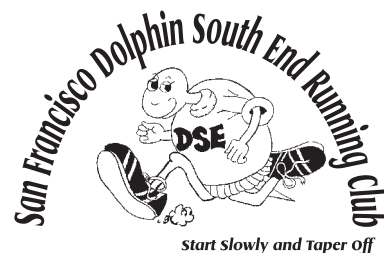


DSE NEWS

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44th Year

November 2009

2010 WATERFRONT 10M & 5K RACES

Janet Nissenson

The very successful Waterfront 10M and 5K races will be held again on Sunday, January 24, 2010. The 10M will begin at 8:30 AM, followed by the 5K at 8:40 AM. For the first time in 2010, we will also be awarding age division medals for the 5K event as well as the 10M. All participants will receive a goodie bag at the finish line as well as other refreshments.

The 10M is a great training race for the Kaiser Half Marathon, which takes place two weeks later on Sunday, February 7, 2010. The 5K is one of the flattest courses around, and a good venue to restart your racing program in the New Year.

Please note that we have a special "Early Bird" registration price for club members for both events. Up through November 30, 2009, the entry fee for the 10M race will be \$5 and for the 5K it will be \$3. After that date and on race day, entry fees increase to \$8 for the 10M and \$5 for the 5K.

An application for the race is enclosed in the newsletter, is available for printing on the DSE website, and extra copies will be available at the weekly races. PLEASE NOTE THAT ALL APPLICATIONS MUST BE MAILED IN! We do not want to burden the volunteers who already work very hard at registration at the weekly races to keep track of registration forms and fees. Only mailed-in forms (or online registration at Active.com) will be accepted.

We will also need volunteers on race day to help with registration, finish line, course monitors, and aid station. More information about these jobs will be available in next month's newsletter.

ECO-AWARDS FOR 2009

Barbara Robben

It's time to be writing up your stories of how you've arrived at DSE events by earth-friendly methods: bike, run, bus ... and your own innovative ideas, put to use.

Just write a paragraph and send it to the newsletter editor [Note: contact information is on page 2]. Remember, eco-awards will be given at the annual banquet in early 2010.

Honor Mother Earth!

DSE GENERAL MEETING DECEMBER 6

Please mark your calendar to attend the last club general meeting for this year. This meeting will review 2009 and highlight 2010.

It will take place immediately following the December 6 Ferry Building 4 Mile run, at about 10:30 AM in the meeting room at 1050 Northpoint (off Van Ness Ave).

From the President's Desk

GRANT JOHNSON

RACING IN 2010

The 2010 race schedule is now posted on the website! Okay, so how does this schedule get created anyway? Well, a handful of members (this year's cast was Janet Nissenson, who spearheaded the committee, Jerry Flannigan, Ken Fong, Gary Brinkley, Joe Connelly, Kevin Lee and myself) gathered for a long Sunday afternoon to guzzle coffee and cinnamon bread and discuss the courses in 2009 that worked and what courses should be avoided, and most importantly, when courses should be avoided.

We scoured over the current 2009 schedule. We took a long walk down memory lane. Then we attempted to manipulate the schedule to avoid colliding with huge concerts and tourists, washed out roads in lower GG Park during the rainy season, angry neighbors, trains and motorists, and too many races in GG Park. We mix up the distances each week and decided what few Sundays should be "off" so our volunteers/runners can finally have a day to themselves or give to support other local races.

Our biggest races get written down in pen right away, like the Double Dipsea, Waterfront 10M/5K and Lake Merced Half Marathon. Then we go through Sunday by Sunday inputting races.

The DSE is a club of long traditions but we also are perpetually vibrant. We try to come up with a few new ideas each year that keep our races exciting and fresh. One exciting highlight on next year's schedule is the mini

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cross country series happening in the fall. We have three races—GG Park XC 5K, Presidio XC 5K and Lindley Meadow XC 4M—spread through August and September and we'll go above and beyond our traditional scoring to have a subset scoring system for this series. Another example of a new feature next year is an updated course in Daly City. According to Jerry Flanigan, the start/finish location is in a quiet neighborhood in Brisbane with good parking and *clean* restrooms. The committee tries to come up with even the littlest niceties that may enhance our races. And a final highlight I'll mention is a new race in Mission Bay. The race is in unique figure 8 loop showcasing some of SF's landmarks including the Bay Bridge and AT&T Park.

Personally, I believe 2010 will be another exciting year for DSE racing. So if you want to continue what we've done or not with the new schedule, then I invite you to come out next year to join the scheduling committee to partake of coffee and carbs while deciding on the schedule for 2011.

AT THE RACES

Run the **Embarcadero 10K** on November 8th with limited tourists (summer is now gone!). This kind course is flat and welcoming to all runners.

Bring your surf board, or at least your camera, to catch the ocean waves and spectacles in Pacifica on November 15th at the **Rockaway Beach 5K**. This course features a ribboned trail going up the only hump on this out-and-back course. On second thought, I recommend only taking your camera

(it's so tough to run with a surf board).

Grab a cup of coffee to start at **8 AM** on November 22nd for the **Single/Double Lake Merced Run**. This will be a fun test for a lot of you to see your fitness levels now compared to this summer's Lake Merced summer series. Have you gained any fitness since August?

There will be no DSE race on November 29th but if you have the urge to race we suggest the Run Wild 5K/10K.

GOT A REVOLUTION

"Got a Revolution" is taken from lyrics of a Jefferson Airplane song called the Volunteers. This song was written before I was even a sinful thought but it still holds true especially for the DSE. We are in desperate need of NEW volunteers. We are a club that revolves around our volunteers just as much we do our runners. There is no racing without volunteers. Please email Kevin Lee (dse.pekingduck@juno.com) if you want to volunteer on a Sunday morning (around 8 AM to 10 AM) or try your hand at race directing. We have a lot of support for our new race directors and are currently looking for 2010 race directors.

Also note that many of our trophies at the end of the year Gala awards banquet require volunteer hours to obtain recognition. Members need two volunteer hours for a small trophy and four volunteer hours for the large trophy. Note that all volunteer hours referenced must be earned at official DSE races or events. Volunteering at the aid stations at the Kaiser Half Marathon or SF Marathon does not count toward this requirement.

