58	66:29
90	Tatum Nevils	29	66:36
91	Jamie Gironella	31	66:42
92	Jack Wana	27	67:02
93	Lisa Kelly	26	67:38
94	Carla Costamagna	31	69:01
95	Ann Doug...	30	69:09
96	Eric Shackelford	59	70:20
97	R. Silverman		71:03
98	Sherrie Sonomura	39	71:52
99	Carlos Araya	34	72:13
100	Virginia Rosales	45	73:27
101	Shelly Hernandez	45	74:19
102	Carinyl Hebert	26	74:54
103	Mary Gray	47	75:25
104	Dina Russek	32	75:39
105	Ivan Gallo	32	75:39
106	Carina Ljungwald	33	75:39
107	Cowboy Guy	55	76:34
108	Kay Teiber	69	76:50
109	Sue Samse	55	81:29
110	Elizabeth Ascencio	48	91:35
111	Dennis Hassler	75	96:30

SELF-TIMERS

Bob Morris	
Bob Theis	80
Elaine Gecht	65
Jesse Agbayani	57
Liese Rapozo	81
Marcia Martin	56
Margo Banowicz	50
Patrick Lee	61
Richard Finley	61
Robert Brizuela	69
Shannon Luppino	13
Sunhi Kim	50
Susan Herder	
Wally Rapozo	80

CLASSIC STU-PEDS

by Stu Ruth



RELAY TEAM THANK YOU'S

Our teams just came back from the Calistoga to Santa Cruz (actually, to Davenport this year) Relay held on May 2-3 and are looking back on a very successful participation and on excellent finishing results (see www.therelay.com/re_new.htm). It was a wonderful experience. I want to thank you for approving the entry of these teams and for providing the entry fees and support that made it possible for us to be there. Without that financial support we could not have afforded to compete.

Our vans were covered with the name and slogans of the DSE and at the beginning and at some runner exchange points a number of people asked me about DSE. I was able to tell several groups who live in the immediate Bay area about our web site and our Sunday morning races, and some of them were very excited and surprised to learn that they could race with us every weekend. I think we will get several Sunday morning recruits from this exposure and interaction.

Thank you again for providing the money that made it possible for DSE to have teams in the race.

Best wishes,
Theo Jone.

DSE Officers—a hearty thanks from me for helping out our DSE Relay team financially—such an expensive race but well worth it and hopefully it helps spread our DSE name around. I know I heard Rick telling a couple of runners about our Sunday races and I always try to tell everyone I can to come! Thanks for your support!

Erika Kikuchi

On behalf of the Dolphin South End Runners team, I would personally like to thank all of you for your support of us at this year's Calistoga Relay. It was a wonderful team bonding experience, despite the less than ideal weather conditions. Our team vans bore the DSE logo on the windows and we proudly wore DSE clothing at various points during the race. Even better, our first year team, which included several generations of runners, ranging in age from 19 to 70, finished in 34th place

