

December 2009

Please come to hear reports on the club's current status and to share your concerns and ideas for the coming year.

When what to my wondering eye now  
appears,  
Runners and watchers and great  
volunteers;  
With one final sprint that is lively and  
quick,  
You know the one next to you soon will  
be licked;  
Regardless of speed and regardless of  
pace,  
Merry Christmas to all and to all a great  
race.  
(I offer "I'm sorry" to old Clement  
Moore,  
The readers should share in my great  
remor-se.)

### MY THANKSGIVING TURKEY TROT

I co-direct a race every Thanksgiving Day in my hometown, Duluth, MN, called the Gobble Gallop ([www.gobble-gallop.com](http://www.gobble-gallop.com)). This race event is made up of four races: kids' fun run, 1 mile race,

2 mile walk, and 5K race. I take a week off from my work in SF and then work 10 times harder in Duluth pulling all the strings together to ensure an amazing experience for our participants. We had another successful year with over 1600 registered! People were in good spirits, dressing up in costumes and braving the cold weather (below freezing temperatures—31 degrees—at race time). Also of note, Duluth got its first Peets Coffee, a sponsor who gave out free coffee, and I think our city is now hooked.

### AT THE RACES

Run the **Ferry Building 4M** on **December 6th** and explore San Francisco's Embarcadero on foot. This run is flat and can be fast depending on whether or not you stop mid-race for clam chowder.

On **December 13th** the last Kids' Run of 2009 will be held at the end of the **Rainbow Falls 5K**. Also note that if the water is running high, and it should

be, it's a great time to run by the falls to check out for yourself why they call it "Rainbow" Falls.

The DSE will host no run on **December 20th**. You are invited to run the Miracle Mile and/or Christmas Classic 5K in Golden Gate Park (see announcement on page 10). Or you can save your self for **FRIDAY December 25th** (Christmas morning) for the "**Fun Run**" **Xmas Blind Date Relays 2x2** miles.

Your last chance to race and score points in 2009 is at the **Mission Rock 5K** on **December 27th**. Make this final race a cherry on top of your great year racing sundae.

### SAVE THE DATE

The 2009 Awards Gala will be held on February 5, 2010 at the Janet Pomeroy Center. Please mark your calendars. As always, we will have delicious food, strong drink, copious awards, and a lot of fun. See you there!

## WITH A SINGLE STEP, A BOOK BY JOE OAKES

Jane Colman

Old-timers will remember DSE member and former president Joe Oakes, who moved to Portland, OR, some years ago. And they will also remember that he would take off for weeks or months at a time to go on another leg of his trip around the world on foot, bicycle, sailboat, kayak, and dogsled, an adventure that would take him ten years in all.

This fall, just in time for his 75th birthday and holiday gift-giving, Joe published his book, *With a Single Step: The Story of a Non-Motorized Circumnavigation of the Earth*.

Joe has always been great storyteller

and his book shows that he is just as good when writing as when talking. Although not much of an adventurer myself, I was fascinated by his journeys. And his companions (usually different companions on each section of the trip) encountered nearly every sort of problem you can imagine, from bureaucratic red tape and bad weather to illegal border crossings and grueling days—and Joe gets through each one with his usual positive attitude and sense of humor.

There's a lot more bicycling than running on Joe's circumnavigation (it might have taken him many more years if he had tried to run all the land portions of

the trip). But this non-bicycling, non-swimming, non-boating, and non-dogsledding runner still found the story fascinating and hard to put down.

I would recommend it as a gift for yourself or for any active person or arm-chair adventurer on your list.

You can order the book on Joe's website [www.josephoakes.com](http://www.josephoakes.com) or by sending a check for \$15 made out to Piano!Piano!Press to Joe at 18057 NW Cambray Street, Beaverton, OR 97006. Joe will be happy to autograph the book if you tell him the name of the recipient. All profits from the book go to a program for AIDS orphans in Namibia,

### ◆◆◆◆◆ 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:

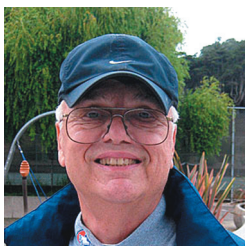
[www.dserunners.com](http://www.dserunners.com)  
WEBMASTER: Natale Nissenson  
[webmaster@dserunners.com](mailto:webmaster@dserunners.com)

company of our fellow members.

If elected, this will be my second term as president. This past year the club has done exceptionally well under my presidency. We are strong financially and in membership. Equally, if not more, important is that our volunteers continue heroically to help week after week. I will continue to push for more committed volunteers, and begin this pledge by appealing for new volunteer support at the General Meeting on December 6, 2009.

My goals for 2010 will be to perpetuate the success of 2009. The downturn in the economy showed the resilience of our club and how important we are to the community. I believe the need and popularity of our club will increase even more in 2010, and therefore I vow to uphold our mission to encourage all runners and walkers of all levels to compete, socialize, have fun and improve ourselves.

#### **GEORGE SACCO, CANDIDATE FOR SR. VICE PRESIDENT**



Hi, I am George Sacco. It's that time of the year again when we select new DSE officers. I am running for First Vice President.

Before I talk about why I am running, I want to state what I feel the DSE mission is: to conduct simple, inexpensive and safe runs for all levels of runners.

Here is how I plan to help to achieve that mission if elected.

- 1) Attend as many runs as possible so that I will have first-hand information on how we are doing.
- 2) Listen to the concerns of the club members and act on their resolutions.
- 3) Keep members informed of changes.
- 4) Look for ways to improve what we do well and correct things that we don't do well.

The DSE has a strong tradition as one of the best running clubs in the country. We have been the number one club in the San Francisco Bay Area since the middle 60s. If you elect me I hope I can help to keep that tradition alive and well.

Thanks for reading this. I appreciate each and every one of your votes and look for a banner year for DSE in 2010.

#### **DONNELLY GILLÉN, CANDIDATE FOR 2ND VICE PRESIDENT**



I served as the DSE's secretary last year and enjoyed getting to know all of my fellow board members, the dedicated runners and volunteers of the club, and the intricacies of making the club run efficiently. This year I hope to continue to serve the DSE and its membership by acting as 2nd Vice President.

My past experience gained from organizing large, national equestrian events and as a litigator managing civil cases with a large number of parties has helped me to identify and address logistical and managerial issues facing the club. My experience in the litigation side of the insurance business also gives me a unique perspective on various issues that the club faces as the host of public sporting events.

In sum, my experience inside and outside of the DSE, as

well as my enthusiasm for a club that offers fun, inexpensive, and regularly scheduled races to the running community makes me an ideal candidate for 2nd Vice President. I believe that the DSE is an asset to the Bay Area and I would love to continue to serve the membership in the coming year.

#### **PAT GERAMONI, CANDIDATE FOR 2ND VICE PRESIDENT**



I have been running for over 25 years. I was a past DSE member in the mid 1980s when the notorious Walt Stack was at its helm. I am a current almost two year member, rejoining the club in January, 2008.

I bring organizational and interpersonal skills needed to accomplish multiple tasks for the club acquired from almost 30 years as a DMV manager (retired) and currently as a law office administrative assistant.

DSE has definitely kept up with the technology age. It was voted the best running club in the Bay Area in 2009. DSE has had several *SF Chronicle* articles published. Our name is out there and if elected I will continue to promote this familiarity with the club and actively recruit membership of the very best running club.

#### **ANN GRIMALDI, CANDIDATE FOR 2ND VICE PRESIDENT**



I learned about DSE when I ran a couple of DSE races earlier this year. I was struck by the genuine enthusiasm and friendliness of the club members and the cheers at the end of the race for every single runner. As I've gotten older I've developed a greater appreciation for what true community means. After running those races I knew I wanted

to be part of the DSE community, and in June of this year I joined up.

