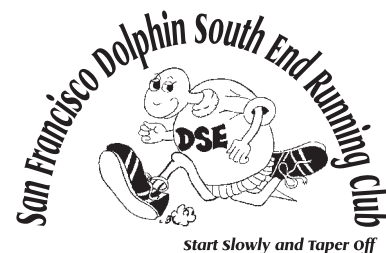


# DSE NEWS



44th Year

September 2009

## DSE VOLUNTEER PICNIC

The DSE volunteer picnic just keeps on getting better and better. Picnic coordinator Gary Brickley outdid himself this year, providing us with excellent food and drink, and his crew did a great job of setup and serving. Add to this good company and speeches that were short and to the point, and it was a wonderful afternoon despite the lack of sunshine. If you missed it, there's always next year; all you need to do is put in your volunteer hours and then come and enjoy yourself.



More picnic photos inside

Photos by Jane Colman

## Inside

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## From the President's Desk

GRANT JOHNSON

### HOW DOES THAT GUY DO THAT?

One of my favorite questions to ask my fellow runners is "What are you doing for training?" If my tenacity holds strong in a conversation, I usually can contain my curiosity until just after our salutations. Then I let my questions fly. "How's the training? What kind of surfaces? How many miles? What's the next big race?" This may seem rude in a non-running setting but in our community this is perfectly acceptable. Our training is our art, our connect, and everyone wishes they could find time/energy/health to run more.

When I hear about people's training, I'm never judgmental. People train differently for a number of reasons. Time, energy, injuries, competition, stress relief, etc. In conversation, I am often reminded of Robert Frost's "The Road Not Taken." My thoughts always lead to their greener pasture but I know whatever method I choose, it will ultimately lead me to 'about' the

*continued on page 2*

## 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.

same place ("Two roads diverged in a yellow wood,/ And sorry I could not travel both/ And be one traveler, long I stood/ And looked down one as far as I could/ To where it bent in the undergrowth;/ Then took the other, as just as fair,/ And having perhaps the better claim,/ Because it was grassy and wanted wear;/ Though as for that the passing there/ Had worn them really about the same...").

Next Sunday, reach out to your fellow runners and find out what they're doing. It's a great ice breaker, plus I'm sure they'll let you in on their training secrets. But understand that each runner has different needs and environments that allow them to train the way they do. I'll interpret Coach Frost's advice as meaning that you need to be traveling to take a path, so remember that the most important act is simply lacing up your running shoes and getting on the road.

#### LAKE MERCED THURSDAY EVENING SUMMER SERIES ENDS

Special kudos to RD **Janet Nissenson** who directed 12 Thursday night races this summer. Her hard work kept everyone racing fast, safely, and well fed; furthermore, she provided an outlet for those who are less fortunate and are unable to attend our regular Sunday races. These races averaged 50–60 participants.

#### VOLUNTEER APPRECIATION PICNIC

Our annual DSE Volunteer Picnic served approximately 100 club members who volunteered previously throughout the year. I want to send a special thank you to Volunteer Picnic

Coordinator Gary Brickley, who created another memorable, fun-filled and enjoyable club picnic.

#### RUN@WORK DAY

On Friday, September 18, 2009, the Road Runners Club of America will promote the 4th Annual National Run@Work Day®. The purpose of National Run@Work Day is to promote physical activity and healthy living through running or walking.

Many businesses (such as North Face, etc.) throughout SF will be hosting events. Keep an eye out for group runs that day.

In Oakland, the LMJS running club is sponsoring a run at Lake Merritt at noon, starting at the Sailboat House on Bellevue.

#### SEPTEMBER RACE SCHEDULE

Join us on September 6 for the Marina Green 5K. The only hills you find on this run will be the view of Pacific Heights and Mt. Tam. This course is flat and fast. Also stick around to watch the most competitive race of the day: the kids run (free).

On September 13, the DSE presents its inaugural Presidio Cross Country 5K. This course is the DSE's second cross country installment of 2009, this time with more dirt and vertical endeavors. FYI, this is a great place for a picnic brunch.

The DSE Lake Merced Half Marathon and 4.5 Mile races will be held on September 20. Test your endurance at DSE's longest race of the season. Remember that half marathon entry fees are \$5/members and \$8/non-members before September 14th, then the price

jumps to \$8/members and \$10/non-members. Also, don't forget that the half marathon begins at 8:00 AM.

Our second annual Oyster Point 5M race is September 27. The course is located in South San Francisco and in an area that I'm sure very few San Franciscans go explore. So come out and experience this scenic course. You won't be disappointed.

#### NOMINATIONS FOR 2010 CLUB OFFICERS CONTINUE

At the volunteer picnic we received positive feedback and nominated quite a few club members for 2010 club officer positions—mostly for 2nd VP. We now encourage those interested serving on the Board to step forward, especially for Senior VP, Treasurer, Secretary, and yes, even President. If you are interested, please read the article on page 3 and forward your name to **one** of the nomination committee members listed.

#### SENDING HEALING THOUGHTS

A warning to everyone to be careful! On August 24, Theo and **Jeanie Jones** went out for their morning run before the volunteer picnic. Unfortunately, Jeanie took a serious fall and broke her shoulder. Theo rushed her to the emergency room, where the doctor put her in a sling. The DSE sends our thoughts and best wishes for her speedy recovery.

#### BOARD MEETING SEPTEMBER 27

There will be a board of directors meeting following the September 27 Oyster Point 5M race. If you want to attend, please send your RSVP to Grant at [grant.grantjohnson@gmail.com](mailto:grant.grantjohnson@gmail.com).

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

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

#### Mail/Phone/Email Address

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

#### Articles and Photos

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

#### Letters to the Editor

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

#### Submission Deadline

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

### ◆◆◆◆◆ How to contact the DSE ◆◆◆◆◆

#### Mail

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

#### Telephone

Hotline: 415-978-0837

#### Website/Membership Application:

[www.dserunners.com](http://www.dserunners.com)  
WEBMASTER: Natale Nissenson  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

# LAKE MERCED HALF MARATHON

*Janet Nissenson*

This year's race will be held on Sunday, September 20, 2009. Race start is at 8:00 AM, with race day registration beginning at 7:10 AM. Runners may also pre-register online at Active using this link: [http://www.active.com/page/Event\\_Details.htm?event\\_id=1655472](http://www.active.com/page/Event_Details.htm?event_id=1655472) or download a print application from the DSE website to mail in. Entry fees are \$5 for DSE members and \$8 for non-members through September 13. After that date, including race day, fees increase to \$8 for DSE members and \$10 for non-members.

The course will close down at 11:00 AM and there will be no support after that time. If you believe it will take you over three hours to complete the half marathon, we ask that you start running before 8:00 AM in order to finish by 11:00 AM.

There will also be a single loop race (4.5 miles) beginning at 9:00 AM. Fees will remain at \$3 for members and runners ages 11–17, and \$5 for non-members ages 18 and over. Children under the age of 10 are free.

Please make every effort to either pre-register at Active or MAIL your application in. We would very much appreciate it if members did not turn in applications and payment at the weekly races. With so much activity happening at the weekly races, it becomes very difficult for the volunteers to keep separate track of entry forms and make sure they get to the appropriate parties. We would not want to risk losing an entry form and payment, so please make a 44¢ investment and mail yours in.

We are looking for volunteers to help with registration, aid stations, course monitors, and finish line. If you can help, please contact Race Director Janet Nissenson at [dserunclub@aol.com](mailto:dserunclub@aol.com).