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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
Slug Run 5K, Santa Cruz, April 11						
39	Neal Ashton	52		4		30:01
Santa Cruz Half Marathon, April 19						
2098	Donnelly Gillen	25	355		F 20-29	2:33:59
Canberra Marathon, Canberra, Australia, April 19						
	Judith Taksa Webb	65	1		F 65-69	4:07:31
						Age group record by 25 minutes!
Rites of Spring, Lake Merced, April 24						
Women						
15	Amy Sonstein		1		F 35-39	33:15
21	Jeanie Jones		1		F 70-74	45:20
30	Kelly Cunneen		1		F 45-49	53:52
34	Alice Dingwall		1		F 80+	1:16:00
Men						
1	Chikara Omine		1		M25-29	25:17
2	Jason Reed		1		M30-34	25:29
4	Kenley Gaffke		2		M30-34	26:49
6	Eduardo Vazquez		1		M35-39	27:26
9	George Rehmet		2		M40-44	31:28
18	Keith Johnson		1		M70-74	37:22
20	Paul Mosel		1		M65-69	38:44
25	Harry Cordellos		2		M70-74	50:02
26	Theo Jones		3		M70-74	50:03
27	Pat Cunneen		1		M75-79	50:18
29	Marcus Johnson		2		M15-19	51:48
Golden Gate Seminary 5K, Mill Valley, April 25						
1	Amy Sonstein					22:46
Every Step Counts 5K, San Leandro, April 25						
11	Neal Ashton	52		2		25:50
Coleman School Run for the Gold 7K, San Rafael, April 26						
11	Amy Sonstein					36:05
15	Cammie Dingwall					36:41
Big Sur Marathon, April 26						
2056	Gregg Whitnah	58	77		M55-59	4:54:49
3011	Margie Whitnah	60	21		F 60-64	5:55:59
Miwok 100K, Sausalito, May 2						
25	Jason Reed	30				10:32:33
Live Right 5K, May 2						
53	Neal Ashton	52		3		26:22
Avenue of the Giants Marathon, Weott, May 3						
43	Emma O'Neill	22		1	F 20-24	3:30:41
328	Carol Pechler	69		2	F 65-59	5:09:37
407	Elaine Koga Kennelly	67		4	F 65-59	6:55:33
408	Paul Kennelly	64		12	M60-64	6:58:38
Avenue of the Giants 10K, May 3						
104	Jen Wuest	33		10	F 30-34	57:55

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overall out of 228 teams, and we were barely 10 minutes from finishing in 25th place. We would not have been able to do this without the support of all of you, and we truly appreciate it. I will continue to encourage all of my teammates to give back to DSE throughout the year by volunteering and participating in as many races as possible.

Many thanks,
Janet

Dear Grant, Uwe, George, Donnelly, Wendy, and Duck:

Thank you for the generous contribution to the DSE runners relay team. One of the expenses covered were the vans. As Van #1 driver, I was scared to death of driving the mega-sized 14-passenger van with the first six runners. But, the size of the van allowed them to pack all their gear and spread out and relax between legs. The team did DSE proud. Not only did they run a great race, but they did it in the spirit of team work. With the stress of logistics and running, not one angry word was spoken—there was nothing but positive encouragement of fellow teammates.

Thank you again,
Diane Okubo-Fong
Van #1

Hi Kevin,

I would like to thank you for the sponsorship of the DSE club for us to run in the relay.

It was a lot of fun, challenging, and a great experience.

Thanks,
Mike and Vincent Gulli

Avia OC Marathon, Newport Beach, May 3

1119	Gregory Brown	59	34	M55-59	5:41:27
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Colorado Rockies Run for the Homeless 5K, Denver, May 3

343	Joseph Connelly	47	22	M40-49	27:29
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Devil Mountain 10K, Danville, May 3

461	Barbara Robben	75	1	F 75-59	1:07:59
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Big Bear Run 5K, Atherton, May 3

71	Neal Ashton	52	8		26:53
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Mother's Milk Bank, 3.6M, May 10

12	Neal Ashton	52			31:09
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TCRS #5, Loma Alta, ~6.3M, May 10

Women

16	Amy Sonstein				69:10
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Men

46	Russ Kiernan				62:58
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Vacaville Sunrise Rotary Club Fiesta Run Half Marathon, May 16

23	Ed Celestina	58	1	M50-59	1:47:22
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Heart & Sole 5K, Salinas, May 16

62	Neal Ashton	52	5		25:48
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San Carlos Hometown Days Rotary 10K, May 17

85	Gregory Brown	59	5	M50-59	58:38
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93	Pat Geramoni	61	1	F 60-69	59:55
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Bay to Breakers 12K, May 17