I don't have the long history with this club that many DSE members have. Still, I want to contribute something meaningful to this community that has welcomed me so wholeheartedly—hence my candidacy for Second VP.

My years of practicing law have taught me many skills, few of which actually are useful outside the office and courtroom. Those that do fall in the useful category would serve me well as Second VP:

- I'm a project-oriented person, super anal-retentively organized when I have to be.
  - I hate deadlines but never miss them.
  - I can crack the whip as necessary to get the job done.
  - I'm open to suggestions and helpful hints, at least up to a point, beyond which I'll nod gratefully and then completely ignore them.
  - As circumstances require, I can curse like a sailor.
- In short, I will be the best Second VP I can be.

**MICHAEL GULLI,  
CANDIDATE FOR 2ND VICE PRESIDENT**


Dear fellow members,  
I have been running for 36 years and now I am running for Vice President. I remember how much fun the club races were to run in the late 1970s. The members of this club have been very supportive for my family and me. This is a great club and I plan to do whatever I can do to help the club as Vice President.

Thanks, Mike

**CHIKARA OMINE,  
CANDIDATE FOR 2ND VICE PRESIDENT**


I first joined the club back almost 11 years ago when I started running. The thing that has not changed about the club from the time I joined is that it still puts on very affordable weekly races with a friendly atmosphere. The club has done a lot to make the weekly races a pleasant experience for participants. I would like to take on an more

active role and provide support to the club that has made running enjoyable for me and many others.

**KY FAUBION, CANDIDATE FOR SECRETARY**


What a great club!! Always enjoying the gatherings and the challenges—it has shown me quite a bit of potential for the average or fantastic Joe and beautiful places to experience here in San Francisco. In fact, my aunt has lived in SF for 40 years and doesn't recall most of the places DSE visits for

our Sunday runs. She should join! Yes, I know, I've already tried to but she likes those dumb stair steppers at the gym. Please don't let her know I said that.

I come from an old ex-mining town in Southern Oregon called Gold Hill. Spent a lot of time running the dirt roads and nothing sounds better than hearing the pavement end under your feet to the last mile on a granite road. Sounds like Gold Hill's best seller...

Anyway, I always love running with the DSE and it never fails to conjoin a great crowd and memory of some sort, so I'm running for secretary!

**BOB MORRIS, CANDIDATE FOR SECRETARY**


I've been in the club for 10 years, and served previously on the board as secretary. I am originally from Minnesota and lived in Florida for a while before I moved here. Professionally, I am a researcher in computer science for NASA and work in Mountain View. We make robots and spacecraft smarter through Artificial Intelligence. I don't

really have anything in mind for things I want to accomplish for the club if I am elected. It's fine the way it is. The DSE has been good to me and I just want to give something back by volunteering my time.

most points earned that were not used in the Point Total. Further ties should be broken by considering most firsts within each age group, then most seconds, etc.

**HIGHLIGHTS**

Runners are sorted into age groups before points are awarded. This way the number of points a runner earns is only affected by his/her place in his/her own age group. Runners in other age groups do not change point totals.

Only seven runners per age group score points. This is in line with the DSE Goal to award "members who are very competitive within their respective age divisions."

Only 25 races count toward final point total. This means an award would more likely to go to a runner who comes to 20-30 races a year and regularly places well in his/her age group than a runner who comes to all 44 races but does not place as well.

This also allows a runner to volunteer at a significant number of races and still score at the maximum 25 races without losing an award to a runner who never volunteers because he/she races every weekend.

First to third places get two more points than the next highest finishers. Fourth to seventh places get one more point than the next highest finisher. This puts a premium on coming in the top three spots, which is in the spirit of awarding the members competitive in their age divisions.

The same number of points is awarded for every race. This way a runner does not extraordinarily benefit from a well-populated race where a school, fitness group or field trip group brings 100+ non-regular runners.

This also encourages race attendance at the smaller races because it would be easier to score points.

## A SUGGESTION FOR AGE GROUP POINTS

*Anonymous*

**DSE STATED GOAL**

"Due to our modest weekly race attendance, and our hand-scoring timing system, it is usually not possible (or practical) for us to present age-division awards at all of our 40+ races. Only the Top 5 overall male and female runners receive placement ribbons, except at a few select races a year.

"DSE, however, has numerous members who are very competitive within their respective age divisions, though perhaps not quite swift enough to place in the Top 5 alongside the swifter runners in their 20s and 30s. In an attempt to recognize these age-division standouts, DSE began an Age Division Points and Award System in 2004." *[from DSE website]*

**NEW AGE GROUP POINTS SYSTEM PROPOSAL:**

Race results are first sorted into age groups. Then points are award to the top 7 runners. The points awarded (in order of finish are) 10-8-6-4-3-2-1. Awards are to be given to the top 5 runners with the highest Point Totals in each age group. Each runner's Point Total is sum of points he/she has earned at his/her best 25 races of the year. Only 25 races count toward the Point Total; however ties should be broken by considering



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

October 25, 2009

Kennedy Drive 8K

**Race Director:** George Sacco

**Volunteers:** Bobby Marty, Riya Suising, Kevin Lee, Phyllis Nabhan, Liese Rapozo, Tom Pang, Joe Wehrheim, Paul Mosel, Richard Hannon, Catrina Grimaldi



Race Director George Sacco

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PL	NAME	AGE	TIME
1	Grant Johnson	26	28:03
2	Chikara Omine	27	28:42
3	Peter Trudelle	24	30:34
4	Ian Macnider	24	30:52
5	Graeme Roche	24	31:14
6	Lacrosse Willian	19	31:15
7	Jerry Flanagan	44	31:50
8	Michael Guill	49	32:50
9	Vincent Gulli	20	33:15
10	Julio Lujar	42	33:27
11	Luis Vargas	52	33:33
12	Rick Torreano	60	33:38
13	Daryl Luppino	49	34:12
14	Steve Stephens	65	34:42
15	Brian Kavanagh	33	34:48
16	Ken Allen	42	34:54
17	Riya Suising	42	35:01
18	Geoff Rollins	25	35:09
19	Spencer Ortiz	21	35:22
20	Karl Bane	61	35:38
21	Munir Bayyari	29	36:29

22	Don Daniel	40	36:30
23	Stormy von Furpant ①	54	36:32
24	Ben Green	45	36:42
25	Jorge Larre	53	36:55
26	Amy Berglnd ②	24	37:04
27	Selena Galaviz ③	30	37:07
28	David Klinetobe	48	37:15
29	Steven Pitsenbarger	41	37:34
30	Jim Buck	66	37:38
31	George Musante	54	37:48
32	Karl Olsen	56	38:06
33	Stephanie Soler ④	35	38:10
34	William Kavanagh		38:17
35	Larry Wuerstle	54	38:26
36	Patrick Lee	62	38:27
37	Amy Sonstein ⑤	39	38:29
38	Edward Navarro	59	38:34
39	Christie Adams	34	:8:48
40	Francois Lariviere	47	38:53
41	Rob Snavely	39	39:10
42	Ximena Ares	43	39:32
43	Kenichi Matsumura	31	:39:34
44	Noriko Bazeley	51	40:09
45	C. Edwards	64	40:52
46	George Baptista	66	41:46
47	Edward Hung	32	41:51
48	Sam Rodriguez	49	41:54
49	Egan Brumley	36	41:56
50	Gary Brickley	56	42:10
51	Jeff St. Claire	43	42:11
52	Carol Lloyd	45	42:12
53	Sam Redmond	13	42:19
54	Leo Redmond	47	42:23
55	John Stenson	47	42:28
56	Michel Lariviere	44	42:42
57	Kim Marcis	33	42:46
58	Barbara Kirkwood	48	42:49
59	Noelle Fitzgerald	26	42:50
60	Kristen Lorin	23	42:58
61	Kate Burke	29	43:15
62	Sharon Munoz	13	43:20
63	Alex Munoz	39	43:21
64	Marian Lyons	62	43:40
65	Tom Huster	66	44:10
66	Yong Cholee Haber	51	44:23
67	Anthony Acosta	28	44:29
68	Troy Espera	34	44:30
69	Joseph Connelly	48	44:31
70	Jack Olson	13	44:43
71	Linda Reeder	51	45:16
72	Floe	68	45:33
73	Luis Garnier	43	45:52
74	Yadira Aparicio	24	45:53
75	Carlos Bais	40	46:19
76	Paul Mosel	68	46:23
77	Jen Brink	37	47:49
78	Lazaro Sanchez	48	48:15
79	Sharif Bayyari	31	48:27
80	Steven Friedman	66	48:30