ONE MORE 2009 RACE DIRECTOR POSITION NEEDED TO BE FILLED

We need a race director for December 6th Ferry Building 4 miler. The DSE has a 40+ Race Schedule and 25+ club members have stepped forward to serve as race directors. I understand and can relate with your apprehension as a first time RD but the DSE is extremely supportive of its directors and welcomes anyone who wants to try their hand at it. If you don't want to do it alone, you can convince your running friend/spouse/partner/parent/kid to take a week off from competitive running and serve as a co-RD with you. DSE would like to thank you in advance. If you're interested, please contact Kevin at dse.pekingduck@juno.com.



From Wendy Newman: Bill and me with the trophies we got at a race we recently ran in Nice, France (La Cascade de Gairaud was the name of the race). It was 12.8K. I actually won mine; I came in 3rd in my age group. Bill got his just "because."

But we ran another race this past Sunday and Bill actually earned his age group trophy—on a terrifying 10K XC course that would put any of our XC courses to shame! I fell and was lucky get away with just a few bruises.

◆◆◆◆◆ 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

RUNNING THE ST. GEORGE MARATHON

Jane Colman

At the beginning of October Don and I went to St. George, Utah, for me to run the marathon there. I had decided on St. George because it has a reputation for being a fast, mostly downhill, scenic course and a very well-organized race. As usual, I had three goals for the race: running a Boston qualifier (4:45), or at least a 60+ PR (under 5:02) or at the very least, running negative splits and finishing feeling strong. I thought that if all went well, I had about a 50-50 chance of running the BQ.

The trip started out well with an unexpected free upgrade from the economy car we had requested to a Camry hybrid with satellite radio, definitely the most luxurious car I've ever driven. After we were free of city traffic, the drive from Las Vegas to St. George was pleasant and mostly scenic, some of it spectacularly so. The expo and pasta dinner on Friday were both pretty good, also.

Saturday we were encouraged to show up for the buses by 4 AM, which meant that we had a long wait in the cold and dark at the start. But they have two long rows of small bonfires, which have the double benefit of keeping the runners warm and providing a small group of others for pre-race company and conversation, very nice for people like me who go to the race alone.



I did something I've never done before: I dedicated my race, to Ted Vincent, and wore a sign on my back about him. He had helped me train for my first marathon, San Francisco 1983 (where he qualified for Boston), and

had also persuaded me that it was worth traveling all the way to San Francisco every Sunday for the DSE run, starting a relationship with the club that has lasted 26 years so far.

The race started at 6:45, but it took me nearly seven minutes to reach the start. Most of the uphill in the first half is in one long uphill starting at mile 7, steep for a while and then gentle. I had thought from the elevation chart that it was 4 miles long, but it went on and on and on until about mile 13. I'd planned on a 5-minute negative split, 2:25 for the first half and 2:20 for the second, so when I reached the halfway point in 2:29 I knew I would have to have perfect conditions and a good bit of luck to make up the time. Well, I didn't. It was not hot by southern Utah standards, but it was warmer than comfortable for me, except when there was a headwind, which made the temperature more comfortable but definitely slowed us down. And there was a lot more uphill than I expected in the second half, which I thought was almost all downhill except for a few short bumps. And it was, except that the bumps weren't so short, and I was never able to make up on the downhills what I lost on the uphills.

The course was quite scenic (although it doesn't compare

with Big Sur) but I was concentrating too much to really notice, except for a brief glance backwards to a beautiful sunrise very early in the race. The last bit was not particularly scenic or downhill, but was quite warm, and I hit the wall



somewhere in the 26th mile. Always before, even in marathons where everything after mile 14 felt like a death march, I've had a bit of kick at the end, but not this time. Even when I could see the finish line, it was a struggle just to keep moving. In the photo Don took of me in the finish chute I looked at least as bad as I felt. After the race I felt a bit dizzy for a while, and while I was sitting on the grass waiting my turn for a massage I noticed that for a few minutes it seemed to be a psychedelic green.

I did get my five-minute negative split, but each half was about four minutes slower than planned, and I finished in 4:53:32, eight minutes slower than a BQ but about nine minutes faster than my previous 60+ PR (run in March 2004, when I was a few months short of 61). I definitely did not have a strong finish, but I did manage to make one and a half of my three goals, so I was pleased.

Sunday we went to Zion National Park, which is quite spectacular and where I did a couple of short relatively flat hikes (my quads were not up to much downhill). There were many other marathoners there; we recognized each other by either the blue shirts or the stiff-legged hobble or both. I would love to return someday when I feel up to some real hiking or running.



Monday we went to Snow Canyon State Park, which is at about mile 18 of the marathon and is the most scenic part of the course. I hadn't really noticed by that point in the race, but you can't really see most of it from the road anyway. It was not as spectacular as Zion, but quite beautiful nevertheless. There are many other beautiful places a bit farther away, which would make this a good vacation destination marathon, but we had only two free days before returning home.

I'm not planning to try for a Boston qualifier again anytime soon, and next time I'll probably aim for lower altitude and cooler weather, even though it will mean a more level course. But one of the consolations for not being able to go to Boston is that I will be able to run the new marathon in my hometown of Oakland at the end of March. This one I'm going to run for pleasure and scenery!