## Pamakid Runners needs your help!

Please **VOLUNTEER** for the  
**JPMorgan Chase Corporate Challenge**

Wednesday night, September 16, 2009  
5:30 – 8:30 PM

Crissy Field, the Presidio, San Francisco  
Contact: Phyllis Nabhan 415-752-9930  
[pamakid@gmail.com](mailto:pamakid@gmail.com)

Each volunteer receives a t-shirt  
and is invited to a Thank You party.

# NOMINATIONS FOR 2010 DSE OFFICERS

Each year at this time, DSE members have an opportunity to place their names for nomination to become officers of the DSE running club. Club officers are elected for one year to serve as President, Senior and Second Vice Presidents, Secretary and Treasurer. Duties for the officers are as follows:

**PRESIDENT:** To preside over meetings, represent this association in the RRCA, to call any special meetings and to appoint committees and chairpersons thereof.

**SENIOR VP:** To assume the powers of the president in his (or her) absence.

**SECOND VP:** To take on special assignments as requested by the president.

**SECRETARY:** To record minutes of meetings, to keep a file of such minutes and, when requested by the president, to accept assignments involving correspondence and record-keeping.

**TREASURER:** To administer all financial duties and to have the authority to sign or disburse necessary appropriations as directed and to file applicable tax returns.

The nomination process will be open through the end of October. Nominees will then submit a short introduction article for inclusion in the December *DSE News*. Voting will take place by secret ballot in December and the results announced in the January newsletter. Only the new officers' names will be announced. Vote tallies will remain confidential.

Here is your chance to participate at a higher level and to help form the direction that the club will take in the coming year. A sign-up sheet will be available at the Sunday races or you may contact one of the members of the election committee below:

George Baptista: [gabaptista@att.net](mailto:gabaptista@att.net)

Jim Kauffold: [kauffolds@juno.com](mailto:kauffolds@juno.com)

Bill Woolf: [billwoolf2@aol.com](mailto:billwoolf2@aol.com)

## CLASSIC STU-PEDS

*by Stu Ruth*



THESE CORDUROY SHORTS AREN'T  
PRETTY BUT THEY ARE SMART—  
THEY GO "FWEFP FWEFP FWEFP"  
EXACTLY AT MY PACE!





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

August 2, 2009

Golden Gate Vista 10K

**Race Director:** Calvin Chan

**Volunteers:** Bobby Marty, Patrick Lee, Kevin Lee, David Goldman, Paul Mosel, George Sacco, Peggy Kang, Henry Nebeling, Phyllis Nabhan, Jimmy Yu, Richard Hannon, Joseph Connelly, Vince French, Pat Geramoni



Race Director Calvin Chan

© 2009 Paul Mosel

PL	NAME	AGE	TIME
1	Christopher Gioia	17	39:57
2	Ky Faubion	24	40:30
3	David Davis	37	40:43
4	Kenley Gaffke	31	41:00
5	Patrick Lenaghan	27	41:04
6	Wayne Cottrell	47	41:34
7	Ian Macnider	24	41:52
8	Eduardo Vazquez	36	42:26
9	Peter Nelson		43:13
10	Chance Vicino	16	43:19
11	Andrew Macnider	21	43:55
12	Chris Lele	33	44:42
13	Michael Gulli	49	45:13
14	Steve Stephens	65	46:08
15	Luis Vargas	52	46:09
16	Jerry Flanagan	43	46:30
17	Joe Wehrheim	37	46:32
18	Morgan O'Connor ①	19	46:36
19	Matthew Fabry	36	46:47
20	Brian Schultz	41	46:50
21	Hiromitsu Iijima	38	46:59
22	Daryl Luppino	49	47:00
23	Riya Susing	42	47:11
24	Matthias Pinkawa	33	47:27

25	Edward Caldwell	51	47:34
26	Kris Gray	28	47:38
27	James Hulow	33	47:42
28	Tony Aguilar	15	47:59
29	Molly Shannon ②	28	48:04
30	Will Maupt	20	48:05
31	Jim Flanigan	59	48:06
32	Steven Pitsenbarger	41	48:21
33	Jose Ruiz	54	48:59
34	Lisa Penzel ③	43	49:04
35	Vin Gupta	26	49:13
36	Jorge Larre	52	49:16
37	Amanda Lenaghan ④	27	49:17
38	Kelly Walker ⑤	32	49:20
39	Erik Weiser	43	49:54
40	Dave Fassett	28	50:06
41	Mark Ginestro	36	50:33
42	Robert O'Connor	29	50:40
43	Leo Rosales		50:41
44	Pia Pampuch	49	50:51
45	Martin Bednar	27	50:57
46	Ken Allen	41	51:02
47	Tucker Kelley	27	51:03
48	Michele Byrnes	33	51:36
49	Jeffrey Clayton	54	51:53
50	Michael Innes	41	52:05
51	Xavier Parra	33	52:14
52	Craig Herrera	37	52:37
53	Mark Mooney	52	52:42
54	Marty Pape	53	52:47
55	Gary Bates	53	53:03
56	Nick Toribio	20	53:12
57	Rachel Young	33	53:21
58	Marie Carlotti	53	53:34
59	Amy Sonstein	39	53:52
60	Gustavo Cota	55	54:14
61	Jason Montana	32	54:21
62	Michele Gage	23	54:31
63	Tim Ford	46	54:47
64	Bill Moorier	33	54:49
65	George Baptista	66	54:59
66	Blaise Santiago	36	55:05
67	Derek Carroll	54	55:08
68	Gary Brickley	56	55:14
69	Theo Jones	70	55:29
70	Michael Drum	37	55:31
71	Maria Pantoja	29	55:33
72	Debbie Banaag	25	55:35
73	William McCarty	61	55:49



Golden Gate Vista starting line

Photo by Gustavo Cota



Leo Rosales heading up one of the many hills on the Golden Gate Vista course

Photo by Don Watson

74	Jeff St. Claire	43	55:53
75	Myong Woo	37	55:57
76	Zeugerle Dieter	56	56:12
77	Tom Huster	66	56:20
78	Sharon Melmon	45	56:46
79	Ernest Shimizu	44	57:47
80	Lina Khatib		57:57
81	Jonathan Wan	22	57:59
82	Danielle Holmes	36	58:00
83	MN Wiersema	37	58:06
84	Allison Vespa	23	58:20
85	Yong Cholee Haber	51	58:38
86	John Stenson	43	58:42
87	Mitchell Sollod	70	58:44
88	Ray Pasquale	43	59:38
89	Maik Hauschildt	35	59:53
90	Barbara Born	33	59:55
91	Joseph Balancio	21	59:56
92	Joan Kramer	66	59:58
93	Linda Kramer	42	60:00
94	Dawn Piozia	26	60:02
95	Wendy Newman	59	60:27
96	Pat Geramoni	61	60:56
97	Sam Roake	73	61:02
98	Gregory Brown	60	61:16
99	Ed Tang	37	61:20
100	Ken Jones	39	61:22
101	Jennifer Pickerin	28	61:31
102	Jamie Stonick	32	61:32
103	Heather Singleton	26	61:47
104	Luciano Chi Canul	35	61:51
105	Peter Royce	74	62:08
106	Michael TenBrink	37	62:37
107	Sunny Ryan		62:58
108	San Rodriguez	49	63:05
109	Katie Garvey	25	63:07
110	Melissa Holmes	34	63:14
111	Katie Weed	32	63:37
112	Dave Sabo	51	63:53
113	Amy Merritt-Smith	52	64:19
114	Julie Owens	53	64:23