81	Nicole Menaldo	27	49:18
82	Henry Nebeling	77	49:20
83	Selena Sanchez	11	49:22
84	Steve Duffin	39	49:23
85	Judy O'Moy	35	49:28
86	Eileen Campbell	41	49:29
87	Mike Hung	58	49:50
88	Jack Bascom	68	50:36
89	Daniel	38	51:08
90	Lina Khatib		52:08
91	Suzana Seban	56	53:01
92	Rodrigo Aparicio	25	53:45
93	Mary Gray	47	54:18
94	Lisa St. Claire	42	55:16
95	Patrick	32	55:28
96	Jon Mopera	40	55:32
97	Turkey		55:38
98	Kate Parun	47	55:59
99	Sarah Martin	30	56:11
100	Fred Haber	50	56:14
101	John Weidinger	68	56:56
102	Cowboy Guy	56	56:59
103	Pamela Jones	43	57:39
104	Shannon Luppino	13	57:40
105	Stephanie Dekking	44	57:42
106	Marta Novoa	24	59:45
107	Trevor Boulton	24	59:45
108	Veronica Campbell	42	1:00:10
109	Anna Buchley	26	1:00:12
110	Diane Mellett	30	1:00:32
111	Margo Banowicz	50	1:00:34
112	Ewina Long	31	1:02:38
113	Mary B Flynn	33	1:02:39
114	Jim Kauffold	72	1:04:36
115	Blanche Santana	52	1:10:21
116	Connie O.	24	1:13:43

#### SELF-TIMERS

Diane Okubo-Fong	48
Mark Musamura	42
Brie Reybine	
Sunhi Kim	51
KimChee Kim	4
Wally Rapozo	81
George Sacco	71
Richard Finley	61
Liese Rapozo	82
Bob Theis	81
Richard Hannon	
Robert Brizuela	69
Elaine Gecht	65
Ed Olkowski	67
Victor Steele	11
Eric Steele	11
Stephanie Steele	55

#### KIDS' RACE

1	Richard Tauber	7	5:35
2	Tallulah Lloyd	9	5:44
3	Zenobia Lloyd	5	7:45
4	Freya Wehrheim	4	9:26

November 1, 2009

Great Highway Halloween 4M

**Race Director:** Marie Appel

**Volunteers:** George Sacco, Calvin Chan, Peggy Kang, Phyllis Nabhan, Mike Hung, Kevin Lee, Bobby Marty, Richard Hannon, Vince French, Chikara Omine



Race Director Marie Appel

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PL	NAME	AGE	TIME
1	Jin Daikoku	26	20:33
		<i>Course record!</i>	
2	Jason Reed	30	23:50
3	Joe Wehrheim	37	24:05
4	Roy Clarke	53	24:47
5	Marc Bertucco	35	25:13
6	Matthew Thomas	30	25:20
7	Michael Gulli	49	25:23
8	Peter Hsia	49	25:55
9	Ky Faubion	24	26:12
10	Ron Kiyono	61	26:17
11	George Rehmet	42	26:19
12	Julio Lujan	42	26:22
13	Rick Torreano	60	26:23
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18	Conal Gallagher	46	27:45
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20	Mark Mooney	52	28:45
21	Jorge Larre	53	28:51
22	Sushi 69	31	28:56
23	Kevin Fry	30	28:59
24	George Musante	54	29:01
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32	King Wayman	60	30:02
33	Theo Jones	71	30:03
34	Stephanie Soler ❸	35	30:05
35	Amy Sonstein ❹	39	30:10

36	Ximena Ares ❺	43	30:14
37	Noe Castanon	39	30:19
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56	Lazaro Sanchez	48	33:49
57	Brian Crawford	34	33:56
58	Kathleen Lail	41	34:02
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68	Peter Royce	74	36:15
69	Hideko Ogura	43	36:23
70	Floe	68	36:39
71	Jane Czech	57	36:50
72	Janet Nissenon	50	37:00
73	Dean Enell	36	37:20
74	Bob Morris		37:28
75	Henry Nebeling	77	37:39
76	Tony Nguyen	36	38:11
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104	Aline Reno	29	55:26
105	Bob Theis	81	55:54
106	Diane Mellett	30	57:38
107	Jennifer Moore	30	57:39
108	Stacy DiCarlo	34	61:22
109	Christina Baylocq	40	61:23
110	Denise Quan	32	62:18
111	Casandra Kelley	13	62:20
112	Maria Perretta	44	62:22
113	Carina Soubiea	52	62:23

#### SELF-TIMERS

Robert Brizuela	69
Jim Golden	68
Sherrill Golden	67
Sunhi Kim	51
Kimchee	4
Carolyn Clark	
Richard Hannon	74
Wally Rapozo	81
Liese Rapozo	
Jesse Abgayani	57
George Sacco	71
Mary Gray	47



Above: one of the post-race costume contest winners, © 2009 Paul Mosel

Left: Selena Sanchez, youngest racer  
Photo by Don Watson

November 8, 2009

Embarcadero 10K

**Race Director:** George Sacco

**Volunteers:** Barbara Robben, Mort

Weisberg, Bobby Marty, Peggy Kang, Calvin

Chan, Peter Royce, Joe McDevit, Phyllis

Nabhan, Kennet De Silva, Vince French,

Kevin Lee, Wayne Plymale



**Race Director George Sacco**

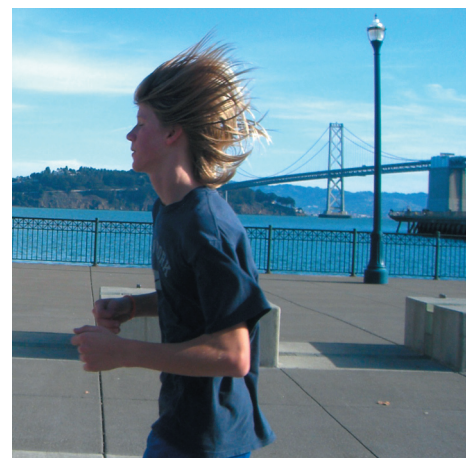
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8	Patrick Lepelch	46	38:04
9	Jonathan Otto	24	38:10
10	Steve Trudelle	28	38:16
11	Peter Trudelle	25	39:00
12	Joe Wehrheim	37	39:27
13	Mark Orders	51	40:10
14	Jerry Flanagan	44	40:45
15	James Garvin	29	40:50
16	Dylan Eret	36	41:38
17	Jeffery Nakasone	53	42:26
18	Rick Torreano	60	42:27
19	Atilio Ciucci	32	42:35
20	Jon Mires	30	42:39
21	Daryl Luppino	50	42:40
22	Luis Vargas	52	43:09
23	Leo Rosales	55	43:10
24	Mark Peters	34	43:11
25	No Name		43:16
26	Malanie Roberts ①	24	43:44
27	David Sivak	31	43:47
28	Seth G	27	43:55
29	Seth Sternglanz	33	44:03
30	Jeff Jones		44:07
31	Tim Larson	25	44:08
32	Ken Caputa	50	44:12
33	Will Richardson	31	44:13
34	Andrew Jheon	36	44:25
35	Frank Wong	38	44:33

