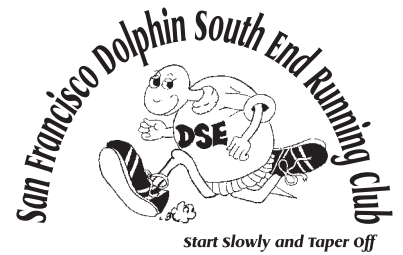


DSE NEWS



44th Year

July 2009

2009 DOUBLE DIPSEA Just a Taste

Ken Reed, Race Director

The results are being audited, photographs being developed, equipment being cleaned and stored at **Bobby's**, as volunteers and runners rest sore limbs, while compliments and thank yous are being received. Nothing finalized as we go to press BUT WE KNOW:

The 2009 Double Dipsea was a great success:

- **Sandy** and team registered 517 runners, 125 on race day. This was the largest number of registered runners in eight years.
- Safest Race in ten years—no major injuries reported. We hydrated with 340 gallons of bottled water or Ultima, in addition to many gallons of tap water at Old Mill Park and Muir Woods. We had 4 Red Cross teams, 5 amateur radio trucks for communications and one ambulance.
- 441 finishers ran through fog, sun and poison oak.
- Nice weather (cooler than last year but still *hot*).
- Aid Station captains **Ron, Bill, John** and **Richard** and teams wowed the runners with fruit, Ultima, salt, sponge baths and positive motivation.
- Course Monitor captains **Edmund, Jorge, Jim, Jeff, Gene, Keith, Steve & Janet** and **Wally** and teams kept 470 runners safe and happy.
- 125+ volunteers and 470 runners ate more than 2000 of **Fred & Yong's** cookies, blueberry cobbler and squiggles at aid stations and the picnic. **Calvin's** refreshment team included Bear Naked who served 600 yogurt, granola and blueberry parfaits.
- **Ed** and team cooked up 100+ hot dogs, 80+ hamburgers and 60 or so chicken breasts at the Volunteer Picnic and we washed it down with water, sodas and beer.
- **Roy Rivers**, fastest male, and **Jamie Berns**, fastest female, were each awarded

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From the President's Desk

◆ ◆ ◆ GRANT JOHNSON
BEST RUNNING CLUB

This may come as no surprise to you if you are like me and already knew this about our club, but the BayList just named the Dolphin South End Runners the Best Running Club in the 2009 Mind & Body contest on SFGate.com. In total, 14,154 votes were cast for all categories. I would like to thank all the club members and friends who came out to our races and voted for us. I followed the rankings in live time as the votes were being cast, and saw our club jump from fourth to first in a short period of time. I witnessed the DSE in rare form during this as we started off slow... and sprinted to the finish. This award goes to all the runners and volunteers who make this title as the Best in the Bay ring true.

NOMINATIONS FOR 2010 CLUB OFFICERS

Is it already that time again? George, Jim, and Bill have opened the doors for nominations for the 2010 DSE club officers. It's never too early to look ahead and volunteer for club leadership. Club officer nominations are very important, so if you feel you have what it takes to serve as a club officer or know of someone who you wish to nominate, please forward this information to one of the nomination officers: George Baptista at gabaptista@att.net, Jim Kauffold at kauffolds@juno.com, or Bill Woolf at billwoolf2@aol.com.

JULY RACE SCHEDULE

Where is everyone on Thursday nights? Well, if you are looking

continued on page 3



First man Roy Rivers and first woman Jamie Berns at the top of Cardiac Hill
Photos by Wendy Newman and Jane Colman



2009 DOUBLE DIPSEA

continued from page 1

a complete running outfit with shoes from our new sponsor North Face.

- **Jason Reed** was the fastest DSE male and Erika Kikuchi the fastest DSE female.
- We missed having DSE member **Russ Kiernan**, 71, Double Dipsea 11-time winner, who was injured a week earlier at the Ride and Tie Championships. But he was at the finish line welcoming home the runners home.
- Potential Double Dipsea Race Director **Brierly Reybaine**, our Double Dipsea VIP Volunteer winner this year, doing multiple jobs both before and after she ran, won first place in the 70-74 year young female division and is irreplaceable and greatly appreciated.

Most of all, a heartfelt **thank you** to the 125+ volunteers who made the 2009 Double Dipsea a *great success!*

Just A Taste — Results and lots of photos next *DSE News*
or complete results now and photos soon at www.doubledipsea.com

FIRST TWENTY-FIVE FINISHERS

PL	NAME	AGE	GENDER	HANDICAP	ACTUAL
1	Roy Rivers	52	M	1:42:20	1:56:20
2	Mark McManus	35	M	1:45:36	1:45:36
3	Alex Varner	23	M	1:48:57	1:48:57
4	Jamie Berns	58	F	1:50:09	2:22:09
5	Tomas Pastalka	62	M	1:57:21	2:27:21
6	Ed Conrad	26	M	1:59:17	1:59:17
7	Timothy Knowlton	58	M	2:00:13	2:20:13
8	Mimi Willard	55	F	2:00:21	2:32:21
9	Jill Baker	40	F	2:00:25	2:24:25
10	Cameron Berg	26	M	2:00:50	2:00:50
11	John Hudson	46	M	2:01:15	2:10:15
12	Rod Teefle	44	M	2:01:20	2:05:20
13	Hans Schmid	69	M	2:02:52	2:35:52
14	Kevin Walker	46	M	2:04:05	2:13:05
15	John Rutledge	38	M	2:04:55	2:04:55
16	Patrick Lepelch	46	M	2:06:45	2:15:45
17	Scott Donnellan	51	M	2:06:52	2:20:52
18	Kurt Knierin	49	M	2:08:17	2:17:17
19	Sarah Nesbitt	42	F	2:09:12	2:33:12
20	Holly Tate	31	F	2:10:00	2:24:00
21	Mimi Dobrich	46	F	2:10:22	2:37:22
22	Michael O'Donnell	43	M	2:10:26	2:14:26
23	Jeff Schloss	51	M	2:10:53	2:24:53
24	Robert Knox	63	M	2:11:03	2:41:03
25	Christopher Campbell	29	M	2:11:25	2:11:25

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

◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

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

Mail/Phone/Email Address

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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

Mail

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

Telephone

Hotline: 415-978-0837

Website/Membership Application:

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

for them, the first place to check is the Summer Series at Lake Merced. The first week drew 52 runners while the second week totaled 45 runners. The race series takes place every Thursday evening through August at 6:30 PM. "High fives" will be included in the \$1 entry fee.

The July 5th Mission Rock 5K is one of this year's hottest races—and since the race takes place during summer here in San Francisco I am not talking about the temperature. Currently, registration is overflowing with 100+ Active.com pre-registered runners. It's amazing what a little outside (non-DSE) advertising can do.

The Kennedy Drive 8K on July 12th is a classic race. You can track and compare your race times to those DSE legends of the past. The course traverses Golden Gate Park and finishes on a downhill.

Riicoolaaa! This hilly course gives you the option of racing either 5K or 6.8 miles on July 19th in Daly City. Note that this race has just as much downhill as it does up. Yes, that was my attempt at yodeling.

Please note that there will be no race on July 26th. The club encourages everyone to run or volunteer at the SF Marathon. For further information on volunteering, see below.

DSE VOLUNTEER APPRECIATION PICNIC AUGUST 23

All club volunteers who have met the volunteer requirements are eligible to attend the Volunteer Appreciation Picnic. Admittance to the picnic is by invitation only. If you would like to attend, please volunteer at a DSE event by August 10th (note that the SF Marathon aid station does not qualify as a volunteer credit). As always, the DSE will cater gourmet while encouraging gluttony—you deserve it!

GENERAL MEETING REVISITED

The DSE is running strong. The club has 461 members, which is a gain of 43 since last year at this time. The DSE is financially solvent, race attendance is up, and volunteering is on the rise. Effective immediately, the DSE will no longer accept commercial presence at the weekly races—but the DSE will continue accepting in-kind donations. The complete general meeting minutes will be posted to the DSE's website.