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

September 27, 2009

Oyster Point 5M

Race Director: Uwe Schling

Volunteers: George Sacco, Chikara

Omine, John Weidinger, Ann Grimaldi, Pat Geramoni, Kevin Lee, Bobby Marty, Joe Connelly



Race Director Uwe Schling

Photo by Don Watson

PL	NAME	AGE	TIME
1	Grant Johnson	26	28:15
2	Shawn Gallagher	48	28:27
3	Christopher Evans	41	29:38
4	Peter Trudelle	24	29:46
5	Peter Hsia	49	30:23
6	Michael Gulli	49	32:13
7	Jason Reed	30	32:29
8	Jerry Flanagan	44	32:36
9	Stanley Hu	31	33:06
10	Jesse Hatcher	24	33:49
11	Luis Vargas	52	34:01
12	Steve Stephens	65	34:30
13	Rick Torreano	60	34:38
14	Daryl Luppino	49	34:51
15	Riya Susing	42	35:11
16	Lisa Penzel ①	44	35:23
17	Bill Reidy		35:57
18	Karl Bane	61	36:04
19	Francis Dy	37	36:22
20	David Klinetobe	48	36:37
21	Alfred Hu	49	36:45
22	Matthew Fabry	36	37:16
23	Kenneth Fong	47	38:09
24	Andrea Forker ②	29	38:19
25	Jorge Larre	53	38:24
26	Dararath Kim	42	38:26

27	Bruce Leary	58	38:41
28	Maria Pantoja ③	29	38:55
29	Wayne Plymale	57	38:57
30	Amy Sonstein ④	39	39:09
31	Stephanie Soler ⑤	34	39:26
32	Herman Escajadillo	58	39:35
33	Patrick Lee	62	39:43
34	Miguel Guerrero	35	40:41
35	Theo Jones	70	41:09
36	Ximene Ares	43	41:45
37	George Baptista	66	41:49
38	Sam Rodriguez	49	41:53
39	David Heidary	38	42:51
40	Gregory Brown	60	42:54
41	William McCarty	61	42:56
42	Judith Waitz	49	42:57
43	Lazaro Sanchez	47	43:14
44	Yong Cholee Haber	51	43:37
45	Sam Roake	73	44:20
46	Lina Katib		44:22
47	Sharon Munoz	13	44:28
48	Alex Munoz		44:29
49	Wendy Newman	59	44:37
50	Ed Tang	37	44:39
51	Illegible Name	51	44:40
52	Ed Kinchley	60	44:48
53	Steve Nissenson	61	44:53
54	Mitchell Sollod	70	45:09
55	Pocholo Pasicolan	29	45:13
56	Joseph Connelly	48	46:12
57	Michael TenBrink	37	46:46
58	Janet Nissenson	49	48:00
59	Carlos Bais	40	48:24
60	Floe	68	49:11
61	Mike Hung	58	50:36
62	Suzana Seban	56	50:39
63	Bob Morris		50:40
64	Pat Geramoni	61	50:54
65	Jane Colman	66	51:59
66	Jim McBride	66	52:45
67	Selena Sanchez	11	54:27
68	Bill Woolf	74	54:30
69	Angela Sanchez	8	54:58
70	Mary Kealey	33	54:59
71	Stepanie Dekking	44	55:23
72	Rocco Mullinax	35	55:49
73	Mary Gray	47	56:16
74	John Herbert	61	57:50
75	Elizabeth Ascencio	49	1:01:13
76	Steve Hambalek	53	1:02:17
77	Briana Farnden	17	1:02:40
78	April Atkinson	16	1:02:41
79	Marta Novoa	24	1:04:02
80	Kevin Willard	35	1:04:19
81	Karolyn Herrmann	34	1:04:45
82	Margo Banowicz	50	1:04:46
83	Franklin Sanchez	10	1:09:21
84	Kyle Hamilton	13	1:09:22
85	Carol Hamilton		1:09:47
86	Lily Hodges	8	1:17:13

87 Lisa Hodges 1:17:14

SELF-TIMERS

Ed Oikowski	66	1:35:28
Jane Lee	59	
Shannon Luppino	13	
Jim Golden	58	
Beth Golden	59	
Sherrill Golden	67	
Gary Davis		
Bob Theis	81	
Richard Finley	60	
Jesse Agbayani	57	
Ann Agbayani	49	
Wally Rapozo	81	

October 4, 2009

Ballpark 5K

Race Director: Donnelly Gillen

Volunteers: George Sacco, Bruce Leary, Calvin Chan, Kevin Lee, Bobby Marty, Chikara Omine, Noriko Bazeley, Maria Pantoja



Race Director Donnelly Gillen

Photo by Don Watson

PL	NAME	AGE	TIME
1	Lance Doherty	33	17:30
2	Peter Trudelle	24	18:20
3	Jerry Flanagan	44	18:48
4	Markham Miller	45	18:51
5	Andrew Jeffery	30	18:57
6	Kevin Jeffery	27	19:26
7	Ed Cotton	45	19:29
8	Luis Vargas	52	19:57
9	Peter Hsia	49	20:01
10	Rick Torreano	60	20:28
11	Alex Munoz	39	20:33
12	Ken Allen		20:36
13	Daryl Luppino	49	20:41
14	Cherie Turner ①	40	20:45
15	Lisa Penzel ②	44	20:56
16	David Rissini	29	21:12
17	Spencer Mead		21:13
18	Jose Ruiz	54	21:24
19	Chris Boreta	53	21:44
20	Noe Castanon	38	21:56
21	John Trudelle	14	21:57