36	Evan Campodonico	31	44:36
37	Jose Ruiz	54	44:41
38	Nick Golosworthy	39	44:48
39	John O'Leary	28	44:50
40	Noe Castanon	39	44:52
41	Adam Knight	33	44:54
42	Ray Ortega	34	44:54
43	Charles White	47	45:13
44	Dana Stimmel ②	27	45:14
45	Sasha Cox ③	27	45:42
46	Anita Devinen ④	25	45:54
47	Nick Pegley	48	45:57
48	Chip Roberts	40	46:04
49	Mark Mooney	52	46:05
50	Jorge Larre	53	46:13
51	Sven Van Der Sluis	40	46:15
52	Paul Mishkin	37	46:30
53	Chad Bash	40	46:52
54	Kenneth Fong	47	47:19
55	John Bourque	29	47:20
56	Stephen Pepe	27	47:21
57	Larry Wuerstle	54	47:45
58	Steven Pitsenbarger	41	47:46
59	Daniel Thalhuber	33	47:49
60	Noriko Bazeley ⑤		47:53
61	Raage Bullaleh	28	47:59
62	Tony Lopez	22	48:03
63	Riya Suising	42	48:05
64	Morgan O'Leary	23	48:08
65	Lori Winkler	50	48:09
66	Jason Dinger	33	48:09
67	Phil Greenberg	42	48:10
68	Dan Herron	20	48:18
69	Patrick Lee	62	48:20
70	Ralph Gordon	50	48:21
71	Chirouze Manuel	31	48:22
72	Hector Osorio	41	48:28
73	Stephanie Soler	35	48:36
74	Lori Choquette	38	48:39
75	Ximena Ares	43	48:58
76	Chris Crompton		48:58
77	Dimitris Sklavopoulos	64	49:00
78	John Dantin	42	49:11
79	Joe Czech	56	49:27
80	Nicole Rink	28	49:34
81	David Rink	28	49:35
82	Michael McGhee	29	49:39
83	John Henning	39	49:45
84	John Leisure	25	49:47
85	Lauren Baird	30	49:49
86	Amy Sonstein	39	49:50
87	Kevin Smith	38	50:03
88	Nick Read	28	50:18
89	Ed Putman	35	50:24
90	Mark Rellet	53	50:37
91	Cara Peck	29	50:40
92	Tanya Beers	28	50:48
93	Johnny trudelle	13	51:06
94	Thomas Dennis	30	51:07
95	Eric Diamond	29	51:13

96	Kathleen Lail	41	51:16
97	Lenny Crotty	39	51:20
98	Matco Sanchez	33	51:30
99	Gregory Green	28	51:32
100	Matthew Barr	27	51:36
101	Marie Carlotti	53	51:43
102	Joe DiGiacomo	43	51:45
103	Tom Huster	66	51:50
104	Theo Jones	71	51:52
105	Sam Rodriguez	49	51:58
106	Maya Dobuzhskaya	25	51:59
107	Miguel Guerrero	39	52:19
108	William McCarty	62	52:24
109	Jamie Sconberg	24	52:25
110	No Name		52:42
111	Emily Stern	39	52:51
112	Sophie Kolding	20	52:53
113	Egan Brumley	36	52:58
114	Mike Boniello	31	53:07
115	Chris Johnson	38	53:08
116	Ron Yee	37	53:18
117	Jeff St. Claire	43	53:41
118	Behzad Nasre	46	53:41
119	Yanning Zhang	51	53:46
120	Ernie Fong	64	53:48
121	Gary Brickley	56	53:49
122	Katy Risman	24	53:50
123	Keily Ross	27	53:56
124	Nicole Pettit	32	54:05
125	Shanna O'Connor	35	54:07
126	No Name		54:08
127	Guy Philips	37	54:14
128	Marian Lyons	62	54:15
129	Linda McQuinn	52	54:24
130	Molly McGonigle	22	54:25
131	Julia Pak	39	54:26
132	Lisa Phelan	28	54:34
133	Valerie Berthiaume	32	54:39
134	Meredith Nerard	27	54:44
135	Sharon Munoz	13	54:50
136	Alex Munoz	39	54:51
137	Joseph Connelly	48	54:53

*continued on page 8*



**A beautiful day for running  
on the Embarcadero**

**Photo by Don Watson**

EMBARCADERO 1K  
continued from page 7

138	Karalyn Leavens	27	55:11
139	Jill Leavens	33	55:12
140	Suzzane Manugian	26	55:43
141	Luis Aguayo	32	55:46
142	Michael Calderon-Zaks	34	55:48
143	Dana Casha		55:51
144	Melita Clark	29	56:01
145	Jonathan Rubinsky	28	56:07
146	Kaleb Loosbrock	27	56:16
147	Allyson Guidotti	24	56:22
148	Jenny Li	34	56:25
149	Erin Kirk	35	56:42
150	Paul Mosel	68	56:55
151	Pat Geramoni	61	56:56
152	Anna Taberski	19	57:02
153	Candace Woo	26	57:04
154	Charles Tabersky	56	57:08
155	Arthur Huang	37	57:09
156	Eileen Quan	35	57:10
157	Kurt Thomas	25	57:34
158	Trisha Hildreth	24	57:49
159	Melissa Turner	40	57:53
160	Lindsey Graff	26	57:58
161	Ellie Jenkins	26	58:07
162	Roddy Theobald	26	58:08
163	Floe	68	58:26
164	Brian Sutton	27	58:42
165	Mary Weese	42	58:43
166	Morgan Andrews	32	58:44
167	Jane Czech	57	58:45
168	Lisa Silverfoote		58:45
169	Carlos Bais	40	58:46
170	Ohad Applebaum	39	58:50

171	Kelly Mason	29	59:25
172	Rennie Nastor	29	59:26
173	Shannon Dublin	32	59:45
174	Lisa Copeland	27	59:45
175	Aura Cardona	39	59:46
176	Nancy Trieu	28	59:47
177	Cynthia Bunaviz	29	59:48
178	Sean Sutton	27	60:03
179	Norman Ferrer	32	60:05
180	Colleen Harvey	25	60:08
181	Juliet Noonan	30	60:10
182	Becky Ordin	35	60:11
183	Jaqueline Leite	43	60:13
184	Emma Andersson	26	60:30
185	Molly Jo Alaimo	27	60:40
186	Susan Burton	46	60:41
187	Katie Murray		61:03
188	Irene Yang	27	61:35
189	Courtney Zimmerman	25	61:38
190	Michelle Polowski	38	61:41
191	Steven Friedman	66	61:57
192	Veronica Campbell		62:01
193	Ellis Rich	53	63:16
194	Karen Bettucchi	31	63:28
195	Nicola Menaldo	27	63:30
196	Melissa Oliva-Sullivan	35	63:32
197	Nicholas Parker	29	63:33
198	John McQuinn	54	63:38
199	Paul Steinau	32	63:39
200	Barry O'Brien	26	63:43
201	Linh Trieu	34	63:44
202	Bob Morris		64:05
203	Sandra Killeen		64:16
204	Mike Hung	59	64:54
205	Jon Mopera	40	65:32
206	Kathryn Buder	14	66:35

