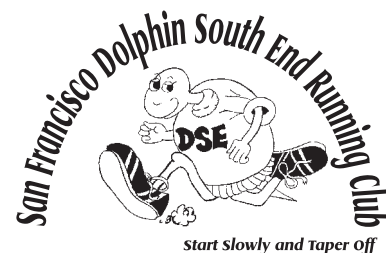


DSE NEWS



44th Year

August 2009

DSE AID STATION AT THE SAN FRANCISCO MARATHON



DSE aid station volunteers handing out water to the runners

© 2009 Paul Mosel

VOLUNTEERS:

George Baptista
Annelle Brickley
Gary Brickley
Noe Castanon
Ed Celestina
Calvin Chan
Carolyn Clark
Roy Clarke
Vince French
Holly Garriock
Mary Gray
Ann Grimaldi

Michael Gulli
Fred Haber—co-captain
Yong Haber—co-captain
Jim Kauffold
Jorge Larre
Jane Lee
Kevin Lee
Patrick Lee
Bobby Marty
Paul Mosel
Henry Nebeling
Wendy Newman
Rick Nippes

Julius Ng
Tom Pang
Liese Rapozo
Wally Rapozo
Ken Reed
Sam Roake
Cathie Schling
Uwe Schling
Mort Weisberg
Ceis Wildin
Edmund Wong
Bill Woolf
Jimmy Yu

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From the President's Desk

GRANT JOHNSON

THE RUNNING SAGA OF WALTER STACK

Did you know there's a book about our club's founder Walt Stack? I recently stumbled upon this; as I was riding to the Double Dipsea with Diane and Ken Fong to help volunteer, they began telling me about the book. This biography, I am told, highlights many of his shenanigans, no-holds-barred attitude, and love of the San Francisco running community. These were the right mixture of traits that have held us together after all these years and that still bring us together every Sunday. Upon my return from the Double Dipsea, I began my search for this holy grail. I discovered that the SF public library owns one copy.

continued on page 2

NOTE: Because of a concert in Golden Gate Park on August 30, **the Windmill 10K has been cancelled and will be replaced by the Arts & Sciences 5K**, starting and finishing at the Conservatory of Flowers on Kennedy Drive.

MEMORIAL FOR TED VINCENT

A memorial celebration of the life of long-time DSE member Ted Vincent will be held at 2:00 PM on Sunday, September 13 at the North Berkeley Senior Center, 1901 Hearst Avenue (on the corner of Martin Luther King Jr. Way) in Berkeley. All are welcome.

"Yippee!" But then I see that its for library use only and cannot be checked out. "D'oh!" So I decided that that's fine and that I would just buy the book. I searched Amazon.com. My first find prices this book for \$172.50 (+ \$3.99 in shipping). I figure it's a collectible and Walt's one hell of a guy, but I still have to eat. So as I further my search I find the book at a much more reasonable price of \$34. Time to buy. Luckily enough, I spoke with Ken again and apparently I'm next in line for the book, so I guess I'll queue and pick it up next month when he checks my teeth (yes, he's also my dentist). So to make a long story short, if you have the heart to temporarily depart with the book, I encourage you to share Walt's book with some of your fellow DSEers. Just remember how valuable it is.

LAKE MERCED THURSDAYS—A TRAINING TOOL IN DISGUISE

I find the summer Lake Merced series to be one of the best training tools the DSE has to offer. Personally, I tend to run these races as tempo runs. These runs give me a great excuse to get out the door after work and quickly turn over my legs at a faster pace than I would go by myself. The repetitive course allows you to test yourself on the same course with many of the same runners week after week. Lake Merced's 4.5 miles distance works well for any goal training you have whether it be for a 5k or marathon. One highlight of this course is the option along its route to run either trail or pavement. In my experience, keeping your running

simple and repetitive brings the greatest success. The series continues through August on Thursdays at 6:30 PM.

THE MANY WAYS TO SUPPORT THE DSE

The DSE is a nonprofit (501c3 public charity). This means if you are fortunate enough to have the ability to continue your financial charitable giving this year, you can give the DSE a monetary gift. Yes, this can even be written off on your taxes! Your donation will help support our equipment costs, end of the race refreshments, offset the permit costs and help to continue our mission of providing accessible races to everyone in our community. Please send your gift to PO Box 210482, San Francisco CA 94121 or give it to our treasurer Wendy Newman.

AUGUST RACE SCHEDULE

The **GG Bridge Vista 10K** on August 2 is one of our hidden gems. Land's End has one of the most dramatic overlooks of the city with the giant, jagged rocks below the cliff. Plus you may run into a celebrity as we go through Sea Cliff.

LAST CALL: there are only four more installments of our Thursday Summer Evening Race series #9–#12 at Lake Merced.

Dust off your spikes as we will be in the fields of Golden Gate Park at the **GG Park Cross-Country 5K** on August 9. This race always brings me back to memories of the high school good ole days.

At the **Walt Stack 10K** on August 16, run fast along this flat course but

make sure you don't trip along the promenade as you admire Sausalito or Alcatraz.

On August 23 there will be no DSE race. Instead, the DSE Volunteer Appreciation Picnic will be held for those DSE'ers who have volunteered for the club during the first part of the year.

On August 30, the **Arts & Science 5K** will replace the Windmill 10K.

Important Please note the course change.

BOARD MEETING 8/09/2009

A Board Meeting is scheduled for August 9th following the GG Park Cross-Country 5K. All club members are welcome to attend. If you do plan to attend, send your RSVP to Grant by August 7th at grant.grantjohnson@gmail.com.

NOMINATIONS FOR 2010 CLUB OFFICERS

Club nominations for 2010 DSE club officers is ongoing. The DSE will be actively recruiting its membership for new club officers, striving to recruit new members to sit on our board in order to drum up new ideas and energy. If you are passionate about the club and want to give back, please consider placing your name for nomination or forward potential club member names you wish to nominate. Please send your nomination 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.

◆◆◆◆◆ 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

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: Natale Nissenson
webmaster@dserunners.com

WESTERN STATES 100: THE UNFINISHED GOAL

Chikara Omine

DNF. This was my result for the 2009 Western States 100 miler. I was unable to finish but I don't intend to give up. Completing Western States has been goal of mine since I was 17.

During the first year I started running, some people jokingly dared me to run 100 miles. Of course, I didn't want to turn down a dare. The only problem was that I did not know of any 100-mile races. That is, until I entered the DSE Distance Classic in 1999 (12 hour running event). Runners in the race were hyping up Western States 100 as the most prestigious 100 mile race. I learned that the course goes through trails from Squaw Valley to Auburn and that the major goal is to go sub 24 hours. I had found my 100 mile race! However; to avoid jeopardizing my cross country and track seasons, I had to defer my goal of completing the race until I completed high school and college running.

My first attempt at Western States was in 2006. Unfortunately I suffered an IT band injury right before the race. Despite the injury, I still wanted see the course so I decided to take a painful 29-mile tour. I regretted my choice only two miles into the course. It reminded me of a quote my old coach used to say: "Don't be dumb." A hard lesson to learn.