REMEMBERING TED VINCENT

February 24, 1936-June 14, 2009

Jane Colman

Former DSE member Ted Vincent died on June 14 from unexpected complications while recovering from a heart attack. He will be greatly missed by the many people who over the years ran with him, talked with him and read his many historical and statistical articles in the *DSE News*.

Ted started running in the 1970s. By the time I met him in 1982, he had run several marathons, completed his first ultramarathon, the 72-mile race around Lake Tahoe, and had been a DSE member for several years. He went on to run many more marathons and quite a few ultramarathons, including the first Quadruple Dipsea and several 50-mile and 12-hour races.

I first met Ted on a Berkeley Runners Club Monday night run. In the spring of 1983 he helped me train for the San Francisco Marathon, my first. We ran our long runs together, with his always interesting conversation helping me to get through the miles, but when we went to the marathon I never saw him until after I had finished—he had finished over an hour ahead of me, in a Boston qualifying 3:09. Ted also introduced me to the DSE, which I joined at the 1984 Hangover Run. I had always thought that San Francisco was too far to go to for a low-key race, but having another East Bay person to give me a ride made it easy, and for over 20 years now I've been attending DSE races nearly every Sunday. Back then, Ted had two goals for his Sunday runs: to come in just ahead of the third woman, and to finish out his weekly minimum of 40 miles, often by running several miles after the race. In recent years, when his health slowed him down, he self-timed the DSE runs. His last DSE race was last September's Rainbow Falls 5K, and his last race ever was this year's Bay to Breakers, which

he completed unofficially.

Ted also met his late wife Bernice in the Berkeley Runners Club (and helped her train for her first marathon, and brought her into the DSE), and she, whom I had also met in the same club, introduced me to my husband Don Watson at another Monday night run. For years after the Berkeley Runners

Club had ceased to function, the four of us went out weekly on the Monday night course and followed the run with dinner together.

Ted was the editor of the *DSE News* for several years in the mid-80s, and contributed many articles over the years, most recently in

January 2008. He kept records and old newsletters and continually came up with interesting observations on the ways the DSE changed over the years.

Ted had many interests and passions other than running. He was a political activist, musician, teacher and independent scholar who wrote many books, from *Black Power and the Garvey Movement* in 1971 to *The Legacy of Vicente Guerrero, Mexico's First Black President* in 2001. Most recently he was working on a novel covering several generations of Mexican history, and researching the history of his Portuguese ancestors. DSE members may also remember *Mudville's Revenge: The Rise and Fall of American Sport*, published in 1981, which was my introduction to Ted's writing.

The week after Ted's death, his family held a small memorial ceremony at the Berkeley Marina while his four sisters, three children, and nieces, nephews, grandchildren and great-grandchildren were all able to attend. His wife Selma and children Teo, Ricky and Mimi are planning a community celebration of his life to be held in Berkeley in late August. Details will appear in the August *DSE News*.



Photo by Mimi Vincent



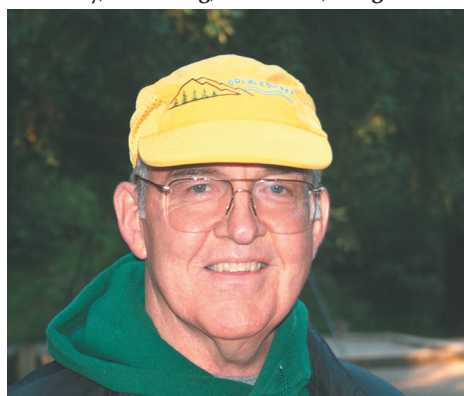
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

May 31, 2009

Practice Dipsea 6.8M

Race Director: John Blankenship

Volunteers: Bill Woolf, Kevin Lee, Bobby Marty, Margo Banowicz, Brierly Reybine, Maria Pantoja, Fred Haber, Markham Miller, Janet Nissenson, Michael Gulli, Jeremy Calnan, Shannon Luppino, Jerry Flanagan, Steve Nissenson, Joseph Connolly, Tom Pang, Ken Reed, Yong Haber



Race Director John Blankenship

© Paul Mosel

PL	NAME	AGE	TIME
1	Don Stewart	48	54:36
2	Matthew Post	30	54:36
3	Michael Broom		55:39
4	George Dombroski	40	57:03
5	Tim Wallen	45	58:25
6	Jason Reed	30	60:19
7	Brad O'Brien	47	62:24
8	Dan Hersh	47	62:25
9	Anders Ryerson	31	62:43
10	Will Baker-Robinson	14	62:59
11	Doug Steedman		63:51
12	Tim Knowlton	58	64:32
13	Dinesha Richardson	31	64:43
14	Lesley Fletcher	53	64:45
15	Steve Stephens	65	64:51
16	John Kennel	40	64:54
17	Stephen Tracy	46	65:08
18	Kennet De Silva	27	65:27
19	Mark Orders	51	65:39
20	Frederick Huxham	13	65:49
21	Fred Huxham	46	65:50
22	Brian Herndon	38	66:13
23	Blake Glidden	36	66:54

24	Brian Schultz	41	67:31
25	Paul Cowie	30	67:47
26	J.R. Mintz	42	68:05
27	Jim Schollard		68:06
28	Clayton Hutchins	13	68:07
29	Geoff Baylor	52	69:34
30	Luis Vargas	51	71:02
31	Tom Wilhelm	49	71:29
32	Daryl Luppino	49	71:48
33	Jorge Larre	52	71:57
34	Brian Eagleson	35	72:08
35	Patrick M. Cunneen	45	72:17
36	Indra Leibowitz ①	45	72:57
37	Tess Dennison ②	14	73:09
38	Michael Alley	48	73:43
39	NO NAME		73:48
40	Francis Dy	36	73:54
41	Brian Moffett	47	73:58
42	Bill Lee	50	73:59
43	Rick Torreano	59	74:17
44	Mountain Krauss	33	74:17
45	Leo Rosales	55	74:45
46	Peter Headingter	45	74:45
47	Nicole Palkovsky ③	36	74:51
48	Jak Churton	44	76:09
49	Jacob Bollinger	32	76:58
50	Kieran Perez	14	77:11
51	Jose Ruiz	54	78:00
52	David Kane	59	78:02
53	Carolyn Hutchins ④		78:05
54	Shane Bryant	31	78:40
55	Maeve Burke ⑤	55	78:58
56	Robert Liebowitz	50	79:00
57	King Wayman	59	79:05
58	Bruce Wong	51	79:11
59	Jack Tannenbaum	13	79:54
60	David Klintobe	48	81:15
61	Laruin Dennison	09	81:29
62	Michael Dennison	50	81:37
63	Amy Sonstein	39	82:24
64	Barry Spitz	60	82:27
65	Noriko Bazeley	50	82:29
66	Kenneth Fong	47	82:31
67	Theo Jones	70	83:05
68	Daniel Pisenti	47	83:38
69	Walter Underhill	61	83:45
70	Gary Brickley	56	84:19
71	George Baptista	66	84:37
72	Stefanie Grisletta	34	84:43
73	Mark Konetchy	27	85:06
74	Miguel Guerrero	39	85:34
75	Marie Carlotti	52	86:07
76	NO NAME		87:49
77	Keith Johnson	71	87:56
78	Mike Cook	43	88:08
79	Kristi Appleby	33	88:18
80	Victor Villafane	26	88:27
81	Ian Murdock	48	89:27
82	Jenny Quest	48	89:29
83	Leslie Gordon	52	89:33