207	Sora Chong	28	66:40
208	Shannon Hinke	27	67:13
209	Alison Iane	29	67:24
210	Billy K		67:33
211	Mary Gray	47	67:34
212	Corinna Hernandez	35	67:35
213	No Name		68:21
214	Lisa St. Claire	43	68:23
215	Christine Bentivoglio	38	68:28
216	Virginia Rosales	45	68:34
217	Jason Michaud	34	68:39
218	No Name		69:25
219	Christina Dunley	31	69:39
220	Steve Hambalek	54	70:08
221	Michell Alfieri	29	71:16
222	Jake Alfieri	29	71:17
223	Brianne Moore	27	71:42
224	Kate Parun	47	72:39
225	Janine Garcia	26	72:46
226	Jonge Izan	42	73:07
227	Atoola Reza		73:26
228	Katie Nestor	28	76:22
229	Rachel Soffa	34	77:38
230	Patrick Lee	42	77:41
231	Jen Garcia	20	83:06
232	Barbara Robben	75	83:07
233	Pantema Karimmi	26	90:00
234	Hugh Duckworth	54	91:35

KIDS' RACE

1	Richard Tauber	7	3:26
2	Aura Madrid Gabil	11	4:02
3	Jack Soler	8	4:43
4	Jake B Lail	5	4:52
5	Freya Wehrheim	4	5:17
6	Tim Abbot	6	18:45

November 15, 2009

Rockaway Beach 5K

**Race Director:** Janet Nissenson

**Volunteers:** George Sacco, Kevin Lee, Calvin Chan, Ken Fong,, Roy Clarke, Steve Nissenson, Bobby Marty, Chikara Omine



Race Director Janet Nissenson

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PL	NAME	AGE	TIME
1	Grant Johnson	26	18:22
2	Chikara Omine	27	18:30
3	Ian Macnider	24	19:03
4	Jonathan Otto	24	19:05
5	Dan Anthony	27	19:09
6	Vincent Gulli	20	19:17
7	Jason Reed	30	19:28
8	Jerry Flanagan	44	19:58
9	Ky Faubion	24	20:05
10	Duncan German	34	20:17
11	Mark Orders	51	20:22
12	Joe Wehrheim	37	20:41
13	Markham Miller	45	20:57
14	Dylan Eret	36	21:12
15	Michael Gulli	49	21:19
16	Rick Torreano	60	21:24
17	Leo Rosales	55	21:37
18	Luis Vargas	52	21:51
19	Lisa Penzel ①	44	21:52
20	Daryl Luppino	50	21:57
21	Riya Suising	42	22:20

22	Chantel Yip ②	15	22:22
23	Mike Sullivan	50	22:23
24	Nick Pegley	48	22:40
25	Nathan Mowery	20	22:48
26	Steven Pitsenbarger	41	22:50
27	Jorge Larre	53	23:19
28	Sushi 69	31	23:20
29	David Klinetobe	48	23:29
30	Michael Kosinski	28	23:32
31	Thomas Mowery	21	23:38
32	Jim Buck	67	23:45
33	Larry Wuerstle	54	24:08
34	Noriko Bazeley ③	51	24:10
35	Marie Appel ④	45	24:23
36	Stephanie Soler ⑤	35	24:26
37	Robert Landers	36	24:29
38	Peggy Friar	26	24:36
39	Patrick Lee	62	24:43
40	Ximena Ares	43	24:55
41	Erika Kikuchi	31	25:12
42	Sara Piaskowy	24	25:17

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# ROCKAWAY BEACH 5K

continued from page 8

43	Jim Piaskowy	55	25:18
44	Jason Jimenes		25:43
45	Natalie McGowen	22	25:53
46	Karen Pinckard	50	25:59
47	Kathleen Lail	41	26:22
48	Thomas Smiley	53	26:26
49	Raydan Alhubaishy	20	26:45
50	Carlos Bais	40	26:46
51	Joseph Connelly	48	26:51
52	Gary Brickley	56	27:03
53	Jacob Quinlan	19	27:13
54	John Stenson	40	27:15
55	William McCarty	62	27:23
56	Paul Mosel	68	27:33
57	Sharon Munoz	13	27:45
58	Alex Munoz	39	27:46
59	Mitchell Sollod	70	28:22
60	Lina Khatib		28:34
61	Floe	68	28:46
62	Dana Farkas	50	28:48
63	Gregory Brown	60	28:51
64	George Baptista	66	28:54
65	Jerry McGowan	71	29:20
66	Paurene Duramad	35	29:21
67	Ken Chan	18	30:03
68	Jeff Shopoff	65	30:55
69	Joon Lim	35	31:00
70	Cody Klein	18	31:01
71	Bob Morris		31:14
72	Nicola Menaldo	27	31:35
73	Shanna Moore Gumina		31:45
74	Queenie Chan	27	32:02
75	Ghaidan Al-Hubaishy	17	32:15
76	Rocky Cole	48	32:30
77	Virginia Rosales	45	32:39
78	Suzana Seban	56	32:42
79	Angela Molyneux	36	33:03
80	Monika Stahler	35	33:04

81	Gioia Stenson	40	33:47
82	Cowboy Guy	56	34:02
83	Joyce Barrozo	32	34:05
84	Lobat Kashi	42	34:28
85	Jeannie Spencer	34	34:32
86	Jim Kauffold	72	34:51
87	Jane Colman	66	35:03
88	Carolina Dratra	36	35:06
89	Kathy Fox	32	35:37
90	Rachel Merlo	29	35:47
91	N. Mattei	37	36:46
92	Shannon Luppino	13	37:28
93	Claire Bramwell	33	38:18
94	John Valencia		38:20
95	Angela Kenniston	38	38:30
96	Kamael Sugrim	34	38:35
97	Denise Quan	32	39:10
98	Melissa Gaut	34	39:13
99	Tobin Gaut	35	39:15
100	Laurie Quinlan	52	39:59
101	Margo Banowicz	50	40:45
102	Bob Theis	81	45:18
103	Michael Bevington	54	46:30
104	Helen Brownstein	11	48:00
105	Grace Shohet	50	48:01
106	David Brownstein	47	48:02
107	Holly Crisson	34	53:29
108	Kathy Betts	45	53:30
109	Unknown Participant		54:08
110	Heather Burns	26	1:05:00
111	Kristin Hofler	27	1:05:00

## SELF-TIMERS

Jane Lee	59	
Ed Olkowski	67	1:01:17
Richard Finley	61	
Jim Pommier	76	
George Sacco	71	
Wally Rapozo	81	
Liese Rapozo	82	

November 22, 2009

Lake Merced Single/Double

**Race Director:** George Baptista

**Volunteers:** Bobby Marty, George Sacco, Calvin Chan, Riya Suising, Wally Rapozo, Henry Nebeling, Kiko Baptista, Robert Brizuela, Diane Okubo-Fong, Kevin Lee, Jane Lee, Rick Torreano, Jimmy Yu, Fred Haber