My next attempt at the race was scheduled for 2008; however, the race was postponed for a year due to forest fires near the course. Luckily the postponement gave me time to prepare for the race. Ever since 2006, I constantly got injured and felt out of shape a majority of the time. I finally broke out of my running slump around February 2009, when some coworkers dared me to use up 16 Burger King (BK) buy-one-get-one free coupons within a month. Within a week of starting the BK coupon challenge, I almost set my marathon PR during a 50K race. My training and racing only got better after I followed-up with an In-N-Out 20x20 burger challenge (20 patties and 20 cheeses) and various other healthy eating challenges. I felt ready and excited for Western. Adding to the excitement was all the supporting well-wishes I received from various DSE members. People are right when they say that DSE is like a second family.

Before I knew it, it was race day. It was dark and cold due to the 5 AM start time, yet I felt the energy of all the people anxiously waiting for the race to start. The race starts with a very steep climb but once the start gun went off, that didn't keep some people from blazing to the front just like any 5K or 10K race. It immediately got chaotic when about the top 40 runners or so (myself included) took a wrong turn less than a quarter mile into the race. I heard some cursing and then a sprinting frenzy started. People started flying back down a hill to scramble up another hill to try to get back in front. What a way to start a race! I decided to trail behind the three favorites to win the race. It didn't take long before I backed off realizing that the pace was suicidal for anyone (or so I thought—one of the three lead runners, Hal Koerner, ended up winning).

I tried to run as comfortably as possible. Everything was go-

ing smoothly in the nice and cool morning temperatures. Too bad the comfortable feeling didn't last once the sun started coming up. I noticed that my water bottle was barely lasting long enough to get me to the next aid station. What happens as the fatigue starts setting in and I start taking longer to get to the stations? I can tell you that it isn't a pleasant feeling. I was only 24 miles into the race and concluded that I would need a second bottle. Oh well, just five more miles until I get to the first crew-accessible aid station to grab a burger, a second water bottle, and other supplements.

"Where's my crew?" The answer at the time: somewhere far away. I arrived at my projected time, but my crew thought I would be much later. Not good when they also underestimated the time it would take for them to arrive. Oops. Well, I guess that's what I get for taking three hours longer than what my crew had projected for me back in 2006. I just had to go

on. I tried to convince myself that it can't be that bad since I have seen some people survive ultra distances without much water, although I have also seen people in a coma-like state from dehydration.

At mile 34, I saw two animals blocking the trail. One animal appeared to be a huge cow. My attention went to the cow since it was much larger and I feared that it could actually be a bull. Both animals started trotting toward me. My fears dissipated once I saw cow bells attached to the larger animal. The bells indicated that it was a tame farm cow. I reminded myself that I shouldn't be afraid of hamburger (it should be afraid of me). I then started to take more notice of the smaller animal. Since it was standing by the cow, I figured it was a calf. I initially thought, "what an ugly deformed calf. It's so short and has light brownish hair." As I got closer to the animals, both moved off the trail. I noticed

that the light brownish animal took off with cat-like leaps. Hmmmm. I later researched animal pictures and found out that I had survived an encounter with a cougar. I guess I was pretty tired or dehydrated to mistake it for a deformed calf.

As I progressed further into the race, the 100+ degree temperature started taking its toll on me. I slowed to a stag and constantly tripped over rocks. I started realizing the importance of heat training and proper hydration. Endurance and speed are only part of the elements required to complete Western States. By mile 62, I was walking with a strained hip (likely from tripping too much) and I had to make the painful decision to drop the race. I was at least satisfied to start the race without an injury. Still, I was disappointed and figured that it would be difficult to recover mentally. To my surprise, it was not long before I still started to receive words of encouragement. Most of the encouragement came from DSE members. My focus immediately shifted from feeling down about my performance to preparing to accomplish my goal in 2010. I am thankful for everyone's supporting words that have allowed me to recover so quickly.



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

CORRECTION

The volunteer listing for the June 14 Twin Peaks Run in the July DSE News was incorrect. The actual volunteers were:

Bill Woolf, Kevin Lee, Bobby Marty, Mark Mooney, Calvin Chan, Patrick Lee, George Sacco, Steve Nissenson, Jane Lee, Vince French, Joseph Connelly

July 5, 2009

Mission Rock 5K

Race Director: Kevin Lee

Volunteers: Bobby Marty, Robert Brizuela, Calvin Chan, Jesse Agbayani, George Sacco, Ann Agbayani, Patrick Lee, Ken Reed, Theo Jones, Vince French, Diane Okubo-Fong, Marie Appel



Race Director Kevin Lee

Photo by Jane Colman

PL	NAME	AGE	TIME
1	Benjamin Beeler	16	17:26
2	Lance Doherty	32	17:31
3	David Marroquin	37	17:35
4	Sloane Cook	19	17:36
5	Kenley Gaffke	31	17:53
6	David Goldman	35	18:21
7	Peter Hsia	49	19:09
8	Michael Gulli	49	19:19
9	Matthew Thomas	30	19:26
10	Mark Peters	34	19:28
11	Yuko Yamazaki ①		19:52
12	William Chan		20:17
13	Jim Moore	50	20:19
14	Riya Suising	41	20:28

15	Michael Arender	22	20:36
16	Aram Durgerian	14	20:38
17	Leo Rosales	55	20:39
18	Rick Torrealano	50	20:39
19	Cherie Turner ②	39	20:44
20	Noe Castanon	38	20:46
21	Edward Caldwell	51	20:49
22	Daryl Luppino	49	20:51
23	Lisa Penzel ③	43	21:49
24	Fiona McCusker ④	45	21:54
25	Jorge Larre	52	22:22
26	James Eales	49	22:25
27	Kenneth Fong	47	22:27
28	Amy Sonstein ⑤	39	22:36
29	Sarah Gulli	16	22:48
30	Marie Appel	45	23:20
31	Gustavo Cota		23:31
32	Maria Pantoja	29	23:47
33	David Morgan	46	23:50
34	Ray Lie	32	23:51
35	Lucy Wing	52	24:05
36	Gary Brickley	56	24:12
37	Donald Chen		24:13
38	Sean Curran	47	24:35
39	Miguel Guerrero	39	24:41
40	Mark Kelley	53	24:48
41	Thomas Smiley	53	25:05
42	Thianh Lu	29	25:08
43	Gregory Brown	60	25:11
44	Yong Cholee Haber	51	25:13
45	William McCarty	61	25:29
46	Tom Huster	66	25:50
47	Clare Look-Jaeger	43	26:03
48	Edward Hung	31	26:04
49	Donald Rodriguez	44	26:09
50	Sandra Sigurdson	52	26:19
51	Pat Geramoni	61	26:26
52	Lance Allen		26:43
53	Peter Royce	74	26:47
54	Maureen Perez	28	26:48
55	Judith Waitz	49	26:49
56	Mort Weisberg	72	26:55
57	Wendy Newman	59	27:18
58	Anne Hordequin	31	27:19
59	Alexandre Boyer	33	27:20
60	Dana Farkas	50	27:27
61	Marian Lyons	62	27:36
62	Sheldon Gersh	64	27:47
63	Mike Hung	58	28:24
64	Lina Khatib		29:02
65	Jeanie Jones	73	29:15
66	Melissa Horn	38	29:16
67	Henry Nebeling	76	29:25
68	Suzana Seban	55	29:41
69	Sarah Lewis	25	29:43
70	Patty Gee	55	30:36
71	Mike Gee	55	30:37
72	Jane Colman	66	31:02
73	Virginia Rosales	45	31:19
74	Jeff Shopoff	65	31:27

