

# DSE NEWS



45th Year

May 2010

## JIM SKOPHAMMER

We were saddened to learn that Jim Skophammer died Sunday morning, April 25, eleven days after suffering a stroke and heart attack. He was 86 years old. Jim and his wife Vivian had been DSE members for many years before they retired to Lincoln, near Sacramento. Jim was DSE president from 1986 through 1988, the first to follow Walt Stack. During his time as president he also took on the job of race director for almost all of the DSE runs. He hosted the DSE race scheduling meetings for many years, at which a committee formed of all those who attended the meeting decided together which races to hold over the next six months.

Jim co-founded the Bay Area Ultra Runners, a group whose members put on most of the ultramarathons in the Bay Area, and was its president until 1999. For many years BAUR has provided member race directors with insurance, equipment and support for their races, as well as fielding teams in the PA/USAT&F Ultra Grand Prix. Jim himself directed the annual 24-hour track race, followed Dick Collins as RD of the Ruth Anderson 100K, and participated in most of the other races as a runner or volunteer. For many years he was also captain of the Western States 100M finish line crew.

Jim was also one of the grand old men of ultramarathoning. He ran many 50K to 100M trail races, but specialized in 24-hour and longer track races. He was known as "Six-Day Jim" for competing at the Gibson Ranch (Sacramento) six-day race for all of its five years, winning the 70+ age group twice.

All of us who knew Jim through the DSE or the ultramarathoning world will remember him fondly, and offer our condolences and best wishes to Vivian.

A celebration of Jim's life will be held in San Francisco on May 23. For information, email [celebratesixdayjim@yahoo.com](mailto:celebratesixdayjim@yahoo.com).



## REMEMBERING JIM SKOPHAMMER, IRON MAN!

Mike Pechner

I first met Jim in the 70s on a DSE run. Jim and I were running the same pace so we had a chance to talk to each other. He said he wanted to run a marathon and I said it sounded like

a lot of work to me. A couple of years later Jim saw the flyer for the first Golden Gate Marathon and brought it to the next DSE run. He told me

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## From the President's Desk

GRANT JOHNSON

### THE RELAY

Congratulations to the DSE's two teams who are competing at the Relay. This race of 199 miles starts in Calistoga and finishes in Santa Cruz. The race begins on May 1 and goes nonstop until midday on May 2. Each team needs a band of volunteers.

### DSE Racing Team

Captain: Jerry Flanagan  
 Kennet De Silva  
 Ky Faubion  
 Chikara Omine  
 Ian Macnider  
 Kenley Gaffke  
 Peter Hsia  
 Joe Wehrheim  
 Heather Leutwyler  
 Matt Patout  
 Justin Mikecz  
 Sina Aboutalebi

### Dolphin South End Runners

Captain (not running): Janet Nissenson  
 Maria Pantoja  
 Gary Brickley  
 Noriko Bazeley  
 Kenneth Fong  
 Julius Ng  
 Edward Caldwell  
 Fiona McCusker  
 Vincent Gulli  
 Jeremy Calnan  
 Michael Gulli  
 Leo Rosales  
 Noe Castanon  
 Drivers/Support Crew: Diane Okubo-Fong, Shirley Ng, Elizabeth Ascencio, Virginia Rosales

Devil's Slide Track Club (not an official DSE-sponsored team)

Captain: Steve Nissenson

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Mike Sullivan  
Ken Rheume  
David Klinetobe  
Roy Clarke  
Steve Pitsenbarger  
Juan Melendez  
Mark Mooney  
Alex Munoz  
Dave Tigert  
Luis Vargas  
Gene French  
Drivers/Support Crew: Vince French,  
Steve J. Nissenson

### SFGATE.COM SF CHRONICLE BEST RUNNING CLUB CONTEST 2.0

The DSE won the title last year as the Best of the Bay in the Out and Active / Running Club category. Let's tell everyone again how great we are. Bay Area locals are invited to vote for their favorites on the BayList. We all already know that the DSE is the best Bay Area running club, so cast your vote. <http://baylist.sfgate.com/contests/best-of-the-baylist/4766/out-and-active/running-club?page=2>.

### MAY RACE SCHEDULE

The **May 3rd Stern Grove 4M** is your chance to check out Stern Grove before the Summer concert series starts. Another highlight of this course is running under the eucalyptus tree forest.

Bring out your mother or daughter or son to our **Mother's Day Marina Green 5K** on **May 9**. What a perfect way to start the morning before you have a well-earned Mother's Day brunch.

On **May 16** there will be **NO DSE race**. Did you know you can represent the DSE in Bay to Breakers? Sign up to run or as part of the DSE team of drawbridge at Howard and 1st Street.

**May 23rd** this year means **Practice Dipsea**. It's your big chance to check out the Dipsea trail to see what's new and to find all the shortcuts before the big day. And by big day I don't mean racing the historic Dipsea Race but the even better Double Dipsea Race. The Practice Dipsea is a fun course to run under the Marin forests. Remember it's a 6.8 mile point-to-point race that starts at **8:00 AM**.