70	Chikara Omine	26	31	M20-29	44:44
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124	Kenley Gaffke	31	40	M30-39	48:02
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127	Kennet De Silva	23	45	M20-29	48:07
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135	Ian Macnider	24	51	M20-29	48:21
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172	David Moulton	41	22	M40-49	49:46
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200	Edward Haack	40	25	M40-49	50:48
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205	Michael Gulli	49	34	M40-49	51:33
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238	Roy Clarke	43	14	M50-59	51:37
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275	Michael Dunne	25	88	M20-29	52:37
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296	Jakob Gron	37	91	M30-39	
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334	Arthur Breton	22	102	M20-29	54:00
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348	Jason Reed	30	103	M30-39	54:07
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371	Joseph Macrino	24	111	M20-29	54:30
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419	Gene French	62	3	M60-69	55:21
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474	George Rehmet	42	73	M40-49	55:55
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547	Jeremy Calnan	45	89	M40-49	56:57
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595	Leopoldo Rosales	55	41	M50-59	57:23
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624	Brian Herndon	38	177	M30-39	57:43
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849	Sophia Cannata-Bowman	14	4	F 13-19	59:47
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869	Bob Bowman	54	69	M50-59	59:54
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1350	Joel Rizzo	39	360	M30-39	1:03:16
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1386	Amy Sonstein	39	73	F 30-39	1:03:33
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1640	Erika Kikuchi	30	96	F 30-39	1:04:59
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1739	James O'Donnell	50	146	M50-59	1:05:26
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1848	Kenichi Matsumara	31	487	M30-39	1:05:59
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1862	Vince French	56	169	M50-59	1:06:05
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1886	Gary Brickley	52	174	M50-59	1:06:13
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2032	Gerald Flynn	60	32	M60-69	1:06:58
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2073	Mark Prichard	53	195	M50-59	1:07:04
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2117	Julius Ng	53	200	M50-59	1:07:17
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2277	Michael Gama	50	216	M50-59	1:08:04
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DSE AT THE RACES

2354	Mitchell Sollod	66	40	M60-69	1:08:24
2486	Joseph Connelly	47	463	M40-49	1:09:03
2508	Kenneth Fong	47	464	M40-49	1:09:04
2512	Maria Pantoja	29	171	F 20-29	1:09:04
2768	Jim Misener	48	507	M40-49	1:10:17
2769	William Misener	13	110	M13-19	1:10:17
3185	Jack Major	62	57	M60-69	1:11:58
3381	Marian Lyons	58	50	F 50-59	1:12:46
3529	Travis Enfield	25	686	M20-29	1:13:27
4006	Lisa Griffin	44	205	F 40-49	1:15:03
5165	Suzana Seban	55	102	F 50-59	1:18:33
5477	John Trayers	33	1242	M30-39	1:19:30
5478	Christina Trayers	33	515	F 30-39	1:19:31
5910	Robert Archibald	51	583	M50-59	1:21:04
5927	Miguel Guerrero	39	1301	M30-39	1:21:07
6107	Jennifer Wuest	33	602	F 30-39	1:21:34
6180	Janice Rensch	59	147	F 50-59	1:21:45
6266	Laura Froelich	41	411	F 40-49	1:22:01
6426	Thomas Smiley	60	158	M60-69	1:22:22
6688	Bill Woolf	73	7	M70-79	1:23:07
6684	Ken Reed	60	165	M60-69	1:23:07
8131	Mike Hung	58	770	M50-59	1:27:26
8299	Lena Nilsson	45	629	F 40-49	1:27:56
8881	John Herbert	60	240	M60-69	1:29:52
8912	James Golden	57	824	M50-59	1:29:56
9179	Wendy Newman	59	289	F 50-59	1:30:48
9593	Virginia Rosales	48	763	F 40-49	1:32:24
9597	Mercedes Acosta	65	40	F 60-69	1:32:30
10001	Mary Gray	47	794	F 40-49	1:33:59
10012	Gary Bengier	54	913	M50-59	1:34:02
10805	Margie Whitnah	60	58	F 60-69	1:37:00
10998	Samuel Roake	73	33	M70-79	1:37:57
10969	Harry Cordellos	71	32	M70-79	1:37:58
11162	Jeffry Darrow	59	1002	M50-59	1:38:43
11649	Jung Lee	33	1548	F 30-39	1:40:58
11731	Diane Okubo-Fong	48	886	F 40-49	1:41:11
13079	Roxanna Pezzy	46	1194	F 40-49	1:48:05
13232	Michael Rouan	45	1699	M40-49	1:49:02
13943	Lucy Pon	53	610	F 50-59	1:54:10
14032	Jim Peters	71	66	M70-79	1:54:55
14039	John Blankenship	64	446	M60-69	1:54:59
14149	Jesse Agbayani	53	1249	M50-59	1:56:07
14297	Marcia Martin	56	646	F 50-59	1:56:51
15092	Robert Brizuela	60	493	M60-69	2:03:57
16406	Elaine Gecht	65	226	F 60-69	2:16:14
16476	Amanda King	36	2330	F 30-39	2:17:01
17198	Sally Fairchild	55	1015	F 50-59	2:24:16
18489	Heather Jordan	33	2621	F 30-39	2:36:13
18551	Hilary Fong	46	1940	F 40-49	2:36:46
18555	Hashim Bashiruddin	48	2054	M40-49	2:36:48