75	Kay Teiber	69	32:02
76	Karen Bloch	45	32:28
77	Bill Woolf	74	32:53
78	Ronnie Blancas	9	32:56
79	Reese Blancas	2	32:57
80	Ron Blancas	36	32:58
81	Barbara Robben	75	33:22
82	Cowboy Guy	55	33:23
83	John Weidinger	68	33:23
84	Mary Gray	47	33:58
85	Jan McHugh-Smith	50	34:08
86	Michelle Arender	21	34:10
87	Laura Johnson	31	34:30
88	Christine Benetti	25	34:31
89	Courtney Culberson	27	34:34
90	Kathleen	43	35:17
91	Kevin Jaeger	50	35:18
92	Shannon Luppino	13	35:47
93	Jim Kauffold	71	36:19
94	Lisa Rodrigues	43	36:20
95	Steve Blose		36:59
96	Gladys A. Blose	52	37:00
97	Olivia Garnder	26	37:32
98	Chris	30	37:33
99	Margo Banowicz	50	38:04
100	Virginia Blancas	11	39:04
101	Virgie Blancas	34	39:06
102	Erica Maier	31	39:42
103	Alice Lewis	49	39:51
104	Leigh Corrigan	31	40:02
105	Susan Branch	49	40:05
106	Bart	54	40:15
107	Laurel Ballanti	26	40:16
108	Katie Allen	30	40:17
109	Lisa Lacoste	49	40:27
110	Vicki Herrera	52	40:28
111	Lily Chang	40	40:44
112	Melynda Capps	27	40:57
113	Bill Boehner		42:06
114	Ben Markinart	28	42:12
115	Maria Aleman	40	43:08
116	Pramita Kuruvilla	31	43:09
117	Victoria Mullinax	8	43:29



We were joined by a large group of Weight Watchers, some of whom were running their first race ever

photo by Jane Colman

continued on page 5

MISSION ROCK 5K
continued from page 4

118	Michele Henn	32	43:30
119	Rocco Mullinax	35	43:31
120	Jean Mellows	50	43:59
121	Denise Grey		45:45
122	Martha A. Carter	59	46:12
123	Jenean Stokes	30	47:00
124	Michelle Nevels	30	47:02
125	Enisha Narang	35	47:49
126	Lily Hodges	8	48:15
127	Lisa Hodges		48:16
128	Chris Panus	59	49:29
129	Susan Roberts	53	49:30
130	Sonia Narang	32	50:16
131	Susan Stockstill	60	50:26
132	Pameal Tilton	48	50:28
133	Jennifer Miller	28	51:46
134	Marlene Miller	51	51:47
135	Loretta Miller-Branda	71	52:56
136	Connie Fitzpatrick	59	52:57
137	Eraina Persson	42	52:58
138	Regan Fitzpatrick	20	52:59
139	Linda Fischetti	64	53:43
140	Joanna Gadd	47	53:45
141	Ida Friedman	48	54:16
142	J. Robinson	62	54:17
143	Irene Thomas	63	54:18
144	Celia Peckham	49	56:12
145	Kimberley Gustafson	42	56:14
146	Felicia Redun	45	56:16
147	Kendra Baratta	29	59:10
148	Sue Kelton	60	61:59
149	Karuna Fosala	62	62:00
150	Abi Rudzians	26	62:46
151	Christina Woo	37	62:47
152	Tyler Huh	7	62:48
153	Olga Woo	60	65:01
154	Beverley Bender	66	65:18
155	Simone Adair	45	65:32
156	Barbara Taforo	67	65:34
157	Schneider	68	65:38
158	John Sealander	61	65:44
159	Tanya Graham		66:55
160	Carolyn Emser		66:57



George Sacco and Diane Okubo-Fong
at the Mission Rock finish line
Photo by Don Watson

161	Ginger Hurschmann	45	75:24
162	Trudy Zimmerman	75	77:26
163	Corey Steele	46	77:28

SELF-TIMERS

Sunhi Kim	50	
Kim Chee Kim	4	
Robert Brizuela	69	
Richard Hannon	73	60:00
Ann Agbayani	48	
Jesse Agbayani	57	

KIDS' RUN

Victoria Mullinax	8	0:45
Hetti Hsia	5	0:53
Lena Hsia	5	0:57

July 12, 2009

Kennedy Drive 8K

Race Director: Gary Brickley

**Volunteers: Bobby Marty, Fred Haber,
Calvin Chan, George Sacco, Kevin Lee,
Elaine Koga Kennelly, Paul Kennelly, Vince
French, Rachel L. Tucker, Marie Appel**



Race Director Gary Brickley
© 2009 Paul Mosel

PL	NAME	AGE	TIME
1	John Barbour	55	27:34
2	Chikara Omine	26	28:17
3	Jason Reed	30	28:37
4	Benjamin Beeler	16	28:40
5	David Davis	40	28:52
6	Bill Strick	28	29:17
7	Kenley Gaffke	31	29:19
8	Ian Macnider	24	29:27
9	Jorge Diaz	36	29:39
10	Kennet De Silva	27	29:45
11	David Goldman	35	30:00
12	Mike Triola	31	30:09
13	Felicitas Vieladal ①	26	30:50
14	David Ripp	57	30:53
15	Ulises Fernandez	44	31:01
16	Ky Faubion	24	31:07
17	Andrew Macnider	21	31:11
18	Eduardo Vazquez	36	31:20
19	Michael Gulli	49	31:27
20	Steve Stephens	65	31:46
21	Sloan Bormann	31	31:57
22	Jerry Flanagan	43	32:20