The lead pack coming off the trail at Lower Windy Gap

Photo by Janet Nissenson

84	Cristina Gimenez-Blaser		
		36	89:36
85	Mitchell Sollod	70	89:46
86	Tom Linthicum	51	90:07
87	Marianne Frank	39	90:16
88	Luke Fox	37	90:40
89	Ingrid Aquino	38	93:03
90	Ryan White	31	93:18
91	Davide Cervone	55	93:33
92	Maureen Pardi	43	93:53
93	Linda Dunne	42	93:54
94	Holly Casaus	40	94:00
95	Elizabeth Caraker	44	94:14
96	Christine Van Dusen	41	96:30
97	Meredith Strout	47	96:33
98	Susan Herder	52	98:39
99	Thomas Smiley	51	99:03
100	Mark Peters	53	99:26
101	Bob Fong	53	99:26
102	Ken Sharpe	59	99:27
103	Wendy Newman	59	102:37
104	Brenda Austin	54	104:52
105	Jane Czech	57	104:56
106	Meghan Eagleson	30	104:59
107	John Colton	38	105:08
108	Lynley Mannell	28	107:44
109	Floe	68	107:43
110	Susan Kare	55	109:05
111	Lisa Memmel	38	109:09
112	Jenny Kengsoontra	38	109:40
113	Heather Komurechan	38	109:44
114	Tom Collins	46	110:47
115	Suzana Seban	55	113:07
116	Jack Bascom	67	113:09
117	Jose Dickenson	59	115:14
118	Suzanne Grera	45	115:36
119	Patrick F. Cunneen	75	115:49
120	Jeff Houston	51	116:19
121	David Herndon	66	118:05
122	Mary Gray	47	128:54
123	Michele Gage	23	135:38

continued on page 5

PRACTICE DIPSEA

continued from page 4

124	Lisa Copeland	26	141:21
125	Virginia Rosales	45	144:26
126	Jessica Pechner	15	161:00

SELF-TIMERS

Marcia Martin	56	
Keith Nowell		112:50
Elaine Gecht	65	

June 7, 2009

Strawberry Hill 5K

Race Director: George Sacco

Volunteers: Bobby Marty, Kenneth Fong, Calvin Chan, Kevin Lee, Cathie Schling, Mark Mooney, Diane Okubo-Fong, Paul Kennelly, Elaine Koga Kennelly, Peggy Kang, Fred Haber, Phyllis Nabha, Janet Nissenson, Vince French, Joseph Connelly



Race Director George Sacco

Photo by Don Watson

PL	NAME	AGE	TIME
1	Chikara Omine	26	18:27
2	Jason Reed	30	18:48
3	Benjamin Beeler	16	19:04
4	Kenet De Silva	27	19:19
5	Sloane Cook	19	19:22
6	David Goldman	35	19:32
7	Jim Hannawalt	48	19:35
8	Wayne Cottrell	46	19:48
9	Mark Orders	51	19:52
10	Dinesha Richardson	31	19:58
11	Mike Dunne	25	20:55
12	Michael Gulli	49	21:00
13	Roy Clarke	53	21:25
14	Luis Vargas	51	21:35
15	Brian Schultz	41	21:38
16	Noah Feinstein	33	21:51
17	Fernado Escobar	25	22:10
18	Rick Torreano	60	22:13
19	Riya Susing	41	22:20
20	Daryl Luppino	49	22:21
21	Edward Caldwell	51	22:32
22	Leo Rosales	55	22:51
23	Steven Pitsenbarger	40	23:06
24	Robert Britain	51	23:08
25	Noe Castanon	38	23:14
26	Jim Flanigan	59	23:17
27	Dan Morris	26	23:30
28	Emma O'Neill ❶	22	23:35

29	Adam Hunter	32	23:35
30	Jorge Larre	52	23:38
31	Mark Mooney	52	23:43
32	George Musante	54	23:54
33	Dragan Stojanovic	37	24:03
34	Nick Fraboni	25	24:05
35	Sarah Gulli ❷	16	24:06
36	Francois Lariviere	47	24:07
37	David Klintobe	48	24:08
38	Amy Sonstein ❸	39	24:16
39	Neil Smith	44	24:34
40	Marie Carlotti ❹	52	24:37
41	Alfred Hu	48	24:44
42	Larry Wuerstle	53	24:47
43	Erin Garland ❺	25	25:06
44	Maria Pantoja	29	25:24
45	Noriko Bazeley	50	25:26
46	Patrick Lee	61	25:35
47	Jeff St. Claire	43	25:44
48	Jesse Hannawalt	14	25:49
49	Darren Benston		25:50
50	Craig Edwards	63	25:57
51	Stephanie Soler	34	25:59
52	Bruce Leary	58	26:05
53	Mark Prichard	54	26:14
54	Karl Olson	56	26:16
55	Steve Nissenson	61	26:19
56	Emma Dreyman	12	26:22
57	Gary Brickley	56	26:29
58	Matthew Fabry	36	26:43
59	Kimberly Ryland	28	26:49
60	Anni Holige	39	27:03
61	Yong Cholee Haber	51	27:13
62	Miguel Guerrero	39	27:23
63	Will Adams	30	27:35
64	Brian MacIntosh	37	27:41
65	Tim Stephens	30	27:42
66	Amy Rabbino	41	27:45
67	Phil Ginsburg	42	27:46
68	Sam Roake	73	27:49
69	Antigone Archer	11	27:59
70	Dana Farkas	50	28:09
71	Cristian	13	28:13
72	TURKEY		28:17
73	Joseph Connelly	47	28:19
74	Daniel Dreyman	43	28:21
75	Reina Turner	27	28:36
76	Gregory Brown	59	28:44
77	Johanna Merriss	59	28:55
78	Alexandre Boyer	33	28:56
79	Tatum Nevils	29	29:02
80	Sabina Bannon	48	29:05
81	Tia Kilpatrick	29	29:19
82	Patrice Chiquet	25	29:20
83	John Colter		29:29
84	Christina Boyle	38	29:32
85	TURKEY		29:33
86	Pat Geramoni	61	29:39
87	Rachel Boles		29:40
88	Vincente Aguigui Jr	49	29:46
89	Stephanie Hofielen	52	29:47
90	Tristan Broder	25	30:08
91	Lina Khatib		30:13
92	Noa Dreyman	18	30:15
93	Marian Lyons	62	30:15
94	Erin Cooney	39	30:31
95	Melissa Knox	29	30:34
96	Jamie Gironella	31	30:53
97	Mike Hung	58	31:01
98	Steven Friedman	66	31:11
99	Hal Kalish	52	31:19
100	Floe	68	31:24
101	Wendy Newman	59	31:25
102	Suzana Seban	55	31:31
103	Kirstin	35	31:41
104	Heather Singleton	25	31:50
105	Matt Bouchard	36	31:50
106	Uwe Schling	39	31:53
107	Bob Morris		32:27
108	Karl Pflieger	39	32:41
109	Leslie Goodge	37	32:42
110	April French	12	32:54
111	Anne Claire	25	32:59
112	Jim Kauffold	71	33:00
113	Henry Nebeling	76	33:04
114	Kathleen Bannon	50	33:08
115	Pujari	59	33:13
116	Lynn Hiach	39	33:15
117	Tisha Renner-Cruz	38	33:17
118	John Gitford	67	33:27
119	Stephanie Brogan	34	33:31
120	Liliana Vallejo	42	35:42
121	Virginia Rosales	45	35:46
122	Mary Gray	47	36:18
123	Nicole Smayling	27	36:39
124	Emily Lindsay	26	36:40
125	DeAnn Huston	24	37:07
126	Stephanie Meneses	21	38:00
127	Jeff Houston	51	38:20
128	Elizabeth Ascencio		38:24
129	Marni Beck	31	38:47
130	Haleon	61	39:01
131	Rocco Mullinax	35	39:02
132	Lisa DeVry	42	39:24
133	NO NAME		40:00
134	Jane Colman	66	40:18