continued on page 5



**GOLDEN GATE VISTA 10K**  
continued from page 4

115	Chris Conroy	30	65:43
116	Jennifer Chang	29	65:42
117	Floe	68	65:45
118	Georgia Gray	32	66:11
119	Pam Kochman	60	66:29
120	Abby S.	35	66:59
121	Andy	35	67:01
122	Audrey Aitken Brown	39	67:03
123	Rachel Deming	23	67:06
124	Abby Speight	23	67:31
125	Valerie Eppe	37	67:38
126	Sally Chacon	34	67:46
127	Adrianne Coons	34	67:48
128	Alice Miller	49	67:49
129	Monessa Cruz	32	67:57
130	Barbara Pape	52	68:00
131	Jennie Dao	27	68:08
132	Pocholo Pasicolan	29	68:14
133	Kayla Talbot	14	68:34
134	Carlos Araya	34	68:41
135	Janice Yoshihara	49	68:46
136	Suzana Seban	55	68:57
137	Mary Jo Sullivan	52	69:20
138	Renee Garvin	42	69:26
139	Lisa Clayton	54	70:26
140	Jessica Campbell	30	71:11
141	Haerin Lee	23	72:04
142	Mike Nickelson	32	72:11
143	Kathleen Lail	41	73:51
144	Lisa St. Claire	42	73:58
145	Shayna Talbot	15	74:15
146	Brianna Farnden	17	74:17
147	Bill Woolf	74	74:18
148	Nicole Espinoza	23	74:24
149	Heidi Talbot	42	74:53
150	Winnie Chung	32	75:58
151	Virginia Rosales	45	76:10
152	Terri Benincasa	47	77:06
153	Tricia Atanacio	40	77:29
154	Jane Colman	66	80:58
155	Dennis Hassler	75	93:42
156	Erin Gravley	18	95:06
157	Bob Gravley	52	95:14
158	Ashley Hartlett	28	107:11
159	Lisa Eicher	36	107:19
160	Tiffany Cisneros	38	107:21

**SELF-TIMERS**

Ed Olkowski	66
Jack Bascom	68
Jesse Agbayani	57
Jim Golden	58
Jim Kauffold	71
Kim Chee Kim	04
Richard Finley	61
Richard Hannon	73
Robert Brizuela	69
Sherrill Golden	67
Sunhi Kim	51

**August 9, 2009**

**Golden Gate Park Cross Country 5K**

**Race Director: Kenneth Fong**

**Volunteers: Ann Agbayani, Ken Reed, Bob Theis, Kevin Lee, Bobby Marty, Liese Rapozo, George Baptista, Pat Geramoni, George Sacco, Paul Mosel, Jesse Agbayani, Wally Rapozo, Joseph Connelly**



**Race Director Kenneth Fong**

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PL	NAME	AGE	TIME
1	Nick Alvarado	22	15:51
2	Stephen McKinley	20	15:57
3	Robert Alvarado	22	16:07
4	Jonathan McKinley	16	16:24
5	Alec Govi	17	16:36
6	Cliff Lentz		16:53
7	Paulo Accbu	22	16:54
8	Christopher Gioia	17	17:10
9	Luis Pulido	20	17:36
10	Nick Toda	22	17:38
11	Jack Wallace	19	17:41
12	Chikara Omine	26	17:55
13	Michael McKinley	22	18:12
14	Jason Reed	30	18:15
15	David Goldman	35	18:18
16	Ian Macnider	24	18:21
17	Kenley Gaffke	31	18:22
18	Liz Gottlieb ①	34	18:35
19	Wayne Cottrell	47	18:44
20	Ben Draper	26	18:50
21	Eduardo Vazquez	36	18:53
22	Madeline Kieselhorst ②	22	19:02
23	Chance Vicino	16	19:19
24	Scott Penwell	28	19:22

25	Andrew Macnider	21	19:23
26	Tom Smith	27	19:31
27	George Rehmet	42	19:33
28	Axel Redemann	46	19:44
29	Morgan O'Connor ③	19	19:45
30	Michael Gulli	49	19:54
31	Joe Wehrheim	37	19:55
32	Natalia Gaerlan ④	29	19:56
33	Murat Ozkan	26	19:57
34	Nancy Dunbar ⑤	37	20:10
35	Luis Vargas	52	20:15
36	Ron Kiyono	61	20:17
37	Markham Miller	45	20:19
38	Jonathan Lee	15	20:23
39	Joann Pavlovcak	37	20:23
40	Chris Talbot	23	20:39
41	Rick Torreano	60	20:47
42	Michael Meosar	33	20:47
43	Brian Schultz	41	20:50
44	Tim Haug	22	20:51
45	Edward Caldwell	51	20:53
46	James Moore	50	20:54
47	Taiga Schwarz	11	20:56
48	Andrew Freid	42	21:00
49	Obie Porteous	28	21:05
50	Daryl Luppino	49	21:06
51	Manveer Sahota	25	21:07
52	Dakota Belcher	15	21:09
53	Molly Shannon	28	21:10
54	Jim Flanigan	59	21:18
55	Nolan Isozaki	15	21:19
56	Leo Rosales	55	21:30
57	Jacob Rosenberg-Wohl	17	21:30
58	Henry Schwarz	41	21:38
59	Steven Pitsenbarger	41	21:40
60	Lisa Penzel	43	21:44
61	Nate Bisbee	34	21:46
62	Noe Castanon	38	21:52
63	Taylor Warrington	14	21:56
64	NO NAME		21:57
65	Russell Lemley	21	21:59
66	Robert Britain	51	22:00
67	Zack Winingham	22	22:03
68	Arindam Sorkar	00	22:25
69	Jorge Larre	52	22:27

continued on page 6



**Runners gathered for the Cross Country 5K**

Panorama © 2009 Paul Mosel

# CROSS COUNTRY 5K

continued from page 5

70	Tyler Abbott	48	22:29
71	Jim Buck	66	22:38
72	Tim Hall	39	22:48
73	Tim Ford	46	22:49
74	Eric Garcia	31	22:51
75	Gray McDowell		22:55
76	Tara Alliger	31	22:57
77	George Musante	54	22:58
78	Marie Carlotti	53	23:02
79	Alfred Hu	48	23:03
80	NO NAME		23:10
81	Benjamin Panunzio	15	23:17
82	Miguel Guerrero	39	23:19
83	Larry Wuerstle	53	23:28
84	Noriko Bazeley	50	23:44
85	Jason Beck	31	23:45
86	Sarah Sawyer	27	23:48
87	Ernest Shimizu	44	23:57
88	Patrick Lee	61	24:01
89	Maria Pantoja	29	24:08
90	Jim Pavlovcak	43	24:19
91	John Webb	43	24:20
92	Jake Belcher	15	24:21
93	Luciano Chi Canul	35	24:24
94	Alok Deshpande	23	24:47
95	D. Etazo		24:50
96	Thomas Smiley	53	24:51
97	Patrick Welsh	30	24:52
98	Katie Hall	30	24:58
99	Will Frederick	45	25:06
100	Stephanie Soler	34	25:09
101	Toby Silver	42	25:10
102	Rob Snavelly	39	25:11
103	Sam Rodriguez	49	25:12
104	David Sabo	17	25:18
105	Joe DiGiacomo	43	25:20
106	Anthony Pristyak	27	25:22
107	Mark Kelley	53	25:26
108	Gary Brickley	56	25:31
109	Erika Kikuchi	31	25:41
110	Joy Dugan	24	25:43
111	George Baptista	66	25:44
112	Jessica Adamich	25	25:47
113	Lina Khatib		25:52
114	Jerome Jackson	57	25:53
115	Sandra Sigurdson		26:01
116	Claudia Pendleton	36	26:11
117	Patrick Regan	42	26:18
118	Jerry Olson	56	26:24
119	Jodi Ziemba	25	26:33
120	John Stenson	43	26:33
121	Betsy Gray	26	26:54
122	David Sabo	51	27:10
123	Danny Breen	10	27:32
124	Dan Breen	43	27:33
125	America Whitten	18	27:34
126	Wendy Newman	59	27:35
127	Tom Huster	66	27:38