Race Director George Baptista

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## 4.5M

PL	NAME	AGE	TIME
1	Jason Reed	30	26:14
2	Ian MacNider	24	26:36
3	William Chen	15	26:52
4	Mike Clayville	40	28:07
5	Markham Miller	45	28:08
6	Jeff Mezzecchi	38	28:18
7	Rick Torreano	60	29:20
8	Ken Allen	42	29:45
9	Brian Nguyen	13	29:57
10	Luis Vargas	52	29:58
11	Juan Melendez	52	30:03
12	Steve Slattery	40	30:39
13	Steven Pitsenbarger	41	31:43
14	Bruce Leary	58	32:06
15	Conol Gallagher	40	32:54
16	George Musante	54	33:28
17	Larry Wuerstle	54	33:42
18	Patrick Lee	62	33:51
19	Peggy Friar ①	27	34:29
20	Nea Ogaia ②	22	34:32
21	Annika Hannus ③	24	34:43
22	Natalie Mallaghan ④	22	35:02
23	Stephanie Soler ⑤	35	35:47
24	King Wayman	60	35:52
25	Dimitris Sklavopoulos		
		64	36:08
26	Kathleen Lail	41	36:51
27	Gary Brickley	56	37:01
28	Ed Kinchley	60	37:03
29	Miguel Guerrero	39	37:34
30	Joseph Connelly	48	37:38
31	Dan Shalom	58	37:42



Running the Rockaway Beach switchbacks

Photo by Don Watson

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First loop runners  
Photo by Don Watson

32	Martin Voelks	27	38:23
33	Thanh-Mai Chung	24	38:27
34	David Sanders	55	38:35
35	Carlos Bais	40	38:37
36	Melanie Maybaum	28	38:52
37	Dana Farkas	50	39:08
38	Lazaro Sanchez		39:18
39	Debra Hadden	52	40:25
40	Charles Wu	40	40:32
41	Jerry McGowan	71	40:52
42	Janet Nissenson	50	41:32
43	Pamela Garfield	36	42:25
44	Aaron Edmonston		42:26
45	Ben Clayville	9	42:45
46	Luke Lemhart	9	42:57
47	Larry Lemhart	46	42:58
48	Michael A. Shriver	41	43:29
49	Selena S.	10	44:01
50	Rachel Alexander	36	44:18
51	Bob Morris		44:53
52	Allison Henkel	27	44:59
53	Patricia Jang	38	45:15
54	Suzana Seban	56	45:16
55	Amanda Zamir	28	45:20
56	Jason Yan	30	45:21
57	Angela Molyneaux	36	45:26
58	Jane Colman	66	45:35
59	Fred Haber	50	46:05
60	Jessica Siebenmorgen	25	47:16
61	Jeff Shopoff	65	48:28
62	Gary Bengier	54	50:52
63	Diana Kampa	26	51:21
64	Michelle Esteban	27	51:23
65	Jim Kauffold	72	51:54
66	Jessica Garcia	23	52:01
67	Jose Alvarez	25	52:02
68	Tim Hennessey		54:11
69	Margo Banowicz	50	55:47

70	Nathan March	11	58:07
71	Jamie Tuckey	25	58:27
72	Daryl Jang	38	59:12
73	Carolina Meza	27	61:00
74	Sophia Lo	39	61:02

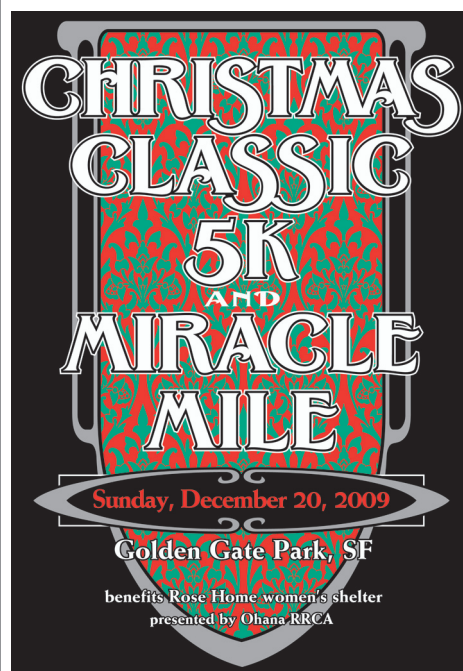
#### 9M

PL	NAME	AGE	TIME
1	David Grosspietsch	24	54:56
2	Abe Sheppard	35	55:31
3	Roy Clarke	54	57:12
4	Jerry Flanagan	44	58:11
5	Brad Slavens	40	58:27
6	Hiromitsu Iijima	38	59:27
7	Michael Gulli	50	59:38
8	Aku Kolhorgen	24	62:30
9	Jarmo Kuljukka	23	62:31
10	Daryl Luppino	50	62:35
11	Will Richardson		66:38
12	Dave Flinn	43	67:28
13	Ren Fung Yu	24	67:30
14	Riya Suising	42	68:29
15	Anita Devineni ①	25	68:30
16	Chris Perrault	45	69:16
17	Howard Solomon	43	69:48
18	Jorge Larre	53	69:53
19	Nick Pegley	48	69:56
20	Kenneth Fong	47	70:03
21	Gilbert Yau	47	70:45
22	David Klinetobe	48	71:01
23	Theo Jones	71	71:33
24	Chris Domaloan	27	73:01
25	Rob Snavelly	34	73:19
26	Melanie Fortel ②	26	74:51
27	Rita Garcia ③	36	75:24
28	Michael Innes	42	76:14
29	Joe DiGiacomo	42	76:17
30	Maria Pantoja ④	29	76:25
31	Tracy Silva ⑤	39	78:32
32	Sharon Sanders	54	78:36
33	Gregory Brown	60	79:02
34	Marian Lyons	62	79:10
35	Pramod Sokke	35	79:17
36	Katy Risan	24	79:52
37	William McCarty	62	80:20
38	Christine Markel	57	80:33
39	Sharon Munoz	13	84:35
40	Alex Munoz	39	84:37
41	Karen Kelley-Daz	59	85:11
42	Paul Mosel	68	85:42
43	Pat Geramoni	61	86:30
44	Lina Khatib		87:11
45	Yong Haber	51	87:39
46	Floe	68	88:02
47	Stephanie Humphrey	40	88:06
48	Stephanie Penera	25	93:49
49	Maya Gorton	34	95:45
50	Mike Hung	59	96:07
51	Tom Huster	66	100:37
52	Glen March	43	100:39
53	Mary Gray	47	103:07

54	Elizabeth Ascencio	49	112:33
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#### SELF-TIMERS

Ed Olkowski	67	83:55
Dee Farkas	82	
Gary Davis		
Robert Brizuela	70	
Jesse Agbayani	57	
Richard Hannon	74	
Kim Chee Kim	4	
Elaine Gecht	65	
Liese Rapozo	82	
Wally Rapozo	81	



Bill Dake

On Sunday, December 20, run the Christmas Classic & Miracle Mile Run & Walk for the Rose Home Women's Shelter. Gwen Strain, the lady who runs Rose Home, was wiped out by Katrina, ended up as a homeless person in San Francisco and then inherited some money and put a down payment on the building that is Rose Home so that she could help homeless women. This sweet lady needs both knees replaced, but when you are on a mission self comes last.

The Miracle Mile is about the most fun you can have running. Try the Original Combo; racing the mile first and then the 5K about 20 minutes later is a challenge. I recommend using the Mile as a warmup for the 5K, unless you are quite fit and can recuperate quickly. Go to [www.PeopleEvents.org](http://www.PeopleEvents.org) for information and entry form. Hotline: 650-291-8531. The black shirt is spectacular. Can you guess what the design is?

# RUNNING IN CHINA

Wally and Liese Rapozo

On September 10, Liese and I arrived in Shanghai, China, to begin a 12-day tour, which included a 5K, the World Airline Road Race, in the city of Hangzhou. On the first day we visited Wuzhen, which is located on the ancient Grand Canal. It is also called the town of Fish, Rice and Silk. Businesses line the various canals...the Venice of the East. On the second day we toured the city of Hangzhou. We took a cruise on West Lake, a beautiful lake in the park of the city. Next there was a visit to the Dragon Well, which is a tea plantation; included was a seminar on the production of green tea, as well as tasting opportunities. After a great lunch, we visited the Lingyin Temple and the Pagoda of Six Harmonies, which overlooks the Qiantang River.