Tilden Tough Ten, Berkeley, May 17

134	King Wayman	39	24	M30-39	97:21
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Waterfront 2M, Eureka, May 17

	Eric Park	63	1	M60-69	15:42
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LMJS 4th Sunday 5K, Oakland, May 24

7	Noe Castanon	38	1	M30-39	21:36
67	Judy Jarosz	69	2	F 60-69	40:52

continued from page 10

THANK YOU BOBBY MARTY

When Bobby Marty isn't busy with DSE affairs, he often finds time to volunteer his services elsewhere. On Saturday, May 9, Bobby represented the DSE at a running event held in Golden Gate Park by Girls on the Run of the Bay Area. Girls on the Run is an organization dedicated to the education and confidence-building of young girls through non-competitive running programs. Six hundred girls, ages 8 to 13, participated in Saturday's semi-annual Lollipop Family Fun Run. Below is a photo showing some of the girls spelling out a big thank you to Bobby for his support.



DSE MICRO FIBER LOGO T'S HAVE ARRIVED

Wendy Newman

The club's well-loved logo can now proudly be worn on both T-shirts and singlets in a comfortable wicking Coolmax fabric. And the singlets are available in both men's and women's sizes for a more natural fit. Visit the Clothing link on the DSE website to get more information (colors, prices, sizes, how to buy) about these new additions. The shirts will be available to purchase at Sunday races or by contacting either Yong or Fred Haber (see website).

We introduced these new items at our last Folding Session and then again at our Stern Grove Sunday race. Initial response was GREAT! In fact, we've already sold out of the lime T-shirt! This offering is an experiment to see if the demand for these shirts is strong. If so, we will certainly continue to make them available.

Happy running!

continued on page 12

Marin Memorial Day 10K, Kentfield, May 25

28	Chikara Omine	26	17	M19-29	33:42
104	Kenley Gaffke	31	12	M30-34	37:39
106	Peter Hsia	48	15	M45-49	37:45
161	Tyler Abbott	48	22	M45-49	39:26
265	George Rehmet	42	26	M40-44	43:15
280	Adrian Jue	27	39	M19-29	44:06
312	Russ Kiernan	71	1	M70-74	46:03
338	Erika Kikuchi	30	24	F 30-34	47:08
359	Cammie Dingwall	46	13	F 45-59	47:57
368	Amy Sonstein	39	14	F 35-39	48:11
394	Keith Johnson	71	7	M70-74	49:36
461	Judith Waitz	49	22	F 45-49	54:55
498	Hashim Bashiruddin	52	48	M50-54	58:01
538	Barbara Robben	75	1	F 75-79	1:02:58
544	Brian Hartley	55	37	M55-59	1:04:00
552	Mary Jean Pramik	61	7	F 60-64	1:07:59
563	Dina Kovash	70	3	F 70-74	1:23:30

Los Angeles Marathon, May 25

6659	Gregory Brown	59	190	M55-59	5:19:18
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Buzz Oates No Excuses 5K, Elk Grove, May 25