128	Emily Pyle	23	27:43
129	Neal Ashton	52	27:46
130	Janice Yoshihara		27:48
131	Jessica Martin	18	27:49
132	Chris O'Connor	51	28:04
133	Pat Geramoni	61	28:09
134	Gene Reynolds	51	28:14
135	Larisa Stephenson	00	28:19
136	Jihshin Ho	53	28:22
137	Lauren Jaffe		28:34
138	Julie Blanvalet	29	28:42
139	Maeve Strausser	15	28:51
140	Damien Caponi	30	29:05
141	Mary Ann Werrington	45	29:12
142	Juliet Noonan	30	29:12
143	Leo Levesque	22	29:13
144	Jon Whitman	29	29:13
145	Sarah Drezek	25	29:18
146	Marian Lyons	62	29:20
147	Sheldon Gersh	64	29:25
148	Floe	68	29:28
149	Jack Bascom	68	29:30
150	Alexander Shyshler	25	29:32
151	Nicole Payne	25	29:32
152	Carla Measer-Costamagna		
		31	29:41
153	Emily Panunzio	17	29:43
154	Norma Panunzio	49	29:47
155	Suzana Seban	55	29:59
156	Henry Nebeling	76	30:01
157	Melanie Puno	27	30:06
158	Jacob Quinlan	19	30:22
159	Mike Hung	58	30:27
160	Sarah Abren	34	30:34
161	Collin Quinlan	26	30:40
162	Jim McBride	66	30:44
163	Ryann Ogrodnik	26	30:51
164	Sara Barcia	32	30:56
165	J. Nickl	43	31:28
166	Bob Morris		31:46
167	Susan Fraizer	40	31:48
168	Virginia Rosales	45	32:17
169	Kenyatta Alexander	37	32:41
170	Zuzane Foster	39	32:55
171	Rosie Chavez	28	33:00
172	Jim Kauffold	71	33:11
173	Laurie Quinlan	52	33:28
174	Bob Bean	66	33:54



Wendy Newman and Tom Huster  
approaching the finish line

Photo by Don Watson

175	Cowboy Guy	55	34:10
176	Bill Woolf	74	34:29
177	Jane Colman	66	34:38
178	Amanda Venezia	19	34:58
179	Ashley Rumble	20	35:02
180	David Mattson	28	35:43
181	Tera Roth	26	35:44
182	Vivek Agrand	24	35:47
183	Sangita Sarkar	22	35:48
184	Mary Gray	47	35:56
185	NO NAME		35:59
186	Nancy Venezia	42	36:45
187	Amber Carson-Miller	27	36:50
188	Karen Carson	53	36:51
189	Elizabeth Ascencio	48	37:12
190	Leslie Lin	08	37:15
191	Rebecca Yu	34	37:16
192	Tara Sharif	20	37:19
193	Dana Haug	25	38:07
194	Doug Sanders	24	38:08
195	Francesca Lin	10	38:17
196	Margo Banowicz	50	39:10
197	Heather Marano	39	39:22
198	Sarah Strausser	13	39:54
199	Lisa Strickland	45	39:57
200	Judith Jarosz	69	40:10
201	Dana R.		41:49
202	Robert Stzelter		41:50
203	Farley Reynolds	71	43:10
204	Susan Green	45	46:59
205	June Green	72	47:01
206	Mary Arbelaez	43	47:08
207	Lisa Hodges		55:58
208	Lily Hodges	08	55:59
209	Beth Ladd		56:03
210	Zoe Welch	22	56:04
211	Loni Harris	27	56:24

## CANINE DIVISION

1	Gus Humper-Okubo	13
2	Kim Chee Kim	4
3	Duke Ascencio	8.5
4	Nash Ascencio	7.5
5	Sierra	<1

## SELF-TIMERS

Beth Golden	59
Diane Okubo-Fong	48
Elane Gecht	65
Fred Haber	49
Herb Okubo	75
Jean Okubo	74
Jesse Agbayani	57
Ann Agbayani	49
Jim Golden	58
Liese Rapozo	81
Richard Hannon	3
Robert Brizuela	69
Sherrill Golden	67
Sunhi Kim	51
Wally Rapozo	81
Yong Haber	51



August 16, 2009

Walt Stack 10K

**Race Director:** George Sacco

**Volunteers:** Paul Mosel, Peggy Kang, Pat Geramoni, Mary Gray, Bobby Marty, Diane Okubo-Fong, Fred Haber, Joseph Connelly, Joe Wehrheim



**Race Director George Sacco**

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PL	NAME	AGE	TIME
1	Patrick Fernandez	22	35:05
2	Yannich Stubbe	19	35:13
3	Ryan Lok	18	36:35
4	Chikara Omine	26	38:29
5	Ian Mcnider	24	39:38
6	Brian Phegley	21	39:51
7	David Goldman	35	40:15
8	Jason Thompson	38	40:36
9	Andrew Macnider	21	40:47
10	John Ng	20	40:53
11	Matt Triggs	45	41:03
12	Chance Vicino	16	41:08
13	James Halow	33	41:51
14	Alex Redemann	36	42:10
15	Michael Gulli	49	42:10
16	David Lorsch	39	42:22
17	Yarn Leefs	43	42:37
18	Anthony McGrath	42	42:46
19	Markham Miller	45	43:14
20	Susan Armenta ①	35	43:17
21	Matthew Thomas	30	43:21
22	Steve Stephens	65	43:30
23	Jerry Flanagan	43	43:34
24	Luis Vargas	52	43:36
25	Edward Haack	40	43:37
26	Ron Kiyono	61	43:43
27	Brian Hannah	27	44:04
28	Andrew Freid	42	44:04
29	Brian Schultz	41	44:07
30	Rick Torreano	60	44:18
31	Jim Anderson	47	44:20
32	Brian Herndon	38	44:37
33	Daryl Luppino	49	44:42
34	John Cary	32	45:08
35	Nolan Isozaki	15	45:13
36	NO NAME		45:15