23	David Lorsch	39	32:24
24	Jeff Mezzocchi	38	32:28
25	Morgan O'Connor ②	19	32:35
26	Russell Mackie	38	32:40
27	Luis Vargas	51	32:48
28	David Lamond	34	32:54
29	Kent Carlomagno	52	32:57
30	Aaron Rashba	33	33:04
31	Stephen Carroll	41	33:11
32	James Glass		33:21
33	Jim Moore	50	33:22
34	Edward Caldwell	51	33:24
35	Buron Shirley	26	33:27
36	Leo Rosales	55	33:29
37	Rick Torreano	60	33:34
38	Andrew Freid	42	33:40
39	Zion Lugasi	31	33:42
40	Daryl Luppino	49	33:46
41	Robert Brown	52	34:25
42	Matthew Fabry	36	34:33
43	Jeremy Calnan	49	34:36
44	Eric Davies	36	34:45
45	David Chuck		34:50
46	Noe Castanon	38	35:06
47	Jose Ruiz	54	35:18
48	Nick Toribio	20	35:38
49	Jorge Larre	52	35:41
50	Sarah Gulli ③	16	35:48
51	Steven Pitsenbarger	41	35:56
52	David Klinetobe	48	36:01
53	Erika Kikuchi ④	31	36:07
54	Francois Lariviere	47	36:13
55	Kim Juarez ⑤	44	36:27
56	M. Innes		36:38
57	Kenneth Fong	47	36:55
58	Mia Bennett	21	36:58
59	Larry Wuerstle	53	37:37
60	Miguel Guerrero	32	37:47
61	Tom Bennett	61	38:24
62	Theo Jones	70	38:42
63	William McCarty	61	39:12
64	Tim E. Hall	38	39:24
65	Amy Sonstein	39	39:26
66	Mark Kelley	53	39:36
67	Jennifer Swanson	38	39:47
68	Jennifer Pickering	28	39:50
69	Egan Brumley		39:52
70	Mark Redhard	48	39:53
71	Matthew Higgins	34	40:11
72	Thomas Smiley	53	40:22
73	Kathy Bonaconi	43	40:24
74	George Baptista	66	40:28
75	Tom Huster	66	40:30
76	Yong Cholee Haber	51	40:36
77	Rachel Phillips	27	40:51
78	Keith O. Johnson	71	40:53
79	Roy Glaze	51	41:20
80	Chetan Kumar O Shetm		
		24	41:25

continued on page 6

KENNEDY DRIVE 8K
continued from page 5



**Yong Haber and Tom Huster
on Kennedy Drive**
Photo by Don Watson

81	Ivor Evans	46	41:30
82	Gretchen Laney	32	42:19
83	Sam Roake	73	42:22
84	Pat Geraoni	61	42:28
85	Marian Lyons	62	42:30
86	Jamie Stonick	32	42:51
87	Brad Laney	34	43:08
88	John Stenson	43	43:16
89	Wendy Newman	59	43:23
90	Julia Gilden	26	43:29
91	Thanh-Tam Ho	29	43:33
92	Joanna Sullivan	30	43:33
93	Lina Khatib		45:21
94	Naama Lugasi	31	45:39
95	Amy Merritt-Smith	52	46:03
96	Julie Owens	53	46:05
97	Danielle Hamion	35	46:19
98	Mike Hung	18	46:21
99	Henry Nebeling	76	46:24
100	Sue-Ellen Speight	39	46:30
101	Kim Dilena	41	46:53
102	Beverly Debolski	44	47:04
103	Carolyn Lewis	44	47:06



Course monitor Vince French
Photo by Don Watson

104	Robert Silverman	60	47:24
105	Raghavan Venkatesan	23	47:43
106	Jeanie Jones	73	47:55
107	Suzana Seban	55	48:10
108	Steve Hambaler	53	49:19
109	Cowboy Guy	55	49:57
110	Jack Bellingham	61	50:32
111	Virginia Rosales	45	51:13
112	Jim Kauffold	71	51:16
113	Bob Morris		51:53
114	Uwe Schling	38	51:54
115	Nicole Harra	40	52:43
116	Maddie Lewis	14	52:45
117	Elizabeth Dveris	47	53:00
118	Lisa Baldwin	44	53:03
119	Debby Bellingham		53:33
120	Bill Woolf	74	53:34
121	Amanda Zamir	28	53:55
122	Carolyn Burbach	30	53:57
123	Elizabeth Ascensio	48	54:09
124	Mary Gray	47	54:14
125	Aishmouya V.	25	54:16
126	Amber Long	41	54:40
127	Holly Garriock	32	54:43
128	John Gabett	62	55:42
129	G. Varadhan	30	55:50
130	John Weidinger	68	58:08
131	Margo Banowicz	50	58:43

July 19, 2009

Daly City Scenic Runs

Race Director: Uwe Schling

Volunteers: Bobby Marty, Robert Brizuela, Calvin Chan, Rachel L. Tucker, George Sacco, Cathie Schling, Patrick Lee, Mary Gray, Paul Mosel, Vince French, Kevin Lee, Fred Haber, Diane Okubo-Fong, Suzana Seban, Erika Kikuchi, Marie Appel, Ann Grimaldi



Race Director Uwe Schling
© 2009 Paul Mosel

5K

PL	NAME	AGE	TIME
1	Chikara Omine	26	18:30
2	Jason Reed	30	18:37
3	Stephen Boesch		20:16

132	Paul Kennelly	64	62:33
133	Elaine Koga Kennelly	62	62:35
134	Margo Rohrbocher		63:36
135	Dave Picanello	55	63:44
136	Matt Loughran	45	64:34
137	Diane Sementelli	43	66:00

SELF-TIMERS

Patrick Lee	61	
Tom Boyd	63	
Jack Bascom	68	
Robert Brizuela	69	84:00
Sunhi Kim	50	
Kim Chee Kim	4	
Marcia Martin	57	
Gary Davis		
Phillip Basson	72	
Ellen Breslauer	61	
Russell Breslauer	64	
Jane Lee	59	
Judith Jarosz	69	
Jane Colman	66	
Bob Theis	50	
Elaine Gecht	65	
Wally Rapozo	80	
Liese Rapozo	81	
Jesse Agbayani	57	
Sherrill Golden	67	
Jim Golden	58	

4	Vincent Gulli	20	21:01
5	Eradio Sanchez	30	21:35
6	Taiga Schwarz	11	23:08
7	Karl Bane	61	23:16
8	Henry Schwarz	41	23:39
9	Jim Flanigan	59	23:42
10	Jim Buck	66	24:09
11	Prospero Sanchez	34	24:12
12	Marie Appel ①	45	24:27
13	Sarah Tobias ②	21	25:02
14	Larry Wuerstle	53	25:07
15	Logan Frahm	32	25:57
16	William McCarty	61	25:59
17	Mark Prichard	53	26:32
18	Christopher Rowe	31	27:39
19	Aron Knickerbocker	40	28:24
20	Gregory Brown	60	29:51
21	Heather Singleton ③	26	29:55
22	Jeff Shopoff	65	32:36
23	Suzana Seban ④	55	32:53
24	Selena Sanchez ⑤	10	33:23
25	Michael Sanchez	11	33:24
26	Cowboy Guy	55	34:40
27	Mike Nickelson	26	35:56
28	Mary Gray	47	36:25
29	Barrie Cowan	62	36:28
30	Bill Woolf	74	36:41
31	John Weidinger	68	37:09

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DALY CITY SCENIC 5K
continued from page 6