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BALLPARK 5K

continued from page 4

22	Mark Mooney	52	21:58
23	Ren Fung Xu	24	22:01
24	Adam Hoolhorst	30	22:02
25	James Taylor	26	22:03
26	Kenneth Fong	47	22:14
27	Jorge Larre	53	22:22
28	Miguel Guerreo	39	22:29
29	Jon Clark	37	22:38
30	Kayley Evans ③	19	22:40
31	Marie Carlotti ④	53	22:41
32	Jim Buck	66	22:43
33	Larry Wuerstle	53	22:58
34	Stephanie Soler ⑤	34	22:59
35	Theo Jones	70	23:10
36	Patrick Lee	62	23:21
37	Michael Chow		23:34
38	Jim Pavick	46	23:47
39	Dan McKinley	29	24:17
40	Jason Jimenez	33	24:30
41	Stephen Boesch	42	24:39
42	Joshua Leewarner	36	24:49
43	Sharon Munoz	13	24:51
44	George Baptista	66	24:59
45	David Mead	40	25:02
46	Janice Mills	49	25:13
47	Will Hennessey	29	25:20
48	Neal Ashton	53	25:33
49	Steve Nissenson	61	26:03
50	Gary Brickley	56	26:06
51	Judith Waitz	49	26:59
52	Joseph Connelly	48	27:09
53	Austin Nelson	30	27:11
54	Ryan Taylor	31	27:14
55	Gregory Brown	60	27:48
56	Kyle Jorgensen	25	28:03
57	Janet Nissenson	50	28:14
58	Mike Shine	60	28:42
59	Steven Friedman	66	28:47
60	Floe	68	28:51
61	Lina Khatib		29:25
62	Karissa Stafford	22	29:31
63	Katy Ullmann	21	29:59
64	Pat Geramoni	61	30:08
65	Peter Royce	74	30:30
66	Rachel Moussa	22	30:40
67	Lex Leifheit	33	31:16
68	Daphne Early	25	31:39
69	Kate Parun		31:46
70	David Reynoso	25	31:47
71	Brian Baker		31:49
72	Susan Allan	57	31:59
73	Lisa St. Claire	43	32:47
74	Megan Wolohan	24	33:55
75	Cowboy Guy	56	34:55
76	Jim Kauffold	72	35:20
77	Cathy Dietzen	45	35:34
78	Shannon Luppino	13	36:20
79	Barbara Robben	75	36:54

80	Illegible Name	25	37:02
81	Margo Banowicz	50	38:08
82	Sarah Hodgdon	38	38:26
83	Lupe Pena		38:48
84	Teresa Pena	32	38:50
85	Carmen Bringas	54	40:14
86	Curley Bonds	44	40:26
87	Bob Theis	81	42:00
88	Gina Javier	31	42:26
89	Raymond Earlywine	70	43:37
90	Brenda Saldona	33	43:47
91	Shawn Boreta	44	43:56
92	Brenda Munoz	10	44:48
93	Avani	6	50:20
94	Priva	5	50:21
95	Vyji Mankani	43	50:23
96	Aaron Miller	27	51:05
97	Naomi Garcia	22	52:09

98	Vir	6	54:03
99	Mahesh Mankani	48	54:04
100	Jed Bell	40	55:27
101	Stacee Cabrera	29	59:24
102	Carrie Miller	26	1:00:07
103	Amy Michaux	38	1:05:38
104	Joan Saroukhanioff	44	1:05:41
105	Chloe Mosqueda	45	1:05:43

SELF-TIMERS

Thomas Smiley	53	
Ed Olkowski	66	57:04
Shannon Luppino	13	
Tom Boyd	63	
Gary Davis		
George Sacco	71	
Jim Golden	58	
Sherrill Golden	67	

October 11, 2009

Golden Gate Park 10K

Race Director: Marian Lyons

Volunteers: George Sacco, Peggy Kang, Calvin Chan, Bobby Marty, Phyllis Nabhan, Sandra Sigurdson, Vince French, Sherrill Golden, Tim Golden, Rick Torreano, Tom Pang, Marie Appel, Chilara Omine, Kevin Lee



Race Director Marian Lyons

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PL	NAME	AGE	TIME
1	Michael Davitian	24	33:54
2	Joel Lanz	36	36:25
3	Geoff Dunbar	38	37:51
4	Daniel Martin	40	37:53
5	Peter Trudelle	24	37:54
6	Alex Bralow	24	39:12
7	Jerry Flanagan	44	39:25
8	William Lacrosse	19	39:28
9	Mark Olson	18	39:46
10	Chris York	30	39:53
11	Adam Iversen	18	39:54
12	Michelle Meyer ①	22	39:59
13	Joe Wehrheim	37	40:05
14	Ivan De La Torre	24	40:18
15	Jeff Mezzocchi	38	40:20
16	Markham Miller	45	40:49

17	Mihai Surdeanu	36	41:17
18	Luis Vargas	52	41:24
19	Will Colglazier	29	41:31
20	Nancy Dunbar ②	38	41:38
21	Eduardo Vazquez	36	41:53
22	Gabor Balint	40	41:56
23	Rick Torreano	60	42:10
24	Miro Baldyin	51	42:18
25	Chris Evans	31	42:20
26	Seth P. Sternglanz	33	42:21
27	Michael DeMaria	22	42:33
28	Yvan Cognasse	38	42:38
29	Leo Rosales	55	42:46
30	Espen Barroso-Gomez	35	42:47
31	Daryl Luppino	49	43:01
32	Jay Golinveaux	35	43:06
33	Colin Davitian	32	43:08
34	Eric Davies	36	43:30
35	Stan Gertler	57	43:52
36	James McCay	38	44:10
37	Dave Flinn	43	44:25
38	Abel Pereira	33	44:59
39	Jose Ruiz	54	45:01
40	Fiona McCusker ③	45	45:09
41	Dane Thompson	30	45:19
42	Eric Thorn	29	45:23
43	Chantel Yip ④	15	45:38
44	Rebecca Costigan ⑤	21	45:53
45	Joe Kopjlever	25	46:08
46	Jason Reed	30	46:23
47	Dan Holverson	53	46:32
48	Geri Ottaviano	25	46:36
49	Michael Divita	35	46:38
50	Marlin Gilbert	49	46:40
51	Mandy Berridge	34	46:43
52	Aaron Palke	23	46:56
53	Mark Jewell	36	47:10
54	Tyson Schwarten	38	47:11
55	Kenneth Fong	47	47:17
56	Joseph Mowrey		47:18