Passing the Strawberry Hill waterfall

Photo by Don Watson

continued on page 6

STRAWBERRY HILL 5K

continued from page 5

135	Marcia Martin	57	40:19
136	Paul Kennelly	64	40:41
137	Elaine Koga Kennelly	67	40:41
138	TURKEY		40:44
139	Sheila Wright	49	40:48
140	Valerie Fitzpatrick	28	40:57
141	Sandy Gifford	68	42:11
142	Lalee Moria	28	42:13
143	Margo Banowicz	50	42:18
144	Houakia Xiong	29	43:14
145	Amanda Archer	11	43:43
146	Carlos Araya	34	45:33
147	Loan Nguyen	23	45:39
148	Laura Borisch	27	45:42
149	Shannon Luppino	13	45:58
150	Savanah Pro	11	46:19
151	Mike Nickelson	31	46:49
152	Bob Theis	80	47:19
153	Anthony Nash	41	47:47
154	Christine Murray	39	47:49
155	Kaylee Wambaugh	28	47:51
156	Catherine McCarthy	42	50:22
157	Marlene Mitovich	58	50:26
158	Michelle DelPrado	33	50:54
159	Linsay Sobers	26	53:45

SELF-TIMERS

Art Allen	
Bill Woolf	74
Brie Reybine	
Elaine Gecht	65
Eleanor Silva	
Gary Davis	56
Jack Bascom	67
Jane Lee	58
Janet Nissenson	49
Jill Pullen	58
Ken Reed	64
Melinda Crunch	34
Patty Carter	46
Richard Hannon	73
Robert Brizuela	69
Roger Bazeley	62
Roxanne Pezzy	
Teresa Hernandez	45
Tom Boyd	63



The winding road up to Twin Peaks
Photo by Don Watson

June 14, 2009

Twin Peaks Loop, 3.63M

Race Director: Jim Kauffold

Volunteers: Bobby Marty, Kenneth Fong, Calvin Chan, Kevin Lee, Cathie Schling, Mark Mooney, Diane Okubo-Fong, Paul Kennelly, Elaine Koga Kennelly, Peggy Kang, Fred Haber, Phyllis Nabhan, Janet Nissenson, Vince French, Joseph Connelly



Race Director Jim Kauffold

Photo by Don Watson

PL	NAME	AGE	TIME
1	Ryan Anderson	32	21:48
2	Benjamin Beeler	16	21:55
3	Daniel Sanchez	26	22:04
4	David Goldman	35	22:28
5	Fletcher Lesley	53	22:45
6	Wayne Cottrell	46	23:12
7	Kennet De Silva	27	23:29
8	Michael Gulli	49	24:11
9	Markham Miller	45	25:30
10	Scott Penwell	27	25:36
11	Riya Suising	41	25:37
12	Steven Pitsenbarger	41	25:42
13	Blaine Talberth	19	25:54
14	Eric O'Brien	26	26:01
15	Rick Torreano	60	26:10
16	Edward Caldwell	51	26:11
17	Daryl Luppino	49	26:21
18	Leo Rosales	55	26:41
19	Jason Woo	28	26:48
20	Aaron Gannon		27:00
21	Michael Arender	22	27:06
22	Jose Ruiz	54	27:17
23	Lisa Penzel ①	43	27:20
24	Brett Beekley	18	27:23
25	Jorge Larre	52	27:25
26	Ken Allen	41	27:42
27	Mark Mooney	52	27:56
28	Robert Britain	51	27:59
29	Kevin Fry	30	28:03
30	Kenneth Fong	47	28:08
31	David Klintobe	48	28:43
32	Larry Wuerstle	53	29:01
33	Noe Castanon	38	29:06

34	Marie Carlotti ②	52	29:28
35	Theo Jones	70	29:57
36	Steve Hui	40+	30:03
37	Maria Pantoja ③	29	30:09
38	Tom Bennett	50	30:11
39	Betsy Gray ④	26	30:40
40	George Baptista	66	30:54
41	William McCarty	61	30:56
42	Mary Barlow ⑤	33	30:58
43	John Myers	51	31:03
44	Gary Brickley	56	31:36
45	Tim Stephens	30	31:42
46	Mark Prichard	54	31:48
47	Mort Weisberg	72	32:23
48	Joseph Connelly	47	32:55
49	Dave Picariello	54	33:11
50	Mitchell Sollod	70	33:21
51	Yong Cholee Haber	51	33:22
52	Johanna Merriss	59	33:56
53	Claudia Pendleton	35	33:58
54	Miguel Guerrero	39	34:09
55	Pat Geramoni	61	34:16
56	Wendy Newman	59	34:39
57	Allison Gabriel	23	34:41
58	Leigh-Ann Wendling	41	34:43
59	Olga Tsyvinsky	41	34:45
60	Julia Gilden	26	35:08
61	Marian Lyons	62	35:40
62	Glenys Jones	60	36:06
63	Floe	68	36:33
64	Vincente Aguigui Jr	49	36:39
65	Mike Hung	58	36:50
66	Janet Nissenson	49	37:03
67	Tom Huster	66	37:14
68	Henry Nebeling	76	37:25
69	Jeff Shopoff	65	38:58
70	Janet Fry	30	39:59
71	Suzana Seban	55	40:27
72	Cristina Yardley	31	40:54
73	Michelle Chin	28	40:56
74	Cynthia Chen	28	40:58
75	Jeff Houston	51	42:41
76	Sylvia Pagan		44:41
77	Jane Colman	66	46:07
78	Joan Kramer	66	47:47
79	Shannon Luppino	13	49:25
80	Virginia Rosales	45	51:02
81	Margo Banowicz	50	51:42
82	Lisa Eichen	36	55:49
83	Tiffany Cisneros	38	57:45

SELF-TIMERS

Bob Theis	80
Ed Olkowski	66
Gary Davis	56
Kim Chee Kim	04
Liese Rapozo	81
Sunhi Kim	50
Tiffany Kendall	36
Tom Boyd	63
Wally Rapozo	80

June 21, 2009

Fathers Day Conservatory 5K

Race Director: Donnelly Gillen

Volunteers: Bobby Marty, Mark Mooney,
Calvin Chan, Peggy Kang, George Sacco,
Phyllis Nabhan, George Teiber, Roger
Bazeley, Joseph Connelly, Uwe Schling,
Kevin Lee, Vince French, Liese Rapozo



Race Director Donnelly Gillen

Photo by Don Watson

PL	NAME	AGE	TIME
1	Grant Johnson	25	16:58
2	Jason Reed	30	17:20
3	Ian Macnider	24	17:24
4	Ky Faubion	24	17:26
5	Sloane Cook	19	17:27
6	Jonathan Bretan	26	17:32
7	David Goldman	35	17:38
8	Ben B.		17:41
9	Kennet De Silva	27	17:55
10	William Chen	15	18:19
11	Michael Hynson	17	18:30
12	Chris Rose	40	18:36
13	Jon Macnider	54	18:42
14	Andrew Macnider	21	18:43
15	Joe Wehrheim	37	18:46
16	Michael Gulli	49	18:38
17	Sean Ruddy	26	18:57
18	Samuel Harvel	46	18:59
19	Paul Cowie	30	19:07
20	Vincent Gulli	19	19:10
21	Scott Penwell	27	19:18
22	Kieran Perez	14	19:24
23	Jerry Flanagan	43	19:35
24	Jason Thompson	38	19:47
25	David Lorsch	39	19:51
26	Keely Grand ①	30	20:09
27	Robin Lie	37	20:11
28	Joe & Ben Grand	33	20:13
29	Leo Rosales	55	20:16
30	Rick Torreano	60	20:18
31	Steven Pitsenbarger	40	20:21
32	Luis Vargas	51	20:23
33	Matthew Fabry	36	20:24
34	Brian Schultz	41	20:27
35	Gene French	62	20:29