32	Angela Sanchez	6	42:08
33	Shannon Luppino	13	42:17
34	Paul Kennelly	64	42:19
35	Elaine Koga Kennelly	67	42:31
36	Dominic Massaro	31	42:33
37	Rachel Massarro	27	43:09
38	Margo Banowicz	50	44:02
39	Bob Theis	80	44:11
40	Judith Jarosz	69	47:46
41	Deepika	25	47:49
42	Madan Vellamcheti	30	49:19
43	Lily Hodges	8	49:20
44	Lisa Hodges		49:21

6.8 MILE

1	Jamey Gifford	31	41:44
2	Benjamin Beeler	16	45:47
3	Glen Furuta	47	47:18
4	Michael Gulli	49	49:37
5	Luis Vargas	51	50:33
6	Rick Torreano	60	50:56
7	Edward Caldwell	51	52:05
8	Jerry Flanagan	43	52:20
9	Daryl Luppino	49	53:02
10	Leo Rosales	55	54:22
11	Lisa Penzel ①	43	54:51
12	Sam Gordon	22	55:13
13	Steven Pitsenbarger	41	55:20
14	Noe Castanon	38	55:26
15	Akihiko Moshiko	46	56:15
16	Jorge Larre	52	56:30
17	Alfred Hu	48	56:40
18	David Klinetobe	48	56:44
19	Amy Sonstein ②	39	58:24
20	Mary Jo Sullivan ③	52	58:37
21	Norika Bazeley ④	50	60:07
22	Miguel Guerrero	39	60:34
23	Kim Ambach ⑤	43	60:58
24	Gary Brickley	56	61:31



Daly City runners lined up at the start

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25	Theo Jones	70	62:08	42	John Corbett	62	95:20
26	William King	36	63:17	43	Daphne Urbano		106:51
27	Yong Cholee Haber	51	63:40	44	Lamar North	28	106:52
28	Paul McLoughlin	44	63:41	45	Floe	68	107:13
29	Lina Khatib		65:05	<u>SELF-TIMERS</u>			
30	George Baptista	66	65:15		Tom Boyd	63	
31	Chikara Omine	26	65:36		Liese Rapozo		
32	Timothy Fuller	33	66:45		Wally Rapozo		
33	Marini Raghupathi	26	67:03		Jesse Agbayani	57	
34	Tom Huster	66	67:53		Richard Finley	61	
35	Jason Reed	30	68:46		Robert Brizuela	69	
36	Wendy Newman	59	71:02		Beth Golden	59	
37	Janet Nissenon	49	71:50		Sherrill Golden	67	
38	Christine Ando	31	80:30		Jim Golden	58	
39	Virginia Rosales	45	84:31		Kim Chee Kim	4	
40	Jane Colman	66	84:38		Sunhi Kim	51	
41	Sylvia Romero Pagao	42	89:15				



First 6.8-mile runner Jamey Gifford,
already far ahead on the way up the hill
Photo by Don Watson

Don't forget
the invitation-
only volunteer
picnic on
August 23

If you haven't
volunteered yet,
you still have a
chance!



2009 DOUBLE DIPSEA AWARDS

MEN

PL	NAME	AGE	H-TIME	A-TIME
FASTEST ACTUAL TIME				
2	Mark McManus	35		1:45:36
3	Alex Varner	23		1:48:57
1	Roy Rivers	52		1:56:20
FASTEST HANDICAP TIME				
1	Roy Rivers	52	1:42:20	
2	Mark McManus	35	1:45:36	
3	Alex Varner	23	1:48:57	
YOUNGEST				
364	Thomas Weber	15	3:20:01	3:20:01
OLDEST				
438	Mike Tselentis	83	4:42:00	5:27:00
UNDER 20				
32	Patrick Moore	19	2:13:51	2:13:51
61	Benjamin Beeler	16	2:22:06	2:22:06
82	Will Callan	16	2:26:41	2:26:41
20-24				
3	Alex Varner	23	1:48:57	1:48:57
38	Sean Pont	24	2:15:29	2:15:29
47	Carlos Reyes	22	2:16:52	2:16:52
25-29				
6	Ed Conrad	26	1:59:17	1:59:17
10	Cameron Berg	26	2:00:50	2:00:50
25	Christopher Campbell	29	2:11:25	2:11:25
30-34				
27	Jason Reed	30	2:12:24	2:12:24
40	Jon Robinson	30	2:15:51	2:15:51
53	Eric Edelson	30	2:18:33	2:18:33
35-39				
2	Mark McManus	35	1:45:36	1:45:36
15	John Rutledge	38	2:04:55	2:04:55
42	Yates McKenzie	38	2:16:05	2:16:05
40-44				
12	Rod Teefle	44	2:01:20	2:05:20
22	Michael O'Donnell	43	2:10:26	2:14:26
30	Devon Johnson	43	2:13:18	2:17:18
45-49				
11	John Hudson	46	2:01:15	2:10:15
14	Kevin Walker	46	2:04:05	2:13:05
16	Patrick Lepelch	46	2:06:45	2:15:45
50-54				
1	Roy Rivers	52	1:42:20	1:56:20
17	Scott Donnellan	51	2:06:52	2:20:52
23	Jeff Schloss	51	2:10:53	2:24:53
55-59				
7	Timothy Knowlton	58	2:00:13	2:20:13
31	Rene Brunet	59	2:13:25	2:33:25
33	Mark Helmus	55	2:13:54	2:33:54

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WOMEN

PL	NAME	AGE	H-TIME	A-TIME
FASTEST ACTUAL TIME				
4	Jamie Berns	58		2:22:09
20	Holly Tate	31		2:24:00
9	Jill Baker	40		2:24:25
FASTEST HANDICAP TIME				
4	Jamie Berns	58	1:50:09	
8	Mimi Willard	55	2:00:21	
9	Jill Baker	40	2:00:25	
YOUNGEST				
234	Lauren McKenna	15	2:50:17	3:00:17
OLDEST				
363	Brierly Reybine	70	3:19:57	4:13:57
UNDER 20				
234	Lauren McKenna	15	2:50:17	3:00:17
20-24				
396	Monica Sin	23	3:30:36	3:40:36
25-29				
105	Sumi Kim	27	2:30:59	2:42:59
107	Sarah Syed	29	2:31:08	2:43:08
138	Jennifer Holm	29	2:35:15	2:47:15
30-34				
20	Holly Tate	31	2:10:00	2:24:00
39	Dana Shank	32	2:15:31	2:29:31
45	Larissa Polischuk	31	2:16:41	2:30:41
35-39				
26	Kari Chalstrom	38	2:12:17	2:28:17
36	Nikole Denton	35	2:15:02	2:31:02
76	Anne Buxton	38	2:25:25	2:41:25
40-44				
9	Jill Baker	40	2:00:25	2:24:25
19	Sarah Nesbitt	42	2:09:12	2:33:12
28	Erin Griffis	42	2:12:39	2:36:39
45-49				
21	Mimi Dobrich	46	2:10:22	2:37:22
34	Christ Allen	47	2:14:17	2:41:17
51	Julie Nye	46	2:17:11	2:44:11
50-54				
179	Pam Iyer	53	2:40:10	3:09:10
205	Tessa Walsh	50	2:45:08	3:14:08
266	Karen Jaber	51	2:57:25	3:26:25
55-59				
4	Jamie Berns	58	1:50:09	2:22:09
8	Mimi Willard	55	2:00:21	2:32:21
37	Penelope Douglas	57	2:15:10	2:47:10