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GOLDEN GATE PARK 10K

continued from page 5

57	David Klinetobe	48	47:33
58	No Name		47:42
59	Kevin Fry	30	47:47
60	Scott A. Romer	43	48:13
61	Karl Olson	56	48:32
62	Noe Castanon	39	48:42
63	Steven Pitsenbarger	41	48:45
64	Stephanie Soler	35	48:47
65	Edwin Navarro	59	49:00
66	Tobias Winkelkotte	32	49:05
67	Michelle Boulland	38	49:20
68	Brandon Roe	24	49:25
69	Rob Snavelly	39	49:26
70	Patrick Lee	62	49:54
71	James Eales	50	49:59
72	Maria Pantoja	29	50:04
73	Allison Groves	45	50:18
74	Robert Reichman	58	50:21
75	Noriko Bazeley	51	50:26
76	Christie Adams	34	50:30
77	Karen Pinckard	49	50:49
78	Felix Angelo	26	51:08
79	David Madson	29	51:15
80	Scott Enderby	47	51:24
81	Filippo Nenna	25	51:25
82	William McCarty	61	51:33
83	Drasvin Cheowtirakul	26	51:44
84	Mariel Brill	28	51:49
85	Brittany Marrs	18	52:16
86	Kenichi Matsumura	31	52:17
87	John Rybak	36	52:26
88	Amelia Ficher	24	52:27
89	George Baptista	66	52:32
90	Will Chappell	20	52:35
91	Jack Olson	13	53:15
92	Gary Brickley	56	53:23
93	Paolo Bruni	67	53:25
94	Yvette Carnine	43	53:28
95	Tulug Kenamoglu	42	53:42
96	Nick Nigro	30	53:43
97	Ximene Ares	43	53:49
98	Douglas Dolezal	46	53:54
99	Steve Harrington	53	54:02
100	Edward Hung	32	54:14
101	Nancy Gertler	57	54:17
102	Brandon Gulley	23	54:27
103	Alfonso Fillon	44	54:34
104	Elise Tegtmeyer	19	54:53
105	Sam Roake	73	55:04
106	No Name		55:06
107	Gregory Brown	60	55:09
108	Joseph Connelly	48	55:21
109	Ali Fatemi	40	55:23
110	Steven Nelson	57	55:34
111	Thomas Dantin	30	55:58
112	Cristina Campbell	27	56:09
113	Yong Cholee Haber	51	56:15

114	Tom Hunter		56:19
115	Andre Singleton	28	56:49
116	Troy Espera	34	56:55
117	Annemarie Baltay	26	57:01
118	Dash Hempton	54	57:11
119	Heather Metz	29	57:16
120	Jennifer Metz	29	57:20
121	Michael Slowvik	44	57:24
122	Charlene Christian	34	57:26
123	Lisa Landers	38	57:27
124	Kayje Booker	30	57:31
125	Gina Romanelli	27	57:32
126	Becky Lunde	32	57:33
127	Mathew Honan	36	57:38
128	Joe Brown		57:39
129	Lina Khatib		57:43
130	Floe	68	57:47
131	No Name		57:50
132	Maz Naba	30	57:59
133	Bahador Amiri	28	58:00
134	Shana Ireland	41	58:02
135	Fariba Fatemi	40	58:03
136	Sarah Twitchell	33	58:08
137	Zrisuul	31	58:35
138	S. Bellini	53	58:46
139	Brenda McNabb	49	59:05
140	Jen Nathan	33	59:11
141	Allison Biner	25	59:13
142	Vinesh Viswanathan	25	59:15
143	Ivanlea	23	59:38
144	Erin Kirk	35	59:43
145	Monica Dournaee		59:53
146	Paul Mosel	67	59:57
147	Kathryn Nestor	28	60:02
148	Suzana Seban	56	60:04
149	Vi Bang	34	60:17
150	Billy Alexander	31	60:20
151	Steven Friedman	66	60:21
152	Vanessa Mitchell	27	60:24
153	Simrun Kochhar	27	60:26
154	Dana Farkas	50	60:40
155	Amy Loewen	42	60:44
156	Marcelo Antonelli	50	61:00
157	Pat Geramoni	61	61:09
158	Mark Chesney	26	61:14
159	Henry Nebeling	77	61:31
160	Kristin Mayer	26	61:42

161	Nicoca Menaldo	27	62:17
162	Ivare Tat	24	62:34
163	Samantha Juda	17	63:03
164	Mike Hung	58	63:09
165	Dan Gouveia	34	63:17
166	Annemarie Munn	22	63:35
167	Seth Combs	35	63:43
168	Laurie Guerrero	36	64:19
169	Dennis R. Pereillo	38	64:21
170	Jason Guerrero	35	64:24
171	Darren McGraw	37	64:46
172	Arjun Gupta	42	64:47
173	Kimberly Wolf	26	64:57
174	Maria Fabbrani	28	65:26
175	John Weidinger	68	67:23
176	Tony Nguyen	36	67:58
177	Darcy Arnold	38	68:04
178	Cowboy Guy	56	69:15
179	Rachel Wayne	33	70:52
180	S. Herder	52	71:47
181	Bob Morris		71:48
182	Jim Kauffold	72	72:15
183	Elizabeth Ascencio	49	72:25
184	No Name		72:53
185	Megan Sullivan	25	72:54
186	Virginia Rosales	45	76:03
187	Tiffani St. Cloud	31	76:14
188	Amy Wang	24	76:18
189	Steve Clayman	67	78:32
190	Dinah Noriega	34	80:19
191	Dessica Apelado	31	80:20
192	Jane Colman	66	94:05
193	Elaine Koga Kennelly	67	94:30
194	Paul Kennelly	64	94:31

SELF-TIMERS

Ed Olkowski	66	1:56:37
Dee Farkas	82	
Roberto Gutierrez	30	
Kim Chee Kim	4	
Sunhi Kim	51	
Jenna Evarkiou	40	45:00
Julie Evarkiou	38	44:58
Fred Haber	49	
Carolyn Clark		
Bob Theis	81	
Elaine Gecht	65	
Robert Brizuela	69	
Jesse Agbayani	57	
Richard Finley	61	



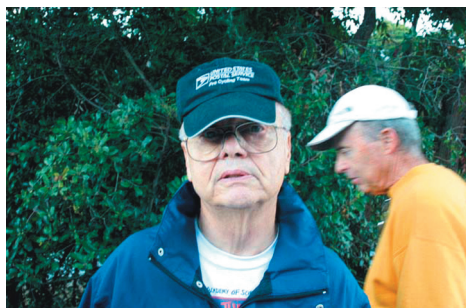
Almost to the finish of the GG Park 10K

Photo by Don Watson

October 18, 2009

Sawyer Camp Trail 5K/10K

Race Director: Paul Mosel, Amy Sonstein, Wally Rapozo, Sandra Sigurdson, Liese Rapozo, Yong Cholee Haber, Robert Brizuela, Bruch Leary, Jim Kauffold, Erika Kikuchi, Vince French, Calvin Chan, Kevin Lee, Chikara Omine, Bobby Marty