37	Mike Halow	31	45:59	96	Chris Murray	48	52:33
38	Jeff Wilcox	40	46:06	97	Timothy Choi	20	52:40
39	Nick Read	28	46:12	98	Claire McGowen	29	52:49
40	Seth Gordon	27	46:16	RD	George Sacco	??	00:00
41	Steven Chu	19	46:24	99	Keith Johnson	71	52:27
42	Jason Whipple	41	46:26	100	Joe Woo	28	52:59
43	Zachary Dee	32	46:33	101	Karl Pfleger	39	53:01
44	Sarah Gulli ②	17	46:34	102	Wesley Lau	22	53:17
45	Lisa Penzel ③	43	46:34	103	Ryan Fishberg		53:57
46	Ern Sheong Lin	20	46:39	104	Ed Weil	54	54:00
47	Milton Long	57	46:44	105	NO NAME		54:06
48	Sasha Cox ④	27	46:46	106	Hannah Blumenstiel	41	54:08
49	Leo Rosales	55	46:50	107	Chris Park	25	54:20
50	Sean Duffy	42	46:57	108	Saskia Bor	27	54:23
51	Jeff Lang	40	47:11	109	Janet Kang	29	54:25
52	Daniel Kim	29	47:17	110	Gary Brickley	56	54:27
53	Ed Celestina	58	47:20	111	NO NAME		54:28
54	Andrel Jheon	36	48:15	112	Anjali Mehta	17	54:46
55	Noe Castanon	38	48:22	113	Ander Chen	26	54:47
56	Amy Trigger ⑤	44	48:31	114	Yong Cholee Haber	51	54:55
57	Sven Van Der Sluis	40	48:36	115	Daniel Chiang	30	55:09
58	Tyler Abbott	48	48:40	116	Audrey Dela Cruz	35	56:06
59	Christopher Golis	28	48:42	117	Marie Kim	29	56:14
60	Ray Choi	28	48:46	118	Stephanie Soler	34	56:22
61	Jasper Cheng	23	49:08	119	Glen March	42	56:45
62	Tim Ford	46	49:08	120	Rob Rubano	37	56:54
63	Emma O'Neill	22	49:13	121	Chris Pedigo	29	57:02
64	King Wayman	60	49:24	122	Francis Riggins	42	57:15
65	Kenneth Fong	47	49:26	123	Chelsea Tanaka		57:31
66	Teressa DiPerna	41	49:29	124	Adrian Ludwig		57:31
67	Charles Martin	49	49:38	125	Sam Roake	73	57:48
68	Maureen Davin	28	49:45	126	Olga Tsyviorisky	41	57:53
69	Francis Larivierk	47	49:50	127	Ximena Ares	43	57:55
70	Hu Xiaoxo	21	49:54	128	Gregory Brown	60	58:00
71	Marie Carlotti	53	49:55	129	Grainne Mcaleese	30	58:08
72	Chris Ludwick	23	49:58	130	Diane McClure	39	58:10
73	Adrienne Bernakevitch			131	Scott McClure	41	58:11
		23	49:59	132	Amanda Groves	36	58:13
74	Merredith Treaster	30	50:04	133	Sara Nunez	26	58:26
75	Michael Chen	19	50:07	134	Peter Royce	74	58:45
76	Al Nayeri	34	50:27	135	Mary Durbin	40	58:49
77	David Klinetobe	48	50:45	136	Jung So	21	58:50
78	Miguel Guerrero	39	50:48	137	Linzy Griswold	29	59:17
79	Niall Battson	29	50:52	138	Nicholas Yoo	20	59:35
80	James Eales	49	51:15	139	Isaac Seong	20	59:39
81	Theo Jones	70	51:17	140	Pat Geramoni	61	59:45
82	Maria Pantoja	29	51:18	141	Yael Feferman	30	60:00
83	Ben Yee	33	51:23	142	Kome Masuda	32	60:35
84	Tommy Chiu	22	51:29	143	Naomi Caldwell	39	60:45
85	Noriko Bazeley	50	51:34	144	Morgan Mirphy	18	61:00
86	Svd Gocanes	39	51:35	145	Janet Nissenson	49	61:07
87	William McCarty	61	51:35	146	Marian Lyons	62	61:09
88	James Shibley	53	51:38	147	Diana Rothschild	29	61:16
89	Amy Sonstein	39	51:43	148	Betsy Gray	26	61:17
90	Nick Brown	33	51:50	149	Julia Pak	38	61:29
91	Joshua Landman	37	52:04	150	Samantha Hampton	43	61:34
92	John Kevua	20	52:09	151	Marcellyn Lim	32	61:52
93	Ryan Toigeson	37	52:15	152	Neal Ashton	52	62:01
94	Edwin Navarro	59	52:20				
95	Dave	29	52:28				

continued on page 8

WALT STACK 110K  
continued from page 7

153 Linda Reynagu	46	62:26
154 Jason Michaud	34	62:39
155 Elaine Murray	42	63:07
156 Floe	68	63:31
157 Mary Jo Sullivan	52	64:18
158 Henry Nebeling	76	64:38
159 Laura Day	46	64:44
160 Joan Lafferty	32	64:44
161 Leslie Goodge	37	64:51
162 Julia Bloch	35	64:57
163 Sandra Sigurdson	52	65:13
164 Amalia Rothschild	26	65:21
165 Piu Bose	31	65:23
166 Henia Vijayaraghavar	32	65:24
167 Samantha Riley	31	65:25
168 Jim McBride	66	65:58
169 Jack Bascom	68	66:02
170 Humma Oster	35	66:51
171 Patty Gee	55	67:01
172 Mike Gee	55	67:02
173 Colleen Buckley	30	67:20
174 Kelly Mason	29	67:34
175 Virginia Rosales	45	69:41
176 Yangbin Luc	19	69:41
177 Debby	55	69:49
178 Bill Woolf	74	69:51
179 Jenn Bodnick	37	70:16
180 Wenjie Chen	24	70:58
181 Jay Jacobsen	64	71:30
182 Seana Keville	43	71:34
183 Jack Bellingham	61	71:46
184 Kelly Winters	28	71:54
185 Ashley Martin	28	71:55
186 Hilary Wick	26	72:24
187 Lisa Roppolo	40	72:28

188 Bryan Zheng	19	72:38
189 Mai Ngo	29	73:23
190 Jiajun Lu	18	73:32
191 Elizabeth Headley	38	74:57
192 Mary Gray	47	76:14
193 Wynn Susilo	20	78:31
194 Kimberly Atkins	33	78:31+
195 Clifton Atkins	33	78:31+

#### SELF-TIMERS

Jane Lee	58
Marcia Martin	57



Marcia Martin heading back  
Photo by Don Watson

Patrick Lee	61
Brie Reybaine	
Carolyn Clark	
Liese Rapozo	81
Wally Rapozo	81
Ann Agbayani	49
Robert Brizuela	69
Jesse Agbayani	57
Bob Theis	81

#### KIDS' RUN

1 Richard Tauber	7	5:30
2 Jack Soler	8	6:11
3 Ishan Abraham	5	6:12
4 Carson Lang	8	6:22
5 Senna Whipple	10	6:49
6 Shelby Lang	9	6:58
7 Maggie Haack	5	7:54
8 Freka Wehrheim	4.5	7:55
9 Aden Oster	6	9:11
10 Caleb Oster	4	9:12
11 Jacob Landman	3	11:30

## MORE PICNIC PHOTOS



Just a part of the wonderful picnic spread waiting for us



Henry Nebeling served a variety of drinks (and there was also coffee)



And we all enjoyed the food and company  
Photos © 2009 Paul Mosel



Members of Berkeley's Grate Point Fellowship Church showing off their finishers' ribbons  
© 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:

September 6	Marina Green 5K
September 13	Presidio XC 5K
September 20	Lake Merced Half Marathon/4.5M
September 27	Oyster Point 5M
October 4	Ballpark 5K
October 11	Golden Gate Park 10K

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653 or simply sign your name

to the Volunteer Sign-Up Sheet that is available at each weekly race.

We are in need of Race Directors for the following races remaining in 2009: Presidio Cross County 5K on September 13, Golden Gate Park 10K on October 11, Sawyer Camp 5K/10K on October 18, Kennedy Drive 8K on October 25, and Ferry Building 4M on December 6.

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 is available at the weekly races.

As a reminder, there are only four more months remaining to fulfill your volunteer requirements toward earning a Mongo Trophy and other year end awards. Don't wait until the last three races of the year to cram this in, as you may be turned away due to overstaffing. Please contact the Race Director (listed on the DSE website) to volunteer your services.