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MEN

PL	NAME	AGE	H-TIME	A-TIME
60-64				
5	Tomas Pastalka	62	1:57:21	2:27:21
24	Robert Knox	63	2:11:03	2:41:03
50	Barry Hotchkies	64	2:16:57	2:46:57
65-69				
13	Hans Schmid	69	2:02:52	2:35:52
324	David Hobler	67	3:09:05	3:42:05
325	Gaspar Pulizzi	69	3:09:12	3:42:12
70-74				
139	Theo Jones	70	2:35:20	3:18:20
247	Darryl Beardall	72	2:53:50	3:36:50
252	Merv Giacomini	73	2:54:55	3:37:55
75-79				
7410	Joe Dorsey	77	3:40:53	4:25:53
427	Jim Arthurs	78	4:04:16	4:49:16
80-84				
271	Sam Hirabayashi	82	2:59:29	3:44:29
438	Mike Tselentis	83	4:42:00	5:27:00
CLYDESDALE				
130	Tim Schultz	50	2:34:26	2:48:26
166	Nicholas Fasanella	36	2:39:08	2:39:08
198	John Hoffmann	54	2:43:00	2:57:00

WOMEN

PL	NAME	AGE	H-TIME	A-TIME
60-64				
407	Linda Lamm	60	3:39:22	4:20:22
432	Margie Whitnah	60	4:19:46	5:00:46
65-69				
329	Carol Pechler	69	3:09:51	3:53:51
367	Judy Shipman	68	3:20:12	4:04:12
70-74				
363	Brierly Reybine	70	3:19:57	4:13:57
CLYDESDALE				
44	Karen Smidt	42	2:16:30	2:40:30
70	Samantha Pinney	42	2:23:00	2:47:00
107	Sarah Syed	29	2:31:08	2:43:08

FAMILY AND HUSBAND & WIFE/DOMESTIC PARTNERS

PL	NAME	AGE	GENDER	H-TIME	A-TIME
1ST FAMILY					
216	Chris Chorak	44	F	2:46:33	3:10:33
37	Penelope Douglas	57	F	2:15:10	2:47:10
2ND FAMILY					
133	Joe Feller	55	M	2:34:38	2:54:38
275	Jon Feller	52	M	2:59:51	3:13:51
3RD FAMILY					
245	Gary Eldridge	48	M	2:52:44	3:01:44
279	Dale Eldridge	50	M	3:00:08	3:14:08
1ST HW/DP					
1	Roy Rivers	52	M	1:42:20	1:56:20
4	Jamie Berns	58	F	1:50:09	2:22:09
2ND HW/DP					
2	Mark McManus	35	M	1:45:36	1:45:36
174	Quinn McManus	32	F	2:39:42	2:53:42
3RD HW/DP					
34	Christy Allen	47	F	2:14:17	2:41:17
66	Gregory Allen	46	M	2:22:49	2:31:49

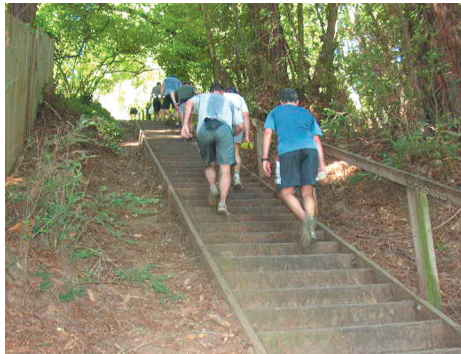
DOUBLE DIPSEA PHOTOS



Runners gathered at the starting line
Photo by Karen Pinckard



The older men ready to start
Photo by Tom Ingersoll



Heading back up the infamous stairway
Photo by Tom Ingersoll



The finish line
Photo by Karen Pinckard

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
Bolder Boulder Memorial Day 10K, May 25					
	Judith Taksa Webb		2	F65	55:43
	Sam Roake		3	M73	57:18
	Mort Weisberg		3	M72	48:42
	Peter Royce		4	M74	1:02:48
	Carole Mawson		10	F65	1:06:03
	Sten Mawson		24	M67	1:07:48
	Peter Webb		20	M68	1:07:53
	Jim Kauffold		7	M71	1:09:55
	Brierly Reybine		6	F69	1:11:59

Teams: top four total time

DSE Huddart Park Bucks Team	1	60+	4:08:02
Sam, Mort, Peter, Jim			
Vintage Athletics Team	2	60+	4:17:25
Judith, Carole, Sten, Peter, Brierly			

LMJS 4th Sunday Run, Oakland, June 28

5K					
24	Noe Castanon	38	6	M30-39	22:00
10K					
2	Jason Reed	30	2	M30-39	39:38
8	Jerry Flanagan	43	1	M40-49	43:51
9	Riya Suising	41			43:57
14	Erika Kikuchi	31	4	F 30-39	48:13
26	Gregory Brown	60	1	M60-69	60:01

Jefferson Mile, July 4

2	Kenley Gaffke	31	2	M30-39	5:20
11	Kenneth Fong	47	3	M40-49	6:46
17	Gregory Brown	60	2	M60-69	8:15
18	Pat Geramoni	61	1	F 60-69	8:26
25	Jane Colman	66	2	F 60-69	9:17
27	Peggy Kang	73	1	F 70-79	10:50

Freedom Road 5K, July 4

3	Kenley Gaffke	31	1	M30-39	18:17
19	Kenneth Fong	47	5	M40-49	23:03
40	Sandra Sigurdson	52	1	F 50-59	26:41
44	Gregory Brown	60	3	M60-69	27:03
46	Pat Geramoni	61	1	F 60-69	27:15
73	Jane Colman	66	2	F 60-69	33:24
78	Roxanna Pezzy	50	6	F 50-59	34:17

4 on the 4th Four Mile Road Race, San Rafael, July 4

79	Dennis Hassler	75			43:59
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Alameda Mayor's 4th of July Parade R.A.C.E 5K, July 4

21	Peter Hsia	49	4	M40-49	20:16
79	Judy Waitz	49	5	F 40-49	25:55
83	Milinda Lommer	39	3	F 30-39	26:20

Note: All three runners were pushing children in strollers.