36	Jason Whipple	41	20:33	95	Julia Pellegrini	30	26:05
37	Riya Suising	41	20:34	96	Marian Lyons	62	26:07
38	Daryl Luppino	49	20:37	97	Pat Geramoni	61	26:11
39	Noe Castanon	38	20:51	98	Tatum Nevils	29	26:13
40	Jim Flanigan	59	20:55	99	Han Lee	40	26:24
41	Justin Moser	30	21:06	100	Rachel Boles	28	26:25
42	Donald Chen	13	21:07	101	Ed Hung	31	26:51
43	Chikara Omine	26	21:21	102	Kristana Torreano	16	26:53
44	Jose Ruiz	54	21:24	103	Aidan O'Neill	11	26:56
45	Kenneth Fong	47	21:30	104	Declan O'Neill	08	27:14
46	Francois Lariviere	47	21:38	105	Emma O'Neill	22	27:16
47	Miguel Guerrero	39	21:43	106	Abby Wik	22	27:19
48	Sarah Gulli ②	16	21:44	107	Gerard Popko	45	27:21
49	Mike Conroy	64	21:48	108	Wendy Newman	59	27:30
50	Erika Kikuchi ③	30	21:53	109	Sebum Lee	34	27:33
51	Julie Cornwall ④		21:55	110	Rosemary Dunbar	57	27:34
52	Chuck Kartac	57	21:55	111	Steve Koster	34	27:38
53	Claude Mangieu	56	21:56	112	Barry Murphy	58	27:41
54	Herman Escajadillo	58	22:05	113	Henry Nebeling	76	27:58
55	Cecilia Santos ⑤	30	22:06	114	Sheldon Gersh	64	28:04
56	Jim Buck	66	22:07	115	Pam Keena	29	28:11
57	Jeff Lang	41	22:12	116	Brian Keena	33	28:12
58	Jesus Requena	47	22:13	117	Tom Farr	58	28:13
59	Mark Mooney	52	22:17	118	Kristen Farr	30	28:14
60	Jonathan Fearn	34	22:29	119	Bob Morris		28:16
61	Larry Wuerstle	53	22:31	120	Jamie Gironella	31	28:19
62	NO NAME		22:33	121	Suzana Seban	55	28:30
63	Theo Jones	70	22:39	122	Floe	68	28:36
64	Patrick Lee	61	22:51	123	Mike Hung	58	28:37
65	Noriko Bazeley	50	22:56	124	Lisa Kelly	26	28:56
66	Theo Rose	12	22:57	125	Maura Mannle	26	28:58
67	Maria Pantoja	29	22:59	126	Janet Nissenson	49	28:59
68	Vicki Rose	39	23:01	127	Pati Geraghty	42	29:00
69	Stephanie Soler	34	23:12	128	Emily Miller	11	29:14
70	Thomas Smiley	53	23:52	129	Ken Miller	46	29:15
71	Ryan Porter	36	23:54	130	Tristan Broder	25	29:20
72	Alec Randall	35	23:55	131	Alberto Razo	25	29:29
73	Roxanne Makoff	19	23:56	132	Jeanie Jones	73	29:30
74	Bruce Leary	58	23:58	133	Douglas Flinn	43	30:13
75	Aldo Calvo	39	24:06	134	Rocco Mullinax	35	30:22
76	Gary Brickley	56	24:14	135	Amy Ellingson	45	30:24
77	Catherine Bagatelos	31	24:19	136	Lauren Schwartz	28	30:46
78	John Dugan	57	24:35	137	Natalie Guilbault	29	31:34
79	Mike Fung	33	24:48	138	NO NAME	00	31:54
80	Karen Pinckard	49	24:51	139	Stephanie H.	29	32:00
81	Jenny Ong	27	24:53	140	Hallina Popko	51	32:02
82	Betsy Gray	26	24:55	141	Jason Friend	32	32:05
83	Tom Huster	66	24:56	142	Jane Colman	66	32:20
84	Ann Grimaldi	45	25:05	143	Bill Woolf	74	32:22
85	Wayne Kersey	55	25:12	144	Kay Teiber	69	32:26
86	George Baptista	66	25:25	145	Lori Hooper	25	32:33
87	Claudia Pendleton	35	25:36	146	Sara Barcia		33:14
88	Yong Cholee Haber	51	25:38	147	Mary Gray	47	33:42
89	Joseph Connelly	47	25:40	148	N. Popko	53	33:51
90	Gregory Brown	60	25:49	149	Zuzana Foster	39	34:01
91	Brian Bell	40	25:53	150	Bob Bean	66	34:22
92	Lina Khatib		25:54	151	Amy Miller	12	34:30
xx	TURKEY		25:56	152	Trish Miller	38	34:31
93	Mikiko Bazeley	19	26:01	153	Dennis Hassler	75	34:40
94	Sarah Lauffer	29	26:03				

continued on page 8

154	Melanie Puno	27	35:18
155	Steve Laveroni	58	35:54
156	John Weidinger	68	35:55
157	Justice Battenberg	10	35:58
158	Foaune Pirrone	29	36:00
159	Peggy Kang	73	36:24
160	Shannon Luppino	13	37:41
161	Joe Laveroni	11	38:16
162	Patricia O'Neill	55	38:18
163	Joseph Chang	32	39:03
164	Virginia Rosales	45	39:39
165	Margo Banowicz	50	39:45
166	Charlotte Makoff	48	40:18
167	Vala Burnett	29	40:27
168	Bob Theis	80	41:54
169	Beverly Ku	33	44:13
170	Sally Fairchild	55	47:11
171	Byron Fairchild	60	47:27

SELF-TIMERS

Amber ZeAuche	26	
Ed Olkowski	66	55:16
Gary Davis	56	
George ZeAuche	53	
Jack Bascom	67	
Jane Lee	59	
Kim Chee Kim	04	
Liese Rapozo	81	
Richard Finley	61	
Robert Brizuela	69	40:00
Roxanne Pezzy		
Shelley ZeAuche	53	
Sunhi Kim	50	
Wally Rapozo	80	



Start of the Kids' Run

Photo by Don Watson

KIDS' RUN

Theo Rose	12	3:41
Carson Lang	08	4:14
Sydney Whipple	07	4:22
Shelby Lang	09	4:31
Senna Whipple	09	4:35
Victoria Mullinax	08	4:46
Sean Bell	05	4:53
Freya Wehrheim	04	5:29
Silas Lang	5mo	6:28

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

Juana Run 8K, Palo Alto, February 28

453	Brian Hartley	55	35	M50-59	49:26
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Dare to Be Fit 5K, Stanford, March 22

	Brian Hartley	55			28:15
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LMJS 4th Sunday 5K, Oakland, April 26

44	Brian Hartley	55	7	M50-59	29:50
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Devil Mountain 10K, Danville, May 3

442	Brian Hartley	55	26	M55-59	1:06:20
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Paws for Cause Run 5K, Santa Fe, NM, May 9

	Brian Hartley				30:32
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Mushroom Mardi Gras, Morgan Hill, May 2

5K

55	Neal Ashton		3	M50-59	25:30
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62	Judy Waitz			F 40-49	26:26
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63	Sandra Sigurdson		2	F 50-59	26:28
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10K

19	Erika Kikuchi		2	F 30-39	45:57
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Otter Run 5K, Menlo Park, May 30

84	Neal Ashton		11	M50-59	25:36
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Diablo Trail Run 25K, Clayton, June 6

4	Chikara Omine	26	4	M 1-29	2:04:35
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12	Jason Reed	30	3	M30-39	2:20:00
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48	Erika Kikuchi	30	5	F 30-39	2:57:56
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Statuto Race 8K, June 7

	Kenley Gaffke	31	2	M30-39	29:01
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	Peter Hsia	48	2	M40-49	29:31
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	Tyler Abbott	48		self-timed	33:58
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	George Baptista	66	2	M60-69	41:25
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	Judy Waitz	49	3	F 40-49	44:18
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Hit the Road Jack 10K, Sonoma, June 7

202	Bill McCarty	61	7	M60-69	52:15
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524	Brian Hartley	55	70	M50-59	1:06:09
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Fitch Mountain Footrace 3K, Healdsburg, June 7