Race Director George Sacco

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5K

PL	NAME	AGE	TIME
1	Jin Daikoku	26	15:31
<i>Course record!</i>			
2	Andrew Pimlott	34	16:36
3	Shawn Gallagher	49	16:37
4	Casey Lee	16	16:38
5	Doug Madgic	43	17:01
6	Herman Vandermolen	45	18:09
7	Anthony Benson	45	19:24
8	Will Gogas	53	20:01
9	Bari Molyneux	36	20:03
10	Lillie Romeiser ①	24	20:04
11	Heidi M. Johnson ②		20:08
12	Jason Amor	22	20:31
13	Lisa Penzel ③	44	20:42
14	Ray Macias	19	21:18
15	Steven Fuller	13	21:37
16	Chantel Yip ④	15	21:38
17	Mark Mooney	52	21:53
18	Roger Garcia	53	21:59
19	Gene Alston	40	22:06
20	Jorge Larre	53	22:08
21	Chris Gillen	43	22:10
22	Luis Vargas	52	22:12
23	Larry Wuerstle	54	22:46
24	Amy Sonstein ⑤	39	23:01
25	James Darendinger	26	23:35
26	Stephanie Soler	35	23:47
27	Miguel Guerrero	39	23:55
28	Sophia Gonzales	26	23:56
29	Nasia Batara	13	23:57
30	Sara Piaskowy	24	24:02
31	Blake Molyneux	36	24:12
32	Brent Ayrey	36	24:37
33	Kenneth Fong	47	24:58
34	Ryan Galeng	25	25:00
35	Tina Batara	47	25:02
36	Kimberly Ryland	28	25:17

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DSE AT THE RACES

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

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
Race for the Cure 5K, September 27						
372	Marian Lyons	62	3		F 60-69	27:18
392	Jennifer Wuest	33	48		F 30-39	27:32

LMJS 4th Sunday Runs, Oakland, September 27

8	Andrew Freid	42	2		M40-49	20:49
60	Barbara Robben	75	1		F 70+	39:48

10K

9	Veronica Vaskinn-Lew	27	2		F 20-29	52:03
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Garin Park Challenge, 3.15M, Hayward, September 27

Women

64	Amy Sonstein	39	19		F 30-39	27:02
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Men

36	Jin Daikoku	26	27		M20-29	17:45
161	Jim Flanigan	60	4		M60-69	22:58
198	Hashim Bashiruddin	52	42		M50-59	36:22
199	Dennis Hassler	75	9		M70-99	38:13

Pacifica Fog Jog, 5M, September 27

31	Keith O. Johnson	71	1		M 60+	30:10
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Palo Alto Moonlight Run, October 2

10K

8	Jason Reed	30	1		M30-39	38:07
179	Gene French	63	3		M60-69	50:12

5K

44	Mark Mooney	52	2		M50-59	22:02
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YMCA Homefront Run, Richmond, October 3

5K Women

2	Lisa Penzel	44	1		F 40-49	20:15
8	Judith Waitz	49	3		F 40-49	25:45
24	Mary Gray	47	8		F 40-49	31:48
29	Barbara Robben	75	1		F 70-99	37:47
40	Dee Farkas	81	2		F 70-99	47:19

10K Men

3	Peter Hsia	49	1		M40-49	37:07
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10K Women

10	Dana Farkas	50	1		F 50-59	55:27
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Shell & MEF Run for Education, 5K, Martinez, October 3

17	James Eales	49	8		M40-49	22:03
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St. George Marathon, Utah, October 3

4518	Jane Colman	66	2		F 65-59	4:53:32
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Bridge to Bridge Run, October 4

12K

26	Roy Clarke	53	2		M50-59	48:55
60	Joe Wehrheim	37	15		M30-39	51:50
234	Brian Kavanagh	33	68		M30-39	58:37
251	Kristina Landry	33	20		F 30-39	59:02
252	Jeff Landry	38	74		M30-39	59:02
321	Joseph Alvarado	41	54		M40-49	1:00:45
404	Amy Sonstein	39	36		F 30-39	1:02:39
416	Keith Johnson	71	8		M60-99	1:02:47
730	Edward Hung	32	178		M30-39	1:07:49
839	Marian Lyons	62	2		F 60-99	1:09:29
1043	John Stenson	44	160		M40-49	1:12:41

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SAWYER CAMP TRAIL 5K
continued from page 7

37	Mark Lacuesta	33	25:19
38	Marie Carlotti	53	25:20
39	William McCarty	62	25:24
40	Noe Castanon	39	25:38
41	George Baptista	66	25:41
42	Angela Rice	22	26:03
43	Gary Brickley	56	26:16
44	Joseph Connelly	48	26:26
45	Erica Smulever	39	26:39
46	Bais	40	26:41
47	Paul Mosel	67	27:09
48	Brian Fouts	27	28:13
49	Floe	68	28:19
50	Joanna Penner	43	28:25
51	Lina Khatib		28:57
52	Candice Pack	24	28:59
53	Desi Molyneux	35	29:36
54	Angela Molyneux	36	29:43
55	Annie Cheng	29	29:43
56	Paurene Duramad	35	29:53
57	Jeff Shopoff	65	29:59
58	Tom Huster	66	30:01
59	Robert Landers	36	30:02
60	Natasha Holmes	9	30:14
61	Ken Holmes	46	30:15
62	Monika Stahler	35	30:26
63	Jeff Hunter		30:35
64	Fred Haber	50	30:42
65	Crystal Lim	9	30:47
66	John Lim	41	30:48
67	Jeff Darrow	60	30:59
68	John Weidinger	68	31:47
69	Kris Cole	43	31:54
70	Meredith Dooze	27	32:25
71	Jason Chilton	32	33:20
72	Tina Payan	35	33:30
73	Megan Curneen	28	33:31
74	K. Craig	33	33:51
75	Ariane Fontanilla	27	34:02
76	Kathie Williams	54	35:00
77	Deborah Katz	29	35:33
78	Todd Molyneux	41	36:48
79	Shannon Luppino	13	37:11
80	Margo Banowicz	50	37:35
81	Melissa Hanson	30	38:15
82	Carol Molyneux	63	40:33
83	Suzan Song	31	40:55
84	Alyson Falwell	32	40:56
85	Ellen O'Bryant	32	40:57
86	Letty Flores	38	41:00
87	Arya Natarajan	9	41:19
88	Natarajan		41:20
89	Brandy Cook	41	44:28
90	Alicia Villanueva	27	51:05
91	Ivonne Gamez	35	51:06