157	David Klinetobe	48			22:14
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University City Memorial Day 10K, St. Louis, May 25 Women

155	Jane Colman	65	1	F 65-69	1:04:05
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Newport Marathon, Newport, OR, May 30

295	Bill McCarty	61	4	M60-64	4:03:35
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See Jane Run Half Marathon, Alameda, May 30

372	Milinda Lommer		91	F 35-39	2:07:03
518	Stephanie Soler		102	F 30-34	2:12:47
754	Jennifer Wuest		33	F 30-34	2:22:18

Share Your Soles 5K, Chicago, May 31

84	Jane Colman	65	1	F 60+	30:24
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San Diego Rock 'n' Roll Marathon, May 31

13277	Paul Kennelly	64	136	M60-64	7:41:52
13278	Elaine Koga Kennelly	67	21	F 65-59	7:41:52

DSE VOLUNTEERS AT THE SPECIAL OLYMPICS*Wendy Newman*

On Friday, May 15, several DSE members volunteered at the Special Olympics School Track & Field Meet at Kezar Stadium. The 'competitions' were standing long jump, throwing, and 800m, 100m and 50m runs. The participants all attend schools in the SFUSD and are mildly to severely disabled. This event makes everyone a winner and puts a smile on everyone's face. DSE helped with the set-up and with race timing. It was a very touching experience and all agreed we'd be back next year. In fact, wouldn't it be great if San Francisco's premier running club made it a goal to have a larger volunteer presence at this event?

If you're interested in helping out next year and having a big smile on your face, please contact dserunclub@aol.com and we will compile a list of names for next year.



Special Olympics volunteers
Wendy Newman, Bill Woolf,
Mort Weisberg, Ken Reed

NOTE FROM RICK (FORMERLY ERIC) PARK

Hi, it seems that age-group attrition has been even more serious around here (Arcata). After taking an unusually long winter siesta, trying to be a diligent piano student and home repairman, I ran my first race of the year this morning, the Waterfront 2 & 5 Miler, choosing the 2M and to my surprise winning the age division. I remember this area from 20 years ago as being the land of Tough Old Seniors. Being accustomed to San Francisco DSE race-course measurements, which dilated and contracted whimsically according to the Walt Stack mileage system, it made me feel right at home to note that the one-mile marker (in a two-mile race!) was nearly a tenth long.

Fortunately the second mile was proportionately short, and unfortunately, my 15:42 was probably pretty accurate. About the same as my 2-mile Strawberry Mountain Xmas Relays time, with the infamous 500-foot climb in the first mile. And all of it embarrassing compared to my times from my 40s, which in turn would have embarrassed all of the real runners in my age group.

MORE DSE MEMBERS IN THE NEWS*Janet Nissenson*

The San Francisco Examiner recently published a wonderful interview article and photo of DSE regulars (and mother/son) Fiona McCusker and Aram Durgerian, in conjunction with Mother's Day. If you didn't get to read the article, please be sure to give it a look using the following link:

<http://www.emailthis.clickability.com/et/emailThis?clickMap=viewThis&etMailToID=1303933076>

◆◆◆ Letters ◆◆◆

Access to the Arboretum in Golden Gate Park

There is a proposal to charge \$5–\$7 to enter Strybing Arboretum and the Botanical Garden in Golden Gate Park. This is one of the most peaceful and beautiful areas in the park to lie out on the grass, enjoy the displays of flowers and shrubs, watch the ducks, sit on the benches—a wonderful oasis for the elderly, walkers and for relaxed training runs which I do there regularly.

The Arboretum is a public part of Golden Gate Park; if they limit access to one area of the park they can limit access to other areas. What if they ban running at Stow Lake?

Please contact the Park and Recreation Commission asking them not to impose a fee to use this part of the park. Appropriate contacts are:

jared.blumenfeld@sfgov.org (he is the Park and Recreation Department Manager)

<http://groups.yahoo.com/group/keepthearboretumfree>

<http://www.thepetitionsite.com/1/keep-botanical-gardens-free>

Thank you.