49	Roger Anawalt	89	2	M80-99	34:40
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Run for Lupus 5K, Saratoga, June 7

85	Neal Ashton		6	M50-59	26:21
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Lake Merritt Half Day 12 Hour, Oakland, June 13

20	Noe Castanon	38			50.7 miles
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Hunting Hollow 5K, Gilroy, June 13

13	Neal Ashton		2	M50-59	26:52
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Dipsea Race, Mill Valley, June 14

PL	NAME	AGE	GROUP	ACTUAL	CLOCK
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6	Steve Stephens	65	Inv	1:05:57	49:56
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11	Russ Kiernan	71	Inv	1:11:57	50:57
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16	Cliff Lentz	44	Inv	55:02	52:03
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68	Chikara Omine	26	Inv	57:27	57:08
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183	Jim Buck	66	Inv	1:18:34	1:01:36
188	James Flanigan	59	Inv	1:12:46	1:01:47
191	Tyler Abbott	48	Inv	1:06:49	1:01:51
202	David Moulton	41	Inv	1:04:04	1:02:10
522	Erika Kikuchi	30	Inv	1:19:11	1:11:11
657	Jason Reed	30	Runner	1:03:15	1:30:16
743	Brian Herndon	38	Runner	1:11:25	1:36:27
786	Barbara Robben	75	Inv	2:03:12	1:38:13
929	Amy Sonstein	39	Runner	1:25:25	1:44:26
1169	Jane Czech	57	Runner	1:44:27	1:54:30
1272	Benjamin Pechner	22	Runner	1:33:09	2:00:11
1306	Jessica Pechner	15	Runner	1:45:10	2:02:11
1407	Brian Hartley	46	Runner	1:59:30	2:17:31

Shriners Run 8K, Sacramento, June 20

69	Cliff Lentz	44	14	M40-44	29:04
400	Mary Lou Lemley	57	10	F 55-59	45:45
506	Barbara Robben	75	1	F 75-79	51:59
523	Jane Colman	66	5	F 65-69	53:19
563	Dennis Hassler	75	4	M75-79	57:18
598	Dina Kovash	70	4	F 70-74	1:07:38

Stadium to Stadium 10K, June 20

87	Adrian Jue	27	24	M20-29	44:21
90	Daryl Luppino	49	14	M40-49	44:25
125	Steven Pitsenbarger	41	19	M40-49	46:15
221	Amy Sonstein	39	16	F 30-39	50:10
223	Cammie Dingwall	46	10	F 40-49	50:13
290	William McCarty	61	3	M60-99	52:22
391	Marian Lyons	61	1	F 50-99	55:01
472	Jennifer Wuest	33	52	F 30-39	57:11
826	Jeffry Darrow	59	33	M50-59	1:12:45

Dick Houston Memorial Woodminster Race, Oakland, June 21

PL	NAME	AGE		CLOCK	ACTUAL
1	Steve Stephens	65		1:12:00	1:12:00
18	Cliff Lentz	44		1:20:01	1:04:01
56	Eduardo Vasquez	36		1:28:35	1:12:35
58	Kenley Gaffke	31		1:28:35	1:08:35
60	Keith Johnson	71		1:29:01	1:29:01
68	Cammie Dingwall	46		1:29:38	1:29:38
103	Amy Sonstein	39		1:35:11	1:31:11
113	George Rehmet	42		1:36:31	1:20:31
149	David Klinetobe	48		1:43:36	1:31:36

Pleasanton Rotary Spirit Run, June 21**5K, Men**

137	Brian Hartley	56	25	M50-59	28:15
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10K, Women

116	Barbara Robben	75	1	F 70-99	1:07:30
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Rock 'n' Roll Marathon, Seattle, June 27

956	Edward Celestina	58	23	M55-59	3:52:52
1045	Lucille Wing	52	11	F 50-54	3:54:57

San Francisco Front Runners Pride Run, June 27**5K**

29	Mark Kelley	53	13	M50-59	20:46
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10K

5	Edward Haack	41	1	M40-49	39:14
96	William McCarty	61	1	M60-69	53:01

GREAT ACHIEVEMENTS IN RUNNING

Pat Geramoni may have retired from marathoning with her recent accomplishment of running the Boston Marathon. But she's no slouch at the DSE's runs. Here's her story about Boston. But keep an eye out as she whizzes by on the course each Sunday.

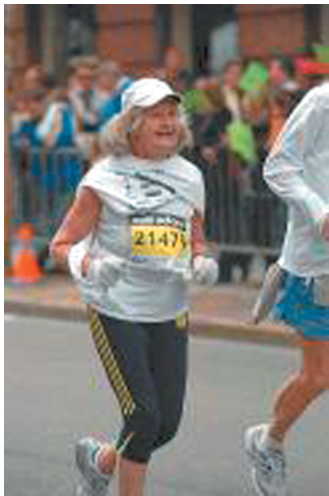
RETIRED MARATHONER

Pat Geramoni

I just wanted to share some of my great experiences at the 2009, 113th Boston Marathon. Some of my family made a vacation of it. We arrived a few days before the event and were able to catch all the pre-event hoopla of setting up for race day (even the churches had Boston Marathon banners hung from steeples). We also went to Fenway for a Boston Red Sox baseball game where they came from behind 8-0 and won the game 10-8. What a spectacle of excitement—fans went crazy! Bostonians are huge sports fans. Then after sightseeing, attending the expo and plenty of good eating, the big day finally arrived—Monday, Patriot's Day, a holiday in Boston. While there were over 22,000 runners, there were an impressive 500,000 spectators cheering the runners on. They lined the entire 26.2 miles on both sides. There was barely a time when you could see though the crowds on either side. They were often six people deep. It was so loud in places, especially around the many colleges, that it was completely uplifting for the runners. I often felt the fans exerted more energy than the runners. Some of my family met me at critical points by taking the subway to miles 16.8, 22 (before and after Heartbreak Hill, which was nothing compared to San Francisco running!), and then again at the finish (4:38:24). This was not an easy feat since the subway does not just let you off at the race and you have to find your way to it. They timed it perfectly. Then on to post-race activities and celebrations.

Marathon night my husband and oldest son, both being basketball coaches, were excited to catch a Celtics Basketball playoff game that they won at the buzzer (another crazy fan spectacle). My youngest daughter,

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son-in-law and I were enjoying the post-race celebration/dance and were able to catch the final twelve seconds of the basketball game on the TV at the bar downstairs from the post-race party, which was a lot of fun. Tuesday, the day after the marathon, it poured rain to end our vacation, so we had the best trip all around, as timing and events during our stay were just perfect.

I really want to thank family, friends and even DSE runners who through

their encouragement, camaraderie and yes weekly races, helped me realize this lifelong dream of running the Boston Marathon. It took me several decades to realize. and now I am retired from marathoning. I will stick to shorter races which are much more manageable.

CLASSIC STU-PEDS

by Stu Ruth



SPRING IS PLACED ON HOLD: ADVENTURES AT THE YAKIMA RIVER CANYON MARATHON

Jim Buck

The day was drawing to a close in Seattle as I worked my way through late rush-hour traffic, nosing the little rental car toward the Yakima Valley 120 miles to the east across Washington's Cascade Mountains. Although still daylight, heavy clouds cloaked the sun, the wipers working hard to stay ahead of a steady downpour.

It was April 2, 2009, two weeks into the new spring. But about 30 miles outside Seattle, an ominous sign indicated winter was not ready for an exit. Rain had given way to cute fluffy snowflakes. They fell lightly at first, then increased in intensity as the car moved steadily east. Not to worry, these were big wet flakes, the kind that melt as they hit the ground.

I telephoned ahead to my friends that I was on my way but was encountering some white stuff. Bill and Mary Jo live in Ellensburg, only a stone's throw from the starting line of the marathon. "That's okay," Bill assured me. "The summit pass at Snoqualmie is clear, and traffic is moving." That was reassuring; however, did Bill really mention a mountain summit and a place named after snow?