On the third day we participated in the WARR 5K Race, around West Lake Park. All of the runners were present and past airline employees and their family members, from all over the world. This is an annual event, sponsored by a different airline, in the home country. Air China sponsored the race this year. Next year British Airways is sponsoring the race in London. On the fourth day we toured the City of Shanghai. We saw the Old City (God's Temple) which in colonial days was called the "Chinese City." Shanghai is the financial center of China.

Then we flew to Beijing, the government center of China. We visited the Temple O Heaven, where the emperors of the Ming and Qing Dynasties prayed for good harvests. Next day we toured the Forbidden City, which has the largest and most complete Imperial Palace and ancient building complex in China. The Summer Palace includes the archetypical Chinese garden, a World Heritage Site. The next morning we went to the Great Wall (Juyong Pass). Wally climbed five sections; Liese climbed two and waited for him to return. This was a real challenge. Other points of interest were the Ming Tombs and the Beijing Cloisonne Factory. On the final day we toured the 2008 Olympic venues, the Bird Nest Stadium, the National Aquatic Center (Water Cube) and the National Center

continued on page 12

# 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**

## Wine Country Half Marathon, Healdsburg, October 11

10	Edward Haack	41	2	M40-44	1:26:16
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## Quebec City Marathon, August 30

209	Jim Buck	66	3	M60-69	3:33:22
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## Nike Womens Marathon, October 18

1070	Marian Lyons	62	5	F 60-64	4:37:56
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## Nike Half Marathon, October 18

633	Noriko Bazeley	61	23	F 50-54	1:57:04
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4719	Pat Geramoni	61	25	F 60-64	2:26:03
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## Shoreline Open Cross Country Race, Mountain View, October 24

### Women, 5K

105	Marie Appel	45			23:41
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111	Amy Sonstein	39			24:05
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129	Dina Kovash	71			54:13
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### Men, 4.6M

206	Dennis Hassler	76			50:12
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## San Francisco One Day, October 24-25

PL	NAME	AGE	LAPS	MILES
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### 24 Hour

23	Noe Castanon	39	84	89.1
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### 12 Hour

36	Brian Herndon	38	32	34
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40	William McCarty	62	30	31.8
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## Lafayette Reservoir Run, October 25

### 10K

223	Dana Farkas	50	5	F 50-59	58:00
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397	Dennis Hassler	76	1	M70-79	1:13:03
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420	Barbara Robben	75	1	F 70-79	1:22:27
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### 5K

26	Lisa Penzel	44	2	F 40-49	20:57
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147	Doug Brown	58	16	M50-59	25:46
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583	Dee Farkas	82	1	F 80-99	45:37
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## John Lawson Tamalpa Challenge Cross Country Race, Marin Headlands, October 31

### Women, 3.77M

87	Amy Sonstein	39			30:35
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101	Kat Powell	58			32:44
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### Masters Men, 4.25M

58	Tyler Abbott	48			28:00
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93	Jim Flanigan	60			30:55
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138	Dennis Hassler	76			50:07
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## Healdsburg Wine Country Half Marathon, October 31

103	Luis Vargas	52	8	M50-54	1:38:22
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674	Milinda Lommer	40	49	F 40-44	2:04:44
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1277	Donnelly Gillen	26	201	F 25-29	2:35:41
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## Helen Klein 50M/50K, Granite Bay, October 31

### 50M

1	Chikara Omine	37			5:45:41
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38	Jason Reed	30			9:22:15
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continued on page 12

for Performing Arts. Walking through Tianenman Square was amazing...it is HUGE and impressive. The following morning saw us on a plane to Xi-An, where we toured the Terra Cotta Warriors exhibit, complete with horses and carriages, which is now called the Eighth Wonder of the World. It was spectacular. It's still difficult to believe that we were really there, standing in front of these amazing sites/sights.

Sadly we had to leave China to fly home. From beginning to end of the trip we were so impressed and, sometimes, overwhelmed. There is enough left to be explored for several more trips!



Wally and Liese on the Great Wall

## OPEN CALL FOR 2010 DSE RACE DIRECTORS

*Kevin Lee, Officer at Large*

I would like to begin with thanking everyone who signed on to serve as a 2009 race director. Before the year began, 12 club members had answered the call for pre-registration of open race director dates. By year end, they had taken care of 37 of 44 DSE RD positions. George Sacco signed on for eight or 18.18% of them.

DSE encourages the 371+ club members to share race directing at one of the 43 2010 DSE races.

On Sunday, December 6, there will be an open sign-up session for 2010 DSE race directors. The #1 priority is securing January race directors, especially one for the January 24 Waterfront 10M. Let's go one step further and fill up the first half of the 2010 DSE race schedule.

It goes without saying that without a race director, there is no DSE race. Your volunteer services are incredibly valuable and therefore we ask that you please answer the call. Please sign up with Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com).

### DSE AT THE RACES

continued from page 11

#### 50K

5	Eduardo Vazquez	36			4:23:48
16	Adrian Jue	27			4:54:23

#### US Half Marathon, November 1

38	Jerry Flanagan	44	3	M40-49	1:27:39
116	Leopoldo Rosales	55	4	M50-59	1:36:44
165	Wayne Plymale	57	7	M50-59	1:39:50
896	Marian Lyons	62	3	F 60-69	2:03:55
1979	Virginia Rosales	45	201	F 40-49	3:00:04

#### Stinson Beach Trail Runs, November 7 Marathon

4	Kennet De Silva	28			3:25:21
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#### 25K

18	Jason Reed	30			2:16:30
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#### Miles for Migraine, November 8

##### 5K

7	George Rehmet	42	2	M40-49	19:41
22	Douglas Brown	58	1	M50-59	26:02
24	Sandra Sigurdson	52	2	F 50-59	26:13

##### 10K

40	Dennis Hassler	76	1	M70-79	1:08:01
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#### Clarksburg Country Run, November 8

##### 30K

12	Cliff Lentz	44	1	M40-44	1:48:58
16	Chikara Omine	37	4	M27-29	1:52:40
72	Edward Haack	41	10	M40-44	2:09:32
114	Russ Kiernan	71	1	M70-74	2:22:11
199	Kat Powell	58	7	F 55-59	2:58:11
247	Dina Kovash	71	1	F 70-74	4:42:57

##### 20M

15	Eduardo Vazquez	36	4	M30-39	2:21:42
67	Adrian Jue	27	7	M20-29	2:38:38

#### Eye-Q Two Cities Marathon, Fresno/Clovis, November 8

127	David Klinetobe	48	18	M45-49	3:40:15
183	Lucille Wing	52	2	F 50-54	3:53:16
493	Gregory Brown	60	13	M60-64	4:55:32

#### Mermaid Run 5K, November 14

2	Lisa Penzel	44	1	F 40-44	20:50
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#### Folsom Point Trail Runs, November 14

##### 50K

6	Jason Reed	30			4:40:35
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##### 7M

4	Erika Kikuchi	31			1:03:48
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#### Muir Beach Trail Runs, November 14

##### 17K

129	Margie Whitnah	61	2	F 60-79	3:14:03
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##### 33K

48	Gregg Whitnah	59	5	M50-59	4:30:37
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#### Skirtchaser 5K, November 15

*In this race, women get a 3-minute head start, so can finish ahead of men with a faster actual time.*