## ◆◆◆ Letters and Notices ◆◆◆

Greetings,

Now that I can finally feel my legs again (although my achilles have threatened to formally secede from the nation that is me), I just wanted to drop the group a note to say thank you for hosting the Golden Gate Vista 10k and for letting a runner from Ann Arbor, MI participate.

I was not only brutalized (in a good way) by the challenging and technical course (seriously...uphill BOTH WAYS??), I was impressed by the feeling of the whole "race." It felt like 150 friends got together to run really fast (my math and crowd estimation skills are not strong, much like the Washington, D.C. police force, so forgive me if I'm off by a few), and I was thrilled to be in the mix. Additionally, I received one of the best compliments EVER from a member, which will make me smile when I am half way through a 12-miler some day. I have not yet found this particular dynamic in my hometown (especially the compliment part!), so if I win a multi-million dollar lawsuit and can afford to move to SF (I'm guessing that's the only way I get here), I would join in a heartbeat.

I will wear my DSE Runners shirt with pride and the hope that cars will not miss the day-glo green in the clear, yet snowy mornings of Michigan.

Thanks again! Well done! Run on!  
Most sincerely,  
MN (Melissa) Wiersema

## SUMMER RACE SERIES 2009 CONCLUDES

*Janet Nissenson*

August 27 was the twelfth and final week of this year's Thursday Evening Race Series. 2009 saw the series expand from eight weeks to twelve and also experience a growth in attendance. In the inaugural year of 2008, weekly attendance averaged 25 per week. This year, that average increased considerably to 51 runners per week.

The fastest time of the year was recorded in Week #5 by Jin Daikoku. His time of 23:27 was an average of 5:12 per mile!

Congratulations to our division winners for 2009. Men 19 & under: Benjamin Beeler, Men 20-29: Chikara Omine, Men 30-39: Jason Reed, Men 40-49: Jerry Flanagan, Men 50-59: Roy Clarke, Men 60+: William McCarty, Women 30-39: Heather Leutwyler, Women 40-49: Milinda Lommer, Women 50-59: Yong Haber and Women 60+: Pat Geramoni.

Additional congratulations to those runners who showed up for all twelve races: Chikara Omine, Kenneth Fong, Mark Mooney, William McCarty, George Baptista, Gregory Brown, and Mary Gray.

A huge thank you to Bobby Marty for showing up every week with our race equipment and water. We could not have done this without him. Many thanks also to Joe Connelly for typing up our race results and timing several of the races, and to Paul Mosel for his great photos.

We will return for the 2010 Summer Series on Thursday, June 10 for another twelve weeks of fun. Until then, you'll have to settle for our Sunday races!

## HAPPY BIRTHDAY TO ROGER ANAWALT

Best wishes to Roger, who will be celebrating his 90th birthday on September 12! Roger has been a DSE member for many, many years. We don't see him at DSE races any more because he lives in Santa Rosa, but he still regularly sends in race results for 3K and 5K races in the Santa Rosa area. He usually wins his age group—unless he has to compete in the same group as the 70-year-old youngsters.

# GLOBAL POSITIONING SYSTEM COURSE MEASUREMENT

*Kevin Lee*

Week to week I do the DSE race course markings along with measuring the race distance.

To fully appreciate how difficult this assignment is, I invite anyone to join me in executing this assignment.

The evolution of measurement distance devices has evolved from the measuring wheel, the calibrated bicycle and now the Garmin GPS watch. Ironically, with the availability and easy use of GPS watches, race measurement is not more accurate than with the older methods, since it depends on GPS satellite readings. However, the old methods were more difficult, and so many of our courses were left as approximations rather than being accurately measured.

To come back with accurately measured race courses, many variables are factored in: whether the course is point to point, out and back or loop, the start and finish locations, etc. Most important is doing the legwork of measuring the race course with or without vehicle or human interference. Whenever possible all race course measurement is done via straight tangents.

Summing up, the next time you complete a DSE measured race course, do not be too quick to second-guess the race course measurements. You will not come up with the same exact race mileage unless you run the exact course marker's footsteps.

All DSE race courses are now being measured with the Garmin 305 GPS watch.



Lake Michigan, from the Lakefront Trail

# RUNNING ALONG THE WATER

*Jane Colman*

Today my Monday morning recovery run along the Oakland Estuary near Jack London Square reminded me once again of how much I love running next to the water. Here in the Bay Area, we are blessed with running paths along San Francisco Bay, the Pacific Ocean and many lakes and creeks. I try to make a point of taking a least one run a week on the Bay Trail or around Lake Merritt or Lake Temescal.

Over the past summer, I traveled to four different places, and although I took three of the trips for reasons other than running, they were the three where I found wonderful waterside running.

The first destination was all about running, the annual "conference" (weekend of running and partying) of the Dead Runners Society, an Internet-based international running club. St. Louis is right on the Mississippi River, but we were located on the outskirts of the city, and almost all of our running took place in Forest Park. Like Golden Gate Park, Forest Park is a delightful place to run, filled with paths, trees, meadows, flowers, a few small bodies of water as well as non-running attractions like the city art museum and zoo (both free!)—but it's not along a large body of water.

From there we went to Chicago for Don to follow his passion at the Labor and Working Class History Association's annual conference. Located right downtown and only a few blocks from the Lakefront Trail, it was easy for me to indulge in my passion with several runs along Lake Michigan, including a 16-mile excursion north into Lincoln Park and back, a 5K race going south from Soldiers Field, and several other short lakeside runs. In my five days this summer, I saw more of Lake Michigan than I had in all my three years as a student at the University of Chicago, many years before I became a runner.

Soon after we had returned home and I had finished up the June *DSE News*, I headed south to Pacific Grove for a four-day alto and bass flute workshop at Asilomar. Although I spent most of my time playing the alto flute, I did have opportunities to run out to Asilomar Beach and then north to the Monterey



The Pacific Ocean, south of Asilomar Beach

Bay Trail one day and run south toward Pebble Beach another day, both along the sparkling Pacific Ocean.

Eight weeks later I attended the National Flute Association Convention in New York City, where I spent my time listening to concerts, buying sheet music and CDs, trying out wonderful flutes that I'll never be able to afford, and playing in a world-record-breaking orchestra of about 2,000 flutists. The convention went from early morning to late at night, but I did find a couple of opportunities to run. Central Park is, of course, the premier running location in Manhattan and I've run there many times, but my Times Square location was only half a mile from the Hudson River Bike Path, which extends north from the southern tip of Manhattan along the west side as part of the 32-mile Manhattan Waterfront Greenway extending around the entire island. The few miles I had time to run, north from mid-town one time and south the other, gave me a nice taste of the Hudson River waterfront and a nostalgic longing to run farther north along the Hudson River Valley where I grew up. Maybe next year.



Looking north up the Hudson to the George Washington Bridge



# NATIONAL SENIOR GAMES AT STANFORD'S COBB TRACK

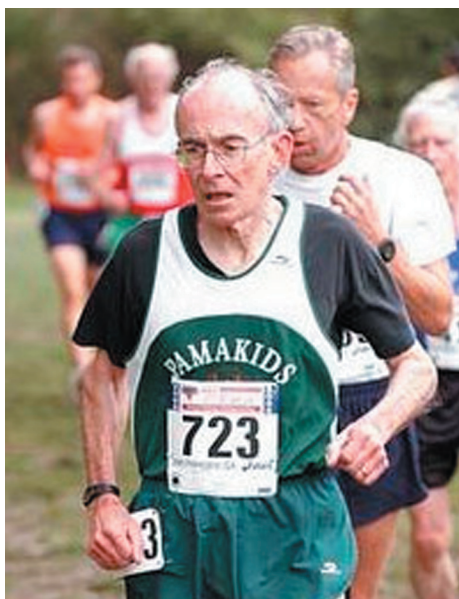
Keith O. Johnson

*On August 6, Keith ran the 400-meter 70–74 age group qualifier and the next day ran 4th place in 73.36 seconds.*

Regional or local Senior games can be informal, highly recommended fun outings that encourage track and field activity—a good thing to counter Father Time. We get an opportunity to garner a little bit of speed, agility, strength, balance as well as honing in on that somewhat quicker and intense animal-like endeavor associated with track.