DSE AT THE RACES

1122	Erin Kirk	35	173	F 30-39	1:13:33
1216	Henry Nebeling	77	23	M60-99	1:14:59
1357	Suzana Seban	56	38	F 50-59	1:17:11
1609	Elizabeth Collins	28	199	F 20-29	1:21:25
1656	Mike Hung	58	128	M50-59	1:22:49
1842	Mary Gray	47	215	F 40-49	1:28:10
1896	Dennis Hassler	76	41	M60-99	1:30:06

7K

29	Fiona McCusker	45	2	F 40-49	31:38
111	Mitchell Sollod	70	8	M60-99	38:13
178	Paul Mosel	67	10	M60-99	41:29
320	Jeffry Darrow	60	18	M60-99	45:54

Rock 'n' Roll San Jose Half Marathon, October 4

Riya Suising					1:33:00
Bill McCarty	61	19	M60-65		1:56:10

Cowtown Marathon, Sacramento, October 4

90	David Klinetobe	48	14	M45-49	3:46:10
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Harvest Fair Run, 3K, Santa Rosa, October 4

266	Roger Anawalt	90	4	M70-99	38:21
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East Bay Front Runners Pride Run and Walk, Oakland, October 10

10K

14	Bill McCarty				52:15
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5K

6	Lisa Penzel		1st woman		21:31
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Firetrails 50M, Castro Valley, October 10

2	Chikara Omine	27			6:47:01
58	Jason Reed	30			9:13:02
175	Noe Castanon	39			11:16:30

Bizz Johnson Trail Marathon, Susanville, October 11

254	Gregg Whitnah	59	16	M55-59	4:54:27
326	Peter Royce	74	1	M70-74	5:49:29
353	Margie Whitnah	61	5	F 60-64	6:59:00

River Bend 5K, Springfield, OR, October 17

10	Ed Celestina	58	2	M55-59	22:39
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Humboldt Redwoods Half Marathon, Weott, October 18

122	Russ Kiernan	71	1	M70-74	1:40:17
522	Dina Kovash	71	6	F 70-74	3:16:37

Nike Women's Marathon, October 18

Riya Suising		9	F 40-44		3:44:23
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Nike Women's Half Marathon, October 18

Pat Geramoni					2:26:03
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Half Moon Bay Pumpkin Run, October 18

10K

11	Peter Hsia	49	5	M40-49	40:07
21	Leopoldo Rosales	55	3	M50-59	42:34
56	Keith Johnson	71	1	M 70+	50:30
116	Carole Mawson	65	1	F 60-69	59:03
150	Mary Gray	47	21	F 40-49	1:09:06
152	Virginia Rosales	45	22	F 40-49	1:18:05

5K

12	Sven Mawson	32	8	M30-39	20:40
51	Neal Ashton	53	4	M50-59	25:43
55	Judith Waitz	49	3	F 40-49	26:11

Detroit Free Press/Flagstar Marathon, October 18

2761	Gregory Brown	60	42	M60-64	4:43:48
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Diablo Trail Run 50K, Clayton, October 18

10	Jason Reed	30	3	M30-39	6:47:01
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10K

PL	NAME	AGE	TIME
1	Shawn Gallagher	49	35:34
2	Rinaldo Cis	39	35:46
3	Chikara Omine	27	36:29
4	Alfie Holmes	37	36:40
5	Luis Montoya	26	36:46
6	Ken Camet	48	37:03
7	Ben Draper	26	37:18
8	Peter Trudelle	24	37:51
9	Daniel Martin	40	38:09
10	Jerry Flanagan	44	39:33
11	Jim Howe	63	40:10
12	Dave Girouard	43	40:17
13	Stanley Hu	31	40:23
14	Andrew Pimlott	34	40:24
15	Melcu	36	40:35
16	Luis Vargas	52	41:39
17	Rick Torreano	60	41:48
18	Seth Sternglanz	33	41:55
19	Brad Sharpe	36	42:04
20	Will Kolglaziev		42:16
21	Daryl Luppino	49	42:25
22	Dave Flinn	43	43:28
23	Pessi Marco	40	43:36
24	Jeff Karnes	39	43:50
25	Anne Carlevaris ①	33	44:03
26	Brian Kavanagh	33	44:58
27	Paul Trudelle	53	45:29
28	Kenneth Fong	47	45:42
29	David Klinetobe	48	45:44
30	Roger Garcia	53	46:03
31	Javier Szwarcberg	40	46:07
32	John Roberts	43	46:31
33	Julianne Hawkins ②	39	47:00
34	Steven Pitsenbarger	41	47:19
35	William King	36	47:34
36	Patrick Lee	62	47:53
37	Ximene Ares ③	43	48:43
38	Kenichi Matsumura	31	49:17
39	Maria Pantoja ④	29	49:22
40	Jorge Larre	53	49:39
41	Mark Mooney	52	49:53
42	Marie Carloti ⑤	53	50:17
43	King Wayman	60	50:29
44	S. Megazzi	25	50:47
45	Sylvia Trudelle	55	50:51
46	Stephanie Soler	35	51:36
47	Monica Maze	32	51:47
48	Nicole Levan	28	52:10
49	William McCarty	62	52:27
50	Kathleen Lail	41	52:43
51	Yong Cholee Haber	51	53:47
52	George Baptista	66	54:39
53	Joseph Connelly	48	56:26
54	Mike Markwith	57	56:28
55	Tom Huster	66	56:29
56	Gary Brickley	56	56:42