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CLASSIC STU-PEDS

by Stu Ruth

Rocket Run 5M, Pacifica, July 4

25	Leopoldo Rosales			M50-59	36:17
27	Larry Wuerstle			M50-59	37:56
28	Theo Jones	1		M 60+	39:04
29	Amy Sonstein	1		F 30-39	39:09
34	Keith Johnson			M 60+	41:12
79	Virginia Rosales			F 40-49	56:51

Run San Ramon, July 4

10K Men

151	Brian Hartley	56	7	M55-59	1:08:26
152	Jeffry Darrow	59	8	M55-59	1:09:08

10K Women

84	Dana Farkas	50	6	F 50-54	57:52
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5K Women

135	Barbara Robben	75	1	F 75-79	32:13
275	Dee Farkas	81	1	F 80-84	47:37

Pacifica Trail 21K, July 5

50	Noriko Bazeley	50	1	F 50-59	2:32:22
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Escalon Park Fete 10K, Escalon, July 11

5	Edward Haack	41	1	M40-49	38:38
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Run to the Lake, Castro Valley, July 12

10K

268	Barbara Robben	75	1	F 75-79	1:10:18
281	Jeffry Darrow	59	27	M55-59	1:13:11

5K

74	Sandra Sigurdson	52	2	F 50-54	25:41
77	Judith Waitz	49	3	F 45-49	25:50
119	Brian Hartley	56	7	M55-59	28:37

Pride Track and Field Meet, July 18

5000 Meter Run

	William McCarty	61	1	M 60	24:47
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Sequoia Trail Runs, Oakland, July 18

10K

21	Lisa Penzel	43	1	F 40-49	1:02:17
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30K

18	Erica Kikuchi	31	4	F 30-39	3:30:31
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50K

26	Jason Reed	30	11	M30-39	6:47:05
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Jail Break Runs, Dublin, July 19

10K Men

75	Dennis Hassler	75	2	M70-99	1:12:23
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10K Women

18	Dana Farkas	50	2	F 50-59	56:57
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5K Women

66	Barbara Robben	75	2	F 70-99	34:38
111	Dee Farkas	81	4	F 70-99	48:14

Jungle Run Half Marathon, Los Gatos, July 19

54	Riya Suising	42	2	F 40-49	1:38:14
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Playa De Rey Aquathlon (1000m swim, 5K run), Los Angeles, July 19

130	Joseph Connelly	47			56:44
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San Francisco Marathon, July 26

10	Chikara Omine	26	3	M25-29	2:43:21
38	Jin Daikoku	26	14	M25-29	2:55:33
146	Kenley Gaffke	31	30	M20-24	3:12:53
220	Joe Wehrheim	37	34	M35-39	3:18:55
454	Riya Suising	42			3:31:31
1108	Tom Collier	32	173	M30-34	3:52:43
1152	Aaron Gannon	39	177	M35-39	3:53:36
1355	George Rehmet	42	160	M40-44	3:58:01
1484	Lucille Wing	52	6	F 50-55	4:00:34
1691	Miguel Guerrero	39	263	M35-39	4:07:43
2223	William McCarty	61	21	M60-64	4:21:17
2481	Noriko Bazeley	50	19	F 50-54	4:27:12
2491	Marion Lyons	62	2	F 60-64	4:27:35
2743	Gregory Brown	60	33	M50-54	4:34:08
3812	Carol Pechler	69	4	F 65-69	5:03:33
4078	Joseph Connelly	47	350	M45-49	5:13:10
4310	David Maahs	52	231	M50-54	5:23:45
4340	Kat Powell	58	20	F 55-59	5:25:06
4430	Peter Royce	74	11	M70-74	5:29:43
	Paul Kennelly	64			8:47:00
	Elaine Koga Kennelly	67			8:47:00

San Francisco 1st Half Marathon, July 26

75	Michael Dunne	25	24	M20-29	1:33:32
416	Travis Cooke	33	131	M30-39	1:44:43
2843	John Colton	38	652	M30-39	2:08:42
3916	Mercedes Acosta	65	6	F 60-69	2:16:56
4179	Jen Wuest	33	693	F 30-39	2:18:55
5053	Mike Hung	58	263	M50-59	2:26:08
5226	Lila Raygoza	34	939	F 30-39	2:27:40
6367	Allison Neves	37	1204	F 30-39	2:41:30
7767	Dina Kovash	71	6	F 70-99	3:24:47
7952	Elaine Gecht	65	71	F 60-69	4:11:55

San Francisco 2nd Half Marathon, July 26

44	Peter Hsia	49	5	M40-49	1:23:52
302	David Klinetobe	48	45	M40-49	1:42:32
366	Kenneth Fong	47	57	M40-49	1:45:01
515	Theodore Jones	70	1	M70-99	1:49:34
526	George Musante	54	18	M50-59	1:49:48
732	Joe DiGiacomo	43	111	M40-49	1:55:02
876	John Trayers	33	217	M30-39	1:58:28
1196	Tatum Nevils	29	204	F 20-29	2:06:52
1341	Elizabeth Collins	28	228	F 20-29	2:10:50
1847	Michael Rouan	44	202	M40-49	2:23:25
1849	Chip Steward	53	71	M50-59	2:23:30
2170	Patricia Baker	48	195	F 40-49	2:34:54
2281	Saskia Napieralla	29	452	F20-29	2:42:35
2322	Mark Mooney	52	89	M50-59	2:45:31
2414	Jeffry Darrow	60	43	M60-69	2:52:03
2611	Jesse Agbayani	57	102	M50-59	3:11:05

San Francisco Marathon 5K, July 26

261	Jeanie Jones	73	113	F 1-99	28:54
371	Russell Breslauer	64	182	M 1-99	30:44

Wharf to Wharf 6M, Santa Cruz, July 26

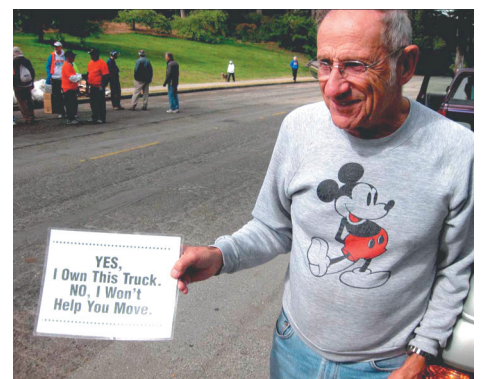
Brian Hartley	1:01:50
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Greg Brown nearing the finish of the 2009 San Francisco Marathon, his 177th
Photo by Wayne Plymale



Elaine Koga Kennelly and Paul Kennelly at the DSE SF Marathon aid station
© 2009 Paul Mosel



Bobby works at the aid station but fends off requests for the use of his famous truck
© 2009 Paul Mosel

◆◆◆ 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:

August 2	GG Bridge Vista 10K
August 9	GG Park XC 5K
August 16	Walt Stack 10K
August 30	Arts & Sciences 5K
September 6	Marina Green 5K
September 13	Presidio XC 5K
September 20	Lake Merced Half Marathon/4.5M
September 27	Oyster Point 5M

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 jLnissenson@aol.com for more information.