One encounters a great cast of characters that become part of one's life. I'm usually last in on Andy's workouts but once in a while can quickly mingle with everyone on a sprint. With such encouragement, I entered the 200 meter competition at the Sacramento Senior Games and learned "all" about starting blocks from some of the fastest guys around. I suspect more than one remembers the Dodo bird fumble start and near last finish. Fortunately, an au natural start on the 400m that followed the ill-fated 200 gave me a much better edge as I almost ran my age in time and beat the fast guys.

Anyone from regionals like Sacramento is eligible to compete in State Championships that determine qualification for the National Games. Each event is held once every two years so one carefully plans and practices. Then I look up age graded times. They are sobering and I always question "how can slowness accelerate so quickly," thereby making PRs become pathetic results. Fortunately, all of us can counter this demise by intelligent training, healthy lifestyle and having a good knowledge of how our bodies work. Since I'm not great in the aerobic department, I cultivate strength and quick



motion responses and try to hold on to endurance. Therefore, 400m is a good race for me and training for that distance includes strength, downhill speed, uphill bursts, springing and lots of planned recovery to rebuild. These are fun and rewarding challenges that helped me win first place in state competition.

Stanford was scary. My training predicted slow running and the roster had three of the best 400m runners in the country. The Games with thousands of competitors was well planned and the ambiance amongst major athletes became one of those life experiences—these older guys have life and exuberance in them. So it was while waiting in the shaded grass and overhearing others from the group of 40 runners soon to compete, "62–65

seconds" popped up many times, the world 70+ record now below 60 seconds by a German athlete, "start fast, pass at 300 meters, ..." my life was flashing as if falling from a cliff. The "gate keeper" brings our group to the track and I overhear that this guy has been at it for years and has introduced just about every famous runner to Cobb Track. I remember him from previous competition at Stanford. I'm off from lane 7 following the American record holder in 8, staggering with 50 yards to go and qualifying. Next day the finals—lonely lane 7 again, one second faster and finishing fractions between bronze in front and fifth runner behind. The first runner dove for the finish. After much excitement the bronze guy came up and said, "you went out too fast." Well,...I suppose that's my style.



Picnic Coordinator Gary Brickley  
© 2009 Paul Mosel



DSE President Grant Johnson making his speech  
at the Volunteer Appreciation Picnic

© 2009 Paul Mosel

## SEND US YOUR RUNNING STORIES!

Jane Colman, DSE News editor

DSE members run many non-DSE races and travel to many interesting locations. We know just from this month's DSE at the Races column that members have recently been to Minnesota, Colorado and Bakersfield. I'm sure that other DSEers have traveled for non-running purposes, but it's rare that a runner away from home won't go for at least a few runs or hikes.

We're a big club, and most of us don't know a lot about other members' lives outside of the DSE—but you are our running companions, and we're interested in what you are doing.

Have you run an interesting race recently? An inaugural marathon? Have you had a major running success or an experience that we might find instructive? Have you been to some city, state, or foreign country that we'd enjoy hearing about?

You may have noticed that we have had more 16-page newsletters recently rather than the more common 12 pages. This is partly because of our increased race attendance but, as editor, I often find myself in the frustrating position of having too many timely articles to shoehorn into 12 pages but not quite enough to fill 16 pages, and the structure of the printed version of the *DSE News* makes it much easier on the printer if the total pages are a multiple of four.

So, send in your stories! Take a few minutes and write down your impressions of your last race, scenic run, running disaster, or travel experience and share it with your fellow club members. E-mail to [janecol@earthlink.net](mailto:janecol@earthlink.net) is the easiest, but I will also happily accept mailed or hand-delivered (even at DSE races) articles, even handwritten ones (as long as they are legible). And if you belong to multiple running clubs, it's OK to have your story published in more than one newsletter.

I look forward to reading about your running—or non-running—experiences.

## DSE AT THE RACES

**Note from the Editor:** *If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results.*

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
<b>TCRS #6, ~3.xM, July 17</b>						
<b>Women</b>						
8	Amy Sonstein				30	26:09
<b>Men</b>						
54	Russ Kiernan				70	26:56
66	Dennis Hassler				70	38:35
<b>Aitkin Jaycees Dump Run Quarter Marathon, Aitkin, MN, July 18</b>						
1	Grant Johnson	26	1		M25-29	39:42
<b>LMJS 4th Sunday Runs, Oakland, July 26</b>						
<b>5K</b>						
16	Andrew Freid	42	4		M40-49	21:26
28	Amy Sonstein	39	2		F 30-39	23:25
46	Dana Farkas	50	1		F 50-59	26:52
<b>15K</b>						
4	Noe Castanon	38	1		M30-39	74:31
<b>Skyline 50K, Castro Valley, August 2</b>						
1	Chikara Omine	26	1		M <30	3:40:06
					Age group record!	
14	Peter Hsia	49				4:42:12
27	Jason Reed	30				4:56:56
60	Erika Kikuchi	31				5:39:29
102	Noe Castanon	38				6:55:31
<b>Dammit Run, 5.21M, Los Gatos, August 8</b>						
<b>Men</b>						
310	Brian Hartley	46	16		M55-59	56:59
<b>Headlands Hundred 100 Mile, August 8</b>						
1	Nathan Yanko	27	1		M 1-29	18:44:58
<b>Summer Series California Living Museum Bakersfield 5K, August 11</b>						
	Brian Hartley				(temperature over 100 degrees)	30:21
<b>Pikes Peak Marathon, Manitou Springs, CO, August 16</b>						
<b>Men</b>						
68	Jason Reed	30	11		M30-34	5:23:18
<b>Women</b>						
45	Erika Kikuchi	31	10		F 30-34	6:36:19
<b>UCSC XC Challenge, 4M, Santa Cruz, August 22</b>						
<b>Women</b>						
70	Amy Sonstein	39				32:18
82	Kat Powell	58				37:14
<b>Men</b>						
100	George Rehmet	42				27:13
106	Markham Miller	45				27:28
165	Hashim Bashiruddin	52				38:28
172	Dennis Hassler	75				47:27

continued on page 8



**LMJS Time is On Your Side, Oakland, August 23**

*Note: This is a race for which runners estimate their time and run without watches. The second place column is based on the differential between the estimated and actual race times.*

PL	NAME	AGE	PLACE	DIFFERENCE	TIME
<b>5K</b>					
26	Jim Buck	66	31	-0:47	22:43
51	Brian Hartley	56	17	+0:31	28:51
73	Mary Gray	47	59	-1:44	33:13
87	Judy Jarosz				39:27
95	Dee Farkas	81	81	+5:46	54:06
<b>10K</b>					
2	Jason Reed	30	23	+1:16	40:07
8	Jerry Flanagan	43	11	+0:41	43:56
21	Veronica Vaskinn-Lew	27	26	-1:40	49:20
26	William McCarty	61	15	+0:50	52:50
32	Gregory Brown	60	47	+9:08	56:08
36	Sandy Sigurdson	53	32	+2:23	58:34