As I continued east and gained altitude, the snowflakes changed to the smaller, drier variety, the kind that lingers. The white stuff accumulated on the road, and most traffic began slowing accordingly. Daylight was quickly fading and taking visibility along with it. Within a few miles of the summit, all traffic began narrowing from four lanes to one. Cars, trucks and assorted big-rigs pulled to the shoulder to mount snow chains. My little Kia sedan came equipped with front-wheel drive, but no chains. Hmm, this would be interesting. Many cars had difficulty getting traction. One expensive sedan lay crumpled against a retaining wall, steam curling into the air.

Soon it was my turn to enter the single file of vehicles

creeping their way to the summit. There were several inches of accumulation now as the snow continued to fall from a nighttime sky. Vehicle headlights and an occasional street lamp provided the only illumination. In squeezing down to one lane, I was reluctantly forced to bring the Kia to a complete stop. Now, as I gently pressed the accelerator, the car moved, not forward as intended, but sideways to the right, directly into the path of a slow-moving big-rig, its headlights glaring and engine roaring. I began thinking about things like auto insurance, how to spend the night in the mountains, the overcoat I didn't bring, and whether running a marathon was really necessary. Ever so lightly, I applied the brake and the Kia slid to a halt. With not a second to lose, I shifted into reverse and once again squeezed the accelerator. Miraculously, the little car moved smartly back. The truck, trailer and all its massive wheels churned up little wads of snow as the whole structure slipped by ever so closely.

As the eighteen-wheeler cleared the front of the Kia, I saw my chance to pull in behind and let it clear the way through the snow. With that in mind, with the car in a forward gear and the wheels spinning I took off after the truck. Staying within twenty yards of its rear bumper for the next couple of miles up and over the pass, the speedometer never rose above the 5 MPH mark. Even so, I was supremely happy just to be moving forward.

As we made our way up the pass, only blackness showed in the rear view mirror. As it turns out, my vehicle was the last to venture across the summit that night. Ahead, the snow continued to fall, visibility limited to about thirty yards; my scenic view limited to the rear end of a tractor trailer.

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Although on the open road, with the poor visibility it was somewhat akin to driving through a tunnel with snow falling from its ceiling.

Once over the summit, my big-rig trailblazer eventually pulled to the side of the road and left me to my own resources. At that point, however, it was strictly a matter of staying nose to windshield, peering into the void and keeping the car moving ahead at a steady 25 MPH. Touching the brake and turning the wheel were done with great trepidation. After about 20 miles the flakes stopped falling and the highway began to clear. When I arrived at Ellensburg, the stars were blinking and the roads were dry. It hadn't rained or snowed there. I had dinner at 10:30 PM. The normal two-hour trip had taken five hours. Three days later as I returned to Seattle, I would see the snow piled high above the shoulders around Snoqualmie Pass. Although too late to assist in my travails, the snow plows must, indeed, have been brought out of premature summer storage to fight the elements one more time.

Oh yeah, the marathon. The course begins in Ellensburg and follows the Yakima River as it meanders through the Yakima River Canyon to the rural town of Selah, north of Yakima City. Runners move along the asphalt surface of the Canyon Road which is closed to traffic for the event. Through most of the 26.2 miles, runners have striking views of the canyon walls rising 3,000 feet on either side of the swiftly-moving river. The rocky cliffs are dappled in pinks, browns and grays as the sun moves along the surface, snow-trimmed mountains forming a picturesque backdrop. The marathon has about a 300-foot elevation drop from start to finish and a nearly two-mile downhill charge to the finish line. Unfortunately for hill-wimps, these features are offset by a rolling course and two major hill climbs.

Because Bill provides emergency support for the race through his local amateur radio club, we drove the course the day before. He performed radio checks and I surveyed the true nature of the challenge ahead. It was a nice drive, very scenic. I

was anxious to get my feet on the course, particularly as our vehicle crested the last hill and I saw the inviting descent to the finish. The next day, however, I was painfully reminded of the difference in driving a course vs. running it. When ascending a hill on foot, there is no accelerator to boost the RPMs. It can be more akin to getting out of the car, going around the back and pushing it up the hill.

On race morning, Saturday, April 4, the weather was cool and crisp, perhaps in the low to mid-30s. But the sun shone brightly and there was little wind. At 8:00 AM a big-rig gave a long blast on its air horn and just fewer than 500 runners set off down the road. In deference to the temperature, I augmented the running shorts with gloves and two shirts, one long-sleeved, one short. The lightness of the outfit proved crucial as temperatures rose to about 50 degrees by the time I

crossed the finish line.

I took my place in the middle of the pack and slowly moved forward as the run progressed and I reached a reasonable pace. After two loops through farmland on back roads, the course settled in along the river and we encountered our first hills. I had already passed my friends at their radio position near the 3.5-mile mark. Runners were spreading out now. Some of the early sprinters were falling off the pace, and I began to reel them in one at a time. Around mile twelve, I caught up with an older gentleman carrying a large American flag. He is a naturalized citizen who loves this country and celebrates by running the race every year. As I approached I recited the national anthem, and we saluted as I went by.

Later, the course began to catch up with me as we entered the second half of the marathon and attacked the more significant hills. Some runners were now turning the tables and slipping past me. This was not a good sign. The young lady I had been trying to keep up with, who had obviously inspired me with her form, was now way off in the distance. With fewer than 500 people in the race, and a course that curved with the river, there were occasions when I ran alone for several minutes at a time, no runners in sight—a far different experience from the big marathons like Berlin with 40,000 runners and hundreds of competitors always in view. There are pros and cons to each race.

Water-stops were provided every 2-3 miles and I took



The Yakima River Canyon

full advantage, walking through them as I downed water and sports drink. Around mile fifteen I began slurping my one packet of energy gel, hoping this would boost me over the big hill I knew was lurking in the distance. But these last hills, particularly the mile-long climb beginning around mile 21, were too much for me. I had no reason to give my life for this course and soon began occasional walks to conserve energy. Upon cresting the last of the hills around mile 24, the time had come for me to pick up the pace. As I put more energy into my effort, I noted with dismay that my legs

were not moving any faster. The hamstrings and quads were balking. This is where the lack of hill training came home to roost. Instead of powering through the last two miles, I continued a run-walk routine. The legs were shot.

For one of the smaller events, the Yakima Marathon was very well run, and I would highly recommend it, although it would be smart to include some hill work in the training. Water stops were sufficient and well staffed. Surrounding events included a pasta dinner the night before and an awards dinner after the race. The post-race meal included baked potatoes with all the toppings plus a fresh salad and a wide variety of fixings. At both meals there was plenty of good company and several entertaining speakers. The Marathon Maniacs running club attended in force, including

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one maniac who had run all fifty states—and did it nine times! This was my 26th marathon event—a bit skimpy compared to some of these other achievements.

Since the Yakima Marathon is run along a closed course, there are no big crowds to cheer on the competitors. Running inspiration had to come from within and from your fellow marathoners. There were also no live music groups to provide excitement.

Nevertheless, some rousing music was encountered at a few spots along the route. Atop one of the hills, large speakers blasted strains of high-energy music far down the canyon. Also, there were several locations where someone had scaled the cliff face and placed a portable boom box in a niche in the rock. It was curious to approach these spots on the run, look around for the music source, and eventually see a boom box there all by itself, providing entertainment to some lonely runner.

Plenty of refreshments were provided after the marathon, and massages were offered at the bargain price of one dollar a minute. Bus transportation was provided back to the start, and, for those so inclined, free showers, including shampoo and towels, were offered at a nearby high school. This race was not one of my best; those lie in the distant past. I hoped to finish under 3:30 but settled for 3:43. It was good enough for an age-group first but no course records. Perhaps the sub-3:30 days are behind me too. Perhaps I just need a kinder, gentler course.