Theo Jones

OPEN CALL FOR DSE RACE DIRECTORS

DSE races are like Hollywood movies. Instead of movie directors, every DSE race needs a race director. Everyone knows that DSE will definitely not be mistaken for Hollywood. DSE stages low-budget, no-fringe, well-organized footraces. Where do the DSE RDs come from? The club welcomes returning experienced RDs and wannabe RDs to staff its complement of 44 races on the 2009 DSE Race Schedule.

More than 20 club members have already signed on to serve as 2009 DSE RDs. As of June 1 there are seven open DSE RD dates that need to be filled: August 9, August 30, September 13, October 18, October 25, November 1 and December 6.

*****Note:** Serving as a race director fulfills half of your volunteer requirements for receiving the Mongo Trophy (awarded annually to club members who run 10 or more DSE Races). More importantly, please sign on as a future DSE RD because you want to give back to the DSE.

If you can help, please contact Kevin at dse.pekingduck@juno.com.

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

Following are upcoming races at which we need a full slate of volunteers:

June 7	Strawberry Hill 5K
June 14	Twin Peaks Loop
June 21	Father's Day Conservatory 5K
June 27	Double Dipsea— SATURDAY
July 5	Mission Rock 5K
July 12	Kennedy Drive 8K
July 19	Daly City Scenic Run
Aug 2	GG Bridge Vista 10K

If you can assist at any of the races 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.

FREEDOM ROAD 5K & JEFFERSON MILE ON JULY 4

Bill Dake

Run or walk for Law Enforcement Against Prohibition (LEAP) at the Freedom Road 5K & Jefferson Mile on Saturday July 4 at 8:30 AM near the Conservatory of Flowers (Middle & JFK) in Golden Gate Park. The flat, fast mile goes south on Bowling Green, west on MLK and finishes on Middle near JFK. The 5K takes advantage of traffic-free JFK Drive, heads east to circle Stow Lake and finishes on JFK at the Conservatory. You can do the Mile at 8:30 AM and the 5K at 9 AM. This Combo is great fun and more challenging than a 10K. Freedom Road features finish videos and photos, and both courses are USATF certified. Kids 12 and under are free. If they want a T-shirt, it's \$12 before the June 22 early registration cut-off. People who cannot afford entry are free, but do not receive shirt. Families who need a break, please tell me what you can afford and we will do it for that price. Send an email to Bill_Dake@PeopleEvents.org for inquires in this regard.

LEAP is a 501c3 educational charity whose goal is educating the public. They provide speakers who are converting 86% of those folks who originally disagreed with them. This courageous police organization is telling the truth about the War on Drugs and doing something about it. Visit the LEAP link at www.PeopleEvents.org and watch a LEAP video and you will be a supporter too. Freedom Road invites those who are not able to attend and want to help to use the Virtual Entry option and get the Collectable T-shirt in the mail. Everyone, help yourself to a poster. They are available at www.PeopleEvents.org for posting and collecting.

This event is dedicated to a former Pamakid (DSE?) runner and heroin addict who quit his addiction through running. When he needed his fix he would go out and run until exhausted. Not only did he beat the addiction, he brought his resting heart rate down to 36 and tore up the running community winning events and wowing everyone. He proved what we all know in our hearts to be true, that running works to beat drugs, to quit smoking and to build a healthy cardio system. He may not want me to mention his name, although there is no shame as this man is inspirational. Thanks to his example and others like him, Delancey Street and others now have running programs to help heal their clientele.

◆◆◆ 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 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.

Thursdays Summer Evening Race Series at Lake Merced starts June 11

START/FINISH: Sunset Blvd Parking Lot.