124	Joe Digiacomo		5	M40-44	24:06
150	Jennifer Wuest		21	F 30-34	27:58
176	William McCarty	62	1	M60-64	25:34

continued on page 13

**Thanksgiving Fun Run 5K, South San Francisco, November 21**

2	Peter Hsia	49	2	M40-49	18:20
3	George Rehmet	42	3	M40-49	19:18
7	Mike Sullivan	50	1	M50-59	21:11
19	Marie Appel	45	2	F 40-49	22:30
44	Neal Ashton	53			25:03
45	Gregory Brown	60			25:11
46	George Baptista	66	6	M60-69	25:26
50	Marian Lyons	62	1	F 60-69	25:52
53	Sandra Sigurdson	52	2	F 50-59	25:54
55	Judith Waitz	49			26:54
59	Brian Hartley	56			27:58
93	Mary Gray	47			31:35
109	Barbara Robben	75	2	F 70-79	33:50
142	Liese Rapozo		2	F 80+	43:49
143	Wally Rapozo		2	M 80+	44:26

**LMJS 4th Sunday 10K, Oakland, November 21**

5	Jim Buck	67	1	M60-69	46:16
19	Noe Castanon	39	6	M30-39	68:34

**Pacific Association USATF XC Championships, November 22****Women, 4.04M**

141	Amy Sonstein	39			32:40
159	Kat Powell	58			36:04
168	Barbara Robben	75			49:10

**Masters Men, 6.06M**

6	Cliff Lentz	44			35:17
80	Tyler Abbott	48			40:41
83	David Moulton	42			40:47
136	Jim Flanigan	60			45:27
145	Russ Kiernan	71			46:10
181	Hashim Bashiruddin	52			1:03:44

**Open Men, 6.06M**

48	Jin Daikoku	26			33:54
72	Chikara Omine	37			35:27
100	Joe Wehrheim	37			38:37
107	Jason Reed	30			39:45

**Turkey Trail Trot 5M, November 26**

8	Jason Reed	30	5	M30-39	32:04
50	Jeremy Calnan	50	1	M50-59	37:21
56	Leopoldo Rosales	55	2	M50-59	37:45
119	Theo Jones	71	1	M 70+	42:12
128	Erika Kikuchi	31	12	F 30-39	42:53
231	Joseph Connelly	48	25	M49-49	47:06
330	Jennifer Wuest	33	50	F 30-39	50:54
630	Virginia Rosales	45	57	F 40-49	1:02:56

**Walnut Creek Turkey Trot, November 26****10K**

274	Dana Farkas	50	6	F 50-59	58:53
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**5K**

840	Dee Farkas	82	3	F 70-99	46:20
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**Silicon Valley Turkey Trot, San Jose, November 26**

Pat Geramoni	61	5	F 60-69	59:46
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## ◆◆◆ 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:

January 3	Lake Merced Run
January 10	Arts & Sciences 5K
January 17	Great Highway 4M
January 24	Waterfront 10M & 5K
January 31	Golden Gate Park 10K
February 14	Ballpark 5K
February 21	Bay Trail 4M
February 28	Windmill 10K

We will need extra volunteers at the January 24 Waterfront 10M & 5K races to work at the aid station, as course monitors and to assist with registration, finish line, and goody bag distribution.

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.

## CLASSIC STU-PEDS by Stu Ruth



"I DON'T LIKE THE IMPLICATIONS OF THIS NUMBER."

# ◆◆◆ 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 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.**

## **Sun Dec 20 NO DSE RUN**

Opportunity to enter Miracle Mile/Christmas Classic 5K, [www.peopleevents.org](http://www.peopleevents.org)

## **Thu Dec 25 Xmas Blind Date Relays, FUN RUN, 2 x 2 miles**

START/FINISH: Stow Lake Boathouse in Golden Gate Park

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

COURSE DESCRIPTION: Take an immediate right turn around Stow Lake, right over first bridge onto island, take right fork and run along dirt trail up Strawberry Hill. Run a clockwise loop up to the top of the hill and return downhill. Exit loop back over drawbridge onto Stow Lake and complete clockwise street loop of Stow Lake to finish.

**Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.**

## **Sun Dec 27 Mission Rock 5K**

START/FINISH: Third Street & Mission Rock

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

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

## **Fri Jan 1 Hangover FUN RUN, 4M**

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run on East Battery Road path onto GG Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

**Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.**

## **Sun Jan 3 Lake Merced 4.5M**

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 clockwise loop around the lake staying entirely on jogging/pedestrian path.

# ◆◆◆ 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

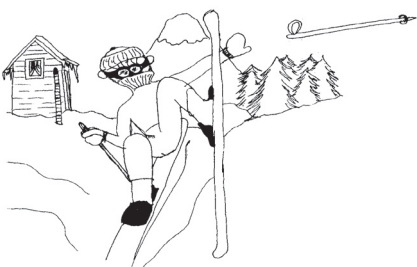
DATE: Wednesday, December 30, 2009  
TIME: 7:00 PM  
PLACE: Fred & Yong Haber  
1261 – 31st Avenue  
(between Lincoln & Irving)  
San Francisco 94122  
415-242-3304

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



It will be dry, sunny and unseasonably mild for the first week to ten days of December. However, rain will develop around the 11th and stormy periods are likely at regular intervals for the rest of the month.

Heavy rain will return around mid-month and again around the 19th. Heavy rain and snow with lots of wind is expected between Christmas and the 29th. It should be dry for New Years Eve and for the Hangover Run.

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



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Walt Stack

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DSE PHOTOGRAPHERS  
Paul Mosel and Don Watson

# Happy Birthday! ◆◆◆◆◆◆◆◆◆◆

## December

1	Neil Mahoney	15	Stephen Newbold
	Ximena Ares		Jim Pommier
	George Durgerian	16	Jesse Agbayani
	Joe Wehrheim		Gigi Santa Ana
3	Aidan Durgerian	17	George Sacco
4	Jason Nilsson	18	Ed Celestina
	Michael Pechner		Steve Stephens
5	Jane Gelder	19	Glen Furuta
6	Cathie Schling		Eduardo Vazquez
	Len Wallach	20	Crissie Collins
7	Mark Mooney		Susan Herder
8	Ella Haack		Rob Snavely
	Juliette Johnson	21	George Musante
	George Rehmet		Virginia Rosales
9	Wayn Plymale		Susanne Steggerda
	Peter Royce	22	Elaine Gecht, MD
10	Gary Brickley	23	John N. Grey
	Chad Otoshi		Khephra Molloy
11	Adrian Jue	24	Fred Dunn
	Staci Kavanagh		Kenichi Matsumura
12	Amy Sonstein	25	Mary Stratta
13	Bean Anderson	27	Gail Gabriel
	George Baptista	28	Claud Maugein
	Grant Kolling	31	David Klinetobe

## New Members

**OAKLAND**  
Autumn HajMohammad

**PINOLE**  
Hugh Duckworth

**RODEO**  
Dylan Eret

**SAN BRUNO**  
Collin Quinlan  
Jacob Quinlan  
Laurie Quinlan  
Michael Sullivan

**SAN FRANCISCO**  
Carol Bowik  
Dennis Bowik  
Tyler Fry  
Elsa Heylen  
Jason Jimenez  
Natalie Mollaghan  
Lisa Silverfoote  
Freya Wehrheim  
Phineas Wehrheim

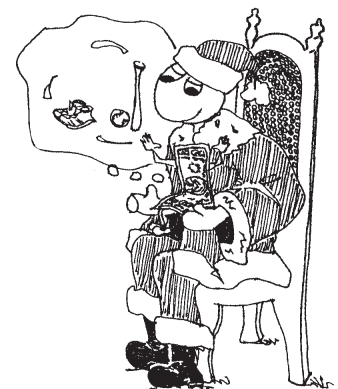


**San Francisco**  
**Dolphin South End Running Club**  
*Postmaster, Return Undeliverable Mail To:*  
Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### 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!