As an integral part of these “destination” marathon vacations, I spend some time absorbing the sights and sounds of the local culture. This occasion took me back over the Snoqualmie Pass and into Seattle. There I hiked the waterfront, ate fish and chips, visited the downtown library, rode the monorail and toured the harbor. The sun was out in all its glory, and it was time well spent. I also learned first-hand of the goodwill and honesty of the local populace. On my last day in Seattle, I had demonstrated my absentmindedness on two occasions by leaving my expensive little camera on the ground in a parking lot and later by leaving the camera bag in the back of the rental car. I didn’t miss either one until about to board the flight back to California. I also had no idea where I had left them.

After a number of phone calls and emails to Seattle over several days, both items were found and subsequently delivered to me in excellent condition. We hear a lot about people behaving badly, but I take heart in knowing there are probably many more folks out there prepared to do the right thing.



MORE DOUBLE DIPSEA

Double Dipsea runner Ken Fong writes:

The sponges, cold water, and Ultima [at Insult Hill aid station] were unbelievably refreshing on a hot day. It was the difference between walking and running on both outbound and return trips. You guys were great. Thanks, Richard.

I thought the entire event was particularly well executed this year. All volunteers did a spectacular job keeping us all safe. This included traffic control and aid stations. Of particular note were 1) Jim Buck and his radio, 2) Marie Appel watching the out-of-control runners entering the roadway, 3) Jeff Houston dealing with the most dangerous part of the course, 4) Janet and crew with a garden hose at Muir Woods, 5) Bill Woolf with salt at Cardiac, 6) Diane, Yong, and crew dealing with the lack of small/medium shirts.

Ke, I don’t know how you pull this all together so smoothly every year. It is probably the best race in the area. Thanks to everyone.



Upper right: Harry Cordellos awaits runners at Insult aid station

Photo by Jason Friend

Lower right: Leo Rosales enjoys a cold sponge shower administered by Susan Herder, who along with Lucy Pon cooled off many runners at Cardiac aid station

Photo by Jane Colman

◆◆◆ 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:

July 5	Mission Rock 5K
July 12	Kennedy Drive 8K
July 19	Daly City Scenic Run
August 2	GG Bridge Vista 10K
August 9	GG Park XC 5K
August 16	Walt Stack 10K
August 30	Windmill 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.

We are in need of Race Directors for the following races remaining in 2009: Golden Gate Park Cross Country 5K on August 9, Presidio Cross County 5K on September 13, Sawyer Camp 5K/10K on October 18, Kennedy Drive 8K on October 25, and Ferry Building 4M on December 6.

We also welcome volunteers to help with registration or finish line at the Thursday evening races at Lake Merced. Arrive by 5:45 PM to help with registration or by 6:25 PM to help with finish line. Contact Janet at jl.nissenson@aol.com for more information.



Brie Reybina at Cardiac on the way out, Theo Jones (first at Cardiac on the way out) on the way back, both first place finishers in the 70-74 age groups.

Photos by Jane Colman

NEW DSE MARATHON RECORD HOLDER

Janet Nissenson

With the completion of the San Francisco Marathon on Sunday, July 26, Greg Brown will move into sole possession of first place in the DSE Marathon Hall of Fame. On that date, Greg will have completed his 177th marathon. Currently Greg shares the top spot with Tony Stratta at 176 marathons completed.

We wish Greg the very best of luck and will be cheering him on during the San Francisco Marathon. It doesn't seem all that long ago that Greg reached his first milestone of completing 100 marathons, followed a few years later by running marathons in all 50 states.

After becoming the new DSE Marathon Record Holder this month, one wonders what Greg's next goal is. Certainly completing 200 marathons is not that far off!

CORRECTION

In the June newsletter the name of Carlos Reyes was inadvertently omitted from the list of DSE members who ran on the DSE Racing Team in this year's Relay race. We apologize for this omission and congratulate Carlos on his terrific performance as the team's anchor runner.

MORE DSE RUNNERS IN THE NEWS

Janet Nissenson

It seems as if the *San Francisco Examiner* is becoming a spinoff of the DSE newsletter these days. During the month of June, two more articles appeared in that publication featuring DSE members.

In the June 6 edition there was an article featuring long-time DSE member Marian Lyons. The article focused mainly on Marian's training for the Stadium to Stadium 10K (which was held on June 20 and where Marian again won her age division). A link to the article is here:

<http://www.sfexaminer.com/sports/Personal-Best-Lyons-keeps-it-movin-in-life-and-sport-47006787.html>

And for the Father's Day edition of the paper on June 21, the running Gulli family of dad Michael, son Vincent and daughter Sarah were profiled. It's a great article that discusses how they use their runs as valuable family time together. This article can be read in entirety at:

<http://www.sfexaminer.com/sports/Personal-Best-Running-strengthens-family-bond-for-Gullis-48573392.html>

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

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

Sun Jul 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.**

Sun Jul 12 Kennedy Drive 8K

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run (uphill) eastbound on Middle Drive, turn onto Overlook Drive (path), left at Transverse and right onto Kennedy Drive. Run eastbound on Kennedy Drive to barricade at Kezar Drive. Turn around at Barricade and return same way to finish.

Sun Jul 19 Daly City Scenic Run, 6.8M & 5K

START/FINISH: Colma School, East Market & Hillside Streets in Daly City

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

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

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

Sun Jul 26 NO DSE RUN

DSE volunteers at aid station for San Francisco Marathon—www.runsfm.com

MEETING PLACE: Kennedy Drive at Upper Speedway Meadows (across from Lloyd Lake) in Golden Gate Park

REPORTING TIME: 5:30 AM

Sun Aug 2 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 turn around 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.

Thursdays: Summer Evening Race Series at Lake Merced

START/FINISH: Sunset Blvd Parking Lot

STARTING TIME: 6:30 PM

COURSE DESCRIPTION: 4.5 mile loop around Lake Merced

ENTRY FEE: \$1

◆◆◆ 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 29, 2009

TIME: 7:00 PM

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

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

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

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

Temperatures will become cooler, to below normal inland and the usual coastal fog pattern, for the first week in July including a gray 4th, which could affect fireworks viewing. Inland, lots of fog with below normal temperatures will continue through the second week of July. Coastal highs will be in the 50s.

Some warming with more sunshine and afternoon clearing of the coastal fog is likely after mid-month during the third week of July. The end of the month should have seasonable conditions with night and morning low clouds over the Bay and interior valley highs in the 90s. No rain is expected except in the Sierra.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

July

1	Peter Hsia	15	Ann Agbayani
2	George Mitchell		Riya Suising
	Ken Weller	16	Nicholas Cannata-Bowman
3	Linda Carter		Stephanie Hofielen
	John Gregson	17	Jamie Gironella
4	Vinod Gupta	18	Vincent Gulli
	Daz Lamparas	19	Sunhi Kim
	Fiona McCusker		Kay Teiber
5	Marie-Pierre Carlotti		Jenny Tsang
	Robyn Ramos	20	Grace Ruth
6	Jack Bascom		Luis Vargas
7	Keoni Osborne	22	Claudia Pendleton
8	Emanuella Chrysoglou	23	Bill Dake
	Dina Kovash	24	Tippy Prichard
9	Arthur Breton	25	Joe Czech
10	Sandra Sigurdson		Jeffry Darrow
	George Teiber	28	Margie Whitnah
11	Pete Gallagher	30	Samantha Bruno
12	Jeff Bedolla		Wallace Rapozo
13	Susan Parano		Robert Theis
	Kyra Vidosh	31	Aaron Low
14	Pete Nowicki		

New Members

NEW MALDEN, SURREY, GREAT BRITAIN
Stephanie Hofielen

REDWOOD CITY

Katelyn Cresta

SAN FRANCISCO

John Colton

Ann Grimaldi

Sebastian Lundy

Olga Tsyvinsky



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!