We have a special need for extra volunteers at the Lake Merced Half Marathon and 4.5M on September 20. We will need course monitors and aid station workers, as well as larger than normal staffs at registration and finish line due to the dual race distance. Please contact Janet if you can help. A sign-up chart will be available at the weekly races later this month.

◆◆◆ Letters and Notices ◆◆◆

Thanks to all the DSE water station volunteers. It was invigorating to see so many friends and have you cheer for me. I felt like a celebrity as I ran by and heard my name shouted out. I wish I could have taken you all with me to the end.

Joe Connelly

DSE has been contacted by a gentleman who is interested in finding someone willing to run and train with his son. The family lives about two blocks from the Aquatic Park/Dolphin Club area, so most of the training would take place along the Embarcadero, out to Crissy Field/Presidio or up Columbus Avenue. The young man needs someone to train with him and help him increase his endurance, lose weight and find motivation. He needs someone with a lot of patience and support who can slowly work with him up to the point where he can do a steady jog of at least 30-45 minutes. The family is willing to compensate someone for their time. Days and hours for training are flexible, as well as location.

If you are interested in working with him, please contact Janet Nissenson at jLnissenson@aol.com or Gary Brickley at gary@brickley.com and we will then put you in contact with the family.

VOLUNTEER HOURS REQUIRED FOR YEAR END AWARDS

Janet Nissenson

A reminder to everyone that in order to qualify for the following year-end awards that you must have completed a minimum of two volunteer hours at a DSE race during 2009. These awards include:

Mongo Trophy (eligibility for the large trophy requires FOUR volunteer hours, not two)

Top 5 awards in these categories: DSE Race Participation, Total Race Miles, Total Miles Run

While volunteer hours are not yet required to receive an age division award, it is strongly encouraged for all those receiving this award to give back to the club by helping out at one to two races during the year. It is likely that volunteer hours will be required in future years in order to receive an age division award.

If you volunteered for a full shift at the Double Dipsea, then your volunteer requirement for the year has been completed. Others who will have already fulfilled their volunteer requirement include club officers and coordinators and race directors.

We still have five months remaining in 2009 and nearly 20 races where we still need volunteers. At each race we typically need 3 or 4 people to help with registration and anywhere from 4 to 6 people at the finish line. If you wish to help with registration and also run the race, you must arrive prior to 8:00 AM in order to get credit for the full hour. It is also highly suggested that you contact the Race Director (list is available on the website) prior to the race if you are going to volunteer, so that they will know how many volunteers to expect. Please don't wait until the last three races of the year to cram in your volunteer hours in, as this results in too many volunteers at one event and not enough work to spread around.

If you have a question about how many hours you have already completed this year, please contact Janet Nissenson at jLnissenson@aol.com to check.

◆◆◆ 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 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.

Sun Aug 9 Golden Gate Park Cross Country 5K

START: At the big tree in Upper Speedway Meadows grass area, Golden Gate Park

FINISH: Lower paved Polo Field track

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

COURSE DESCRIPTION: Run down Speedway Meadows and exit left onto paved path just before Polo Field. Stay on paved path beyond Polo Field parking lot and run clockwise loop around Polo Field perimeter using dirt path around 43rd Ave/Chain of Lakes Drive. Path curves to the right onto Kennedy Drive. Run east on dirt path up Kennedy Drive beyond start area. Loop right onto paved path and continue back down along south side of Speedway Meadows to the Polo Field parking lot for the second time. Exit right through swinging gate onto upper Polo Field dirt track and run downhill onto lower "paved" track, turn right and run to finish beyond south side Polo Field tunnel.

Note: No sweats check or transportation of personal items from start to finish will be available. If you park at south side of Polo Field allow time to walk about 1/2 mile to start.

Sun Aug 16* Walt Stack 10K

START/FINISH: Yacht Rd parking lot, 1 block north of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: Run left along diagonal dirt path and left onto Marina Blvd, traverse uphill/downhill Ft. Mason path. Turn around at vertical wood posts at east end of Aquatic Park and return same way to start. Then run west along Crissy Field/Golden Gate Promenade, stay along path into Fort Point National Historic Site. Turn around at the end of the parking lot and return same way to finish.

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

Sun Aug 23 NO DSE RUN

DSE Volunteer Appreciation Picnic (by Invitation Only)

Sun Aug 30 Arts & Sciences 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, left uphill on Stow Lake Drive, then clockwise around Stow Lake exiting on Martin Luther King Drive. Run left on MLK Drive, left onto "horseshoe" streets (Tea Garden, de Young, Academy of Sciences), then left back onto MLK Drive. Run on MLK Drive past Park & Rec baseball fields, then left on Bowling Green Drive 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, September 2, 2009
TIME: 7:00 PM
PLACE: Fred & Yong Haber
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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

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

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

Overall, we can expect a cool August, with lots of fog and low clouds at or near the coast and highs in the 50s and low 60s. Temperatures in the interior valleys will be mostly in the 70s and 80s at least through mid-month.

There is even a possibility of some sub-tropical moisture after mid-month. The warmest period in August will be the last ten days, with highs in the 70s and lots of sun at the coast and highs in the 80s and 90s in the interior valleys.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

August

1	Saskia Napieralla	19	Isabelle Landry
	Amy Qu		Jack Major
2	Kennet De Silva		Sarah Orders
3	King Wayman		Fred Osborne
4	Alistair Berven		Louise Stephens
	John Herbert	20	A. Phillip Basson
5	Milinda Lommer		Ed Baumgarten
7	Sarah Gulli	23	Rob Kay
	Naomi Stanford	24	Francesca Baci
8	Mathew Douglas		Lisa Griffin
	Lori Hooper		Chikara Omine
9	Thomas Chuey	25	Donnelly Gillen
	Jennifer Hanby	26	Sebastian Landry
	David Moulton	27	Travis Enfield
	Francisco Nieves		Jim Gallagher
11	Jim Flanigan	28	Craig Edwards
	Brian Moffett	29	Patricia Baker
14	Jorge Larre	30	Stephanie Bruno
15	Gene French		Gregg Whitnah
16	Christopher Berven	31	David Klinetobe
17	Sylvia Moffett		Ian Reid
18	Erin Kirk		
	Lisa Penzel		

New Members

BERKELEY

Edward Hung

LAFAYETTE

Dana Farkas

Dee Farkas

MENLO PARK

Ashish Mukharji

OAKLAND

Lisa Penzel

PACIFICA

Denise Grey

John L. Grey

John M. Grey

PETALUMA

Ashley Moffett

Brian Moffett

Sylvia Moffett

SAN FRANCISCO

Jim Moore



San Francisco Dolphin South End Running Club

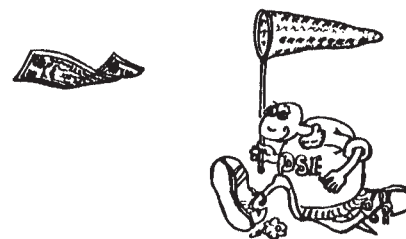
Postmaster, Return Undeliverable Mail To:

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!