STARTING TIME: 6:30 PM, ENTRY FEE: \$1

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

Sun Jun 14 Twin Peaks Loop, 3.63 miles

START/FINISH: Portola Drive & Twin Peaks Blvd

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

COURSE DESCRIPTION: Run up and then down Twin Peaks Blvd staying on left hand side of road. Turn left on Clarendon Ave and run uphill and then down to Laguna Honda. Turn left on Laguna Honda and run uphill to Woodside Ave and continue up Woodside Ave past the gas station and back to Twin Peaks Blvd finish.

Sun Jun 21* Father's Day Conservatory 5K

START/FINISH: Conservatory of Flowers, Kennedy Drive in Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive and return eastbound to the Conservatory of Flowers finish.

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

Sat Jun 27 Double Dipsea Handicap Race, 13.7 miles

START/FINISH: Stinson Beach parking lot

STARTING TIME: Staggered starts based on age-graded handicap. First wave starts at 8:15 AM.

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

ENTRY FEE: \$30/\$40/\$50—see website or race application for fee deadlines and start times.

Register online at www.doubledipsea.com

Sun Jun 28 NO DSE RUN

Opportunity to run Lake Merritt Joggers & Striders 4th Sunday Run, www.lmjs.org

Sun Jul 5* Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois Street, left onto Illinois Street. Run on Illinois Street to turnaround just beyond 25th Street and return same way to finish.

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

◆◆◆ 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, July 1, 2009

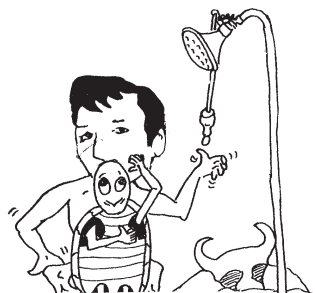
TIME: 7:00 PM

PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

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

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



After a cool and wet pattern for the first week of June, things should heat up around the middle of the second week. Expect warmer than normal weather for the Dipsea Race.

It will turn cooler again after mid-month and, if the forecast models are correct, there may be some unusual June rain around the 18th to the 20th. The last ten days of June will probably feature dry weather with unseasonably cool temperatures, especially inland.

♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Walt Stack

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DOUBLE DIPSEA RACE DIRECTOR

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Wendy Newman

wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

June

1 Nicole Agbayani
Jon Yip
4 Rick Torreano
5 Laurie Sullivan
7 Ed Caldwell
Jane Colman
Marcia Martin
8 Sheldon Gersh
Susan Lamb
Hallina Popko
11 Brian Hartley
Marnie Kelley
Jane Lee
Michael O'Sullivan
Brierly Reybine
12 Ann Orders
15 Robin Fowler
16 Richard Pon
17 Pauline Dake
18 Kelly Cunneen
Kim Flannigan
James Golden

19 Marie Noel Appel
Gregory Brown
Jakob Gron
Teresa Lavelle
22 Benjamin Berven
Grant Johnson
23 Thomas Smiley
24 Edward Haack
Janice Rensch
25 Joe DiGiacomo
Doris Segner
Richard Tauber
27 Lou Bristol
Erika Kikuchi
Mary Lou Lemley
Scott Penwell
Chip Stewart
28 Bob Kovash
30 Lloyd Breeland
John Lindberg

New Members

CONCORD
Steve Hambalek

MOUNTAIN VIEW
Carlos Araya

PACIFICA
Cameron Stewart
Lluria Sugarol

SAN FRANCISCO
Noriko Bazeley
Virginia Cacal
Jamie Gironella
William McCarty
Kephra Molloy

SAN JOSE
Rebeca Stewart

SOUTH SAN FRANCISCO
Jason Friend
Lori Hooper



San Francisco Dolphin South End Running Club

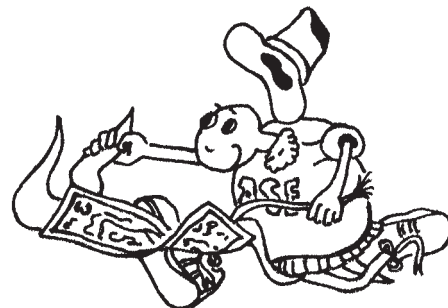
Postmaster, Return Undeliverable Mail To:

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!