57	Lina Khatib		56:47
58	Maw Ching Sun	24	56:49
59	Greg Krimer	27	56:50
60	Luz Silverio	24	57:07
61	Sherlen Paulsen		57:08
62	Stephanie Carr	23	57:10
63	No Name		57:17
64	Pam Kochman	60	57:20
65	Floe	68	58:26
66	Sharon Munoz	13	58:58
67	Alex Munoz	39	58:59
68	Michelle Lin	34	59:03
69	Noe Castanon	39	1:01:16
70	Jim McBride	66	1:01:20
71	Nicola Menaldo	27	1:02:51
72	Bob Morris		1:03:19
73	Mike Hung	59	1:03:55
74	Isis Contreras	34	1:03:57
75	Brian Hartley	56	1:05:09
76	Dennis Hassler	76	1:11:19
77	Elizabeth Ascencio	49	1:20:37
78	Jeanne Linsdell	61	1:31:53
79	George Marks	66	1:32:25

SELF-TIMERS

Jane Lee	59
Robert Brizuela	69
Elizabeth Ascencio	49 (5K) 34:08
Brie Reybine	
Liese Rapozo	old
Wally Rapozo	81
George Sacco	71
Jim Golden	58

◆◆◆ 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:

November 8 Embarcadero 10K
November 15 Rockaway Beach 5K
November 22 Single/Double
 Lake Merced

December 6 Ferry Building 4M
December 13 Rainbow Falls 5K
December 27 Mission Rock 5K

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: Ferry Building 4M on December 6.

FINAL REMINDER REGARDING VOLUNTEER HOUR REQUIREMENTS

This is the final reminder to all DSE members that you must have completed a minimum of two hours of volunteer work in order to receive any of the following year-end awards: small Mongo Trophy, Top 5 in DSE Race Attendance, Total Miles Run, Total Miles Raced, and Top 5 Race Place Points. In order to receive the large Mongo Trophy, you must complete four hours of volunteer work. You will not receive a trophy if the required hours have not been worked.

There are seven more races remaining in 2009 to fulfill your volunteer requirement. At each race we really only need a maximum of two additional volunteers to help with registration. If you are interested in working registration at an upcoming race, you must email the Race Director prior to race day to determine if they still require assistance. A list of Race Directors can be found on the DSE website. Also, please remember that you must arrive by 7:55am and will be expected to work until 8:55am in order to receive credit for the full hour.

Where we really need assistance each week is at the finish line, so we ask that you please consider skipping a race for a week or two and contributing your volunteer hours in that way. There are also selected races where we may need either course monitors or aid station volunteers. Please contact the Race Director for additional information.

If you are not certain how many hours you have already worked this year, please contact Janet Nissenson at jlNissenson@aol.com.

◆◆◆ 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 Nov 1 Great "Halloween" Highway Run, 4M

START/FINISH: Lincoln Way & Lower Great Highway grass path

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

COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path and south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd and return northbound to Lincoln Way finish.

Come Dressed in your Halloween finest! Prizes awarded for best costumes. (Daylight Savings ends—set clocks back 1 hour)

Sun Nov 8* Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the pedestrian crosswalk at Townsend Street (before the mini-park). Turn around and return the same way to finish.

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

Sun Nov 15 Rockaway Beach 5K

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Ways

DRIVING DIRECTIONS: From Hwy 1 southbound, turn right at Rockaway Beach Blvd traffic light. Drive two blocks and turn right at Dondee Way. Follow Dondee Way to end. Turn left on San Marlo Way and into parking lot.

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

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return same way to finish.

Sun Nov 22 Single/Double Lake Merced Runs 4.5M/9M

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

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

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

Sun Nov 29 NO DSE RUN

Opportunity to enter the Run Wild 5K/10K, www.rhodyco.com

Sun Dec 6 Ferry Building Run, 4 miles

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Stay on sidewalk. Turn around 2 feet beyond the south side of Ferry Building complex and return the same way to finish.

Sun Dec 13* Rainbow Falls 5K

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

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turn around at the barricade at Kezar Drive, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

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

◆◆◆ Group Runs ◆◆◆

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

Weather ♦♦♦ ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner



November should be seasonably cold with near to above normal rainfall. We will enjoy dry weather for the first week with rain developing around the 7th. Sunny, cool weather is expected for the next several days until a strong winter storm begins around the 12th or 13th, with several days of rain. A few dry days are expected before the rain returns around the 20th. It looks

as if will be dry and cold for a couple of days before and after Thanksgiving including Turkey Day. Rain will return again for the last couple of days of November.

♦♦♦ Club Officers & Coordinators ♦♦♦



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DSE PHOTOGRAPHERS
Paul Mosel and Don Watson

Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

November

1	James Flynn	18	Michael Gulli
4	Marsha Takemoto	19	Gloria McKay
5	Aram Durgerian	21	Douglas Brown
	Jake Slye		Matthew Fabry
	Peggy Friar	22	Jeanie Jones
6	Daryl Luppino	23	Robert Brizuela
	Karl Olson	24	Michelle Agbayani
7	Denise Leo	26	Karl Ludwig
	Matthew Cox		Tom Baruch
9	Jacqueline Pon	27	Paul Cowie
12	Christina Trayers		Kenneth Fong
	Virginia Cacal	28	Harry Cordellos
	Roy Clarke		Thom Ringer
13	Denise Grey	28	Becky Rozewicz
	Tom Boyd	29	Schuyler Horn
14	John Houghton	30	Betsy Dorsett
15	Michael Innes		Mercedes Acosta

New Members

ALBANY

Gigi Santa Ana

DALY CITY

Brian Kavanagh

Carter Kavanagh

Staci Kavanagh

MILLBRAE

Chantel Yip

SAN FRANCISCO

Crystal Koop

Jeffrey Norris

SAN RAFAEL

Ky Faubion



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. 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!