**Phil Widener Empire Open Cross Country Race, 3.43M, Santa Rosa, August 29****Women**

47	Amy Sonstein	39			28:09
60	Kat Powell	58			34:09

**Masters Men**

60	Tyler Abbott	48			23:28
122	Dennis Hassler	75			41:59

**Open Men**

13	Grant Johnson	26			18:49
19	Chikara Omine	27			19:37
33	Jin Daikoku	26			20:25

**Bear Creek Trail Half Marathon, Martinez, August 29**

3	Jason Reed	30	1	M30-34	2:01:14
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**Plate to Plate 5K, August 30**

36	George Rehmet	42	4	M40-49	19:41
93	James O'Donnell	50	8	M50-59	21:47
124	Amy Sonstein	39	2	F 30-39	22:25
247	Gregory Brown	60	2	M60-69	24:27
273	William McCarty	61	3	M60-69	24:48
609	Susan Herder	52	7	F 50-59	28:18
663	Pat Geramoni	61	4	F 60-69	28:47

**Santa Rosa Marathon, August 30**

26	Ed Celestina	58	1	M55-59	3:43:01
	Paul Kennelly	64	6	M60-69	7:20:00
	Elaine Koga Kennelly	67	2	F 60-69	7:20:00



Paul and Elaine at the Volunteer Appreciation Picnic the day after completing a marathon, still acting like newlyweds

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## STILL MORE PICNIC PHOTOS



DSE volunteers enjoy being appreciated  
© 2009 Paul Mosel



DSE old-timer Neil Mahoney  
Photo by Jane Colman



After it was all over...

© 2009 Paul Mose

# ◆◆◆ Monthly Running Schedule ◆◆◆

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

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

## **Sun Sep 6\* Marina Green 5K**

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

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

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

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

## **Sun Sep 13 Presidio Cross Country 5K**

START/FINISH: Julius Kahn Playground, West Pacific Avenue & Spruce Street

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

COURSE DESCRIPTION: Run out of Paul Goode Field uphill toward Lover's Lane.

Turn right and run along West Pacific Avenue, then uphill and turn right. Run downhill toward El Polin Springs, stay left and continue uphill past Inspiration Point and straight back to West Pacific Avenue. Continue downhill and make a quick left just past the tennis courts, then make a quick left at Julius Kahn Playground main entrance, downhill, turn right back onto Paul Goode Field to the straightaway finish. Complete second identical loop.

## **Sun Sep 20 Lake Merced Half Marathon & 4.5M Runs**

START/FINISH: North End Lake Merced Parking Lot (foot of Sunset Blvd)

### **Half Marathon**

STARTING TIME: **8:00 AM!**

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop is cut shorter by crossing the "drawbridge" east to west at the southern end of the lake.

ENTRY FEE: **\$5 members, \$8 non-members. Fees increase to \$8 members, \$10 non-members after September 14.**

**Note: Race closes at 11:00 AM. No support after that time.**

### **4.5M Run**

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

COURSE DESCRIPTION: Run one clockwise loop around the lake staying entirely on jogging/pedestrian path.

## **Sun Sep 27 Oyster Point 5M**

DRIVING DIRECTIONS: Oyster Point Marina, South San Francisco. Take Oyster Point Exit off Hwy 101. Drive east on Oyster Point Blvd to Marina Blvd, turn right on Marina Blvd and continue to the parking attendant booth (no charge for parking). Immediately past the booth, turn left and drive down to the parking lot which is adjacent to the start/finish (look for signs and/or volunteers to direct you in).

START/FINISH: Nearby 'building with address 671', on paved Bay Trail bike/pedestrian path south of main Oyster Point Marina parking lot.

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

COURSE DESCRIPTION: Run northbound on path, make a right turn onto the Bay Trail; stay on the center path that travels through Oyster Cove Marina, run past hotel complex, over wooden-pedestrian bridge. Turn around along the designated straightway location; return same way to finish.

# ◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at [webbsight@earthlink.net](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com).
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang and Adrian Jue. Open to all ages and levels. Runs vary from 3–8 miles, and refreshments are provided after the run.



## Membership ♦♦♦ ♦♦♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles). DSE members automatically receive a one year subscription to the *DSE News* and become members of the Road Runners Club of America. Club members receive a free subscription to the online publication *Footnotes*.

**Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online.** Membership/Renewal Applications are available on the DSE website, [www.dserunners.com/members.html](http://www.dserunners.com/members.html). From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at [www.active.com](http://www.active.com). If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

Questions should be directed to **Richard Finley** at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net) or **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404**. Changes of Address are also to be sent to Richard Finley.

## Folding ♦♦♦ ♦♦♦ Session

DATE: Wednesday, September 30, 2009  
TIME: 7:00 PM  
PLACE: Fred & Yong Haber  
1261 – 31st Avenue  
(between Lincoln & Irving)  
San Francisco 94122  
415-242-3304

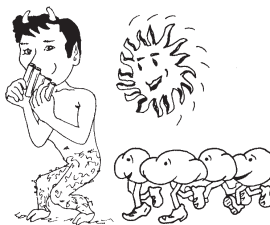
Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

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](mailto:janecol@earthlink.net).

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

September is usually one of the most beautiful months along the coast and in San Francisco, and this year appears to be no exception. Without fog or low overcast we should see many days with above-normal temperatures. Highs along the coast and in SF will be consistently in the 70s to low 80s for the first three weeks of the month.

The warmest weather will be around mid-month with highs in the mid-80s to low 90s. Significant cooling is likely during the last week of the month with even a hint of the first fall rains.



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



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ANGELICUS  
Walt Stack

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DSE PHOTOGRAPHERS  
Paul Mosel and Don Watson

# Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

## September

2	Michael Sweet	17	Miguel Guerrero
3	Diane Nishiki	19	Jocelyn Herndon
5	Mark Prichard		Bob Marty
7	Joe Oakes		Ben Pechner
	Peter Platt		Suzana Seban
9	Jeremy Calnan	23	Eleanor Pechner
	Noe Castanon	24	Patrick Lee
	Don Elsener		Jim Peters
	Haroun Haroun	25	Henry Black
10	Susan June Allen		Peggy Kang
	Noriko Bazeley	26	Neal Ashton
	Joseph Connelly		Annelle Brickley
11	Alice Miller		Richard W. Hannon
12	Roger Anawalt		John Stenson
	Jim Misener	27	Conrad vonBlankenburg
13	Liese Rapozo	28	Edward Hung
14	Patrick Cunneen		Roxanna Pezzy
	Henry Nebeling		Walt Stack — in memory
15	Jessica Pechner	29	Allison Neves
16	Trevor Aguiar	30	Ben Martin
	Jim Kauffold		

## New Members

**DALY CITY**  
Grace Vilches

**GRANTS PASS, OR**  
Elizabeth Ascencio

**MALIBU**  
Michael Preece

**MILLBRAE**  
Heather Marano

**PACIFICA**  
Kathy DeVoy  
John Stenson

**SAN CARLOS**  
Ken Nichols

**SAN FRANCISCO**  
Joseph Alvarado  
Julie Bernstein  
Monessa Cruz  
Peggy Friar  
Blaise Santiago  
Rob Snively  
Michael TenBrink  
Jiro Yamamoto



**San Francisco**  
**Dolphin South End Running Club**  
*Postmaster, Return Undeliverable Mail To:*  
Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>.

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://www.dserunners.com).



**Reminder:** The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!