On **May 30** the DSE will host a **Mission Bay 5K** race. There is plenty of good parking on this flat course and the weather should be sunny and warm in these parts by this time of year.

### LEN WALLACH

We recently learned that current DSE member and past DSE president **Len Wallach** has been hospitalized after being diagnosed with pancreatic cancer. Len, who now lives in southern California, is known for many achievements in the running world, most notably for his many years as race director of the Bay to Breakers; he was responsible for its becoming the mega-race that we all know and love. As DSE president, he originated our first fun run, the Right to Assemble Run, aka the Practic Bay to Breakers, after that annual event lost its permit.

We wish to send our prayers and best wishes to Len and his wife Diana.

### PETER ROYCE

DSE member **Peter Royce** recently had a stroke. He has been an active DSE member for years, frequently winning age group awards in marathons and most recently in this February's Kaiser Permanente San Francisco Half Marathon. He has also often offered a meeting room for DSE general meetings at his home near Aquatic Park.

We hear that Peter is starting to recover and will be coming home from the hospital soon. We wish to send him our prayers and best wishes for a speedy and complete recovery.

### MAY DSE BOARD MEETING

The next Board of Directors meeting will be held on May 30 following the Mission Bay 5K. Members are welcome to sit in on the meeting. If you wish to attend, please email me at [grant.grantjohnson@gmail.com](mailto:grant.grantjohnson@gmail.com).

**HURRY!**  
**Register now**  
**Volunteer now**  
**Registration is up**  
**50% this year!**  
**The Double Dipsea**  
**is almost here!**



Vivian and Jim Skophammer at the  
Gibson Ranch Multi-Day Classic

## ◆◆◆◆◆ 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 be edited for length and clarity.

### Letters to the Editor

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

### Submission Deadline

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

## ◆◆◆◆◆ 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)

# FIRST ANNUAL DSE “DONUT DAY DASH”

*Janet Nissenson*

Join DSE on Friday, June 4 for our first annual Donut Day Dash. The first Friday in June has officially been designated as National Donut Day, and donut stores such as Krispy Kreme give out a free donut to customers.

We will be meeting at the parking lot located at Lake Merced Blvd. near Brotherhood Way (NOT the Sunset Blvd. lot!) and running to Krispy Kreme in Daly City. Runners will get their free donut, eat it there or on the run, and return to the start. This will be approximately a 4.8 mile run round trip.

Please note that this strictly and completely a fun run. There is no entry fee, no course markings, no fixed course, and no timing. It will not count towards your DSE race participation for the year. We will have a map and suggested directions but runners are free to improvise and run to Krispy Kreme any way they like. You will need to exercise caution when crossing busy streets, in particular John Daly Blvd where there is a 4-way traffic light.

You can also feel free to bring some cash with you and buy additional donuts or even a cup of coffee. We will begin meeting at the parking lot around 6:15 PM and begin the run at 6:30 PM. This run is intended for DSE members only and is not being publicized or listed on our website. We hope you can join us and get a good sugar fix along with your workout!

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REMEMBERING JIM SKOPHAMMER

*continued from page 1*

he was training for it and wondered if I was going to run it. About that time Walt Stack had also challenged me to run a marathon, so I told Jim I would run it with him.

We were hoping to run under 4:30 and were well on pace to do that, when at the 23-mile mark we didn't see the course marking and turned back the way we had come thinking we had missed it. So we ran back down the bike path towards Corte Madera before we ran into another runner who told us that the marker was back at the 23-mile mark where we had been! After a 6-mile out-and-back detour we found the marker, followed the other runners onto the track and finished our first marathon in 4:53, having covered 32 miles rather than 26.

I never did any run longer than that but Gentle Jim made it a career. Along with Ruth Anderson and Dick Collins, Jim became one of the premier runners in the DSE and in Northern California. Jim's running also led him to Vivian whom he met at a DSE run. She was the love of his life and supported him on all of his runs. Vivian recounts that Jim always loved San Bruno Mountain. When he couldn't run any more they would birdwatch. His real love (outside of Vivian and his children) was doing the Gibson Ranch 6-Day race. He did all five races and received an eagle with a wing span you can't believe. Vivian remembers trying to find a place in the car for all the clothes, his and my trophies and that huge eagle.

Jim is the last of a breed of superb runners who started rather late, much like Walt Stack. I will miss him greatly and so will many long time DSEers. Our love to Vivian and Jim's children.

Jim has put his running shoes away for the last time!

*Editor's note:* Vivian added in a letter, "I know the Jim I loved is in no pain waiting to sign in at Heaven. He and Dick Collins are making plans for a six day race."

# VOLUNTEERS NEEDED FOR SFUSD SPECIAL OLYMPIC TRACK & FIELD MEET

*Ken Reed*

For the past few years DSE members Wendy Newman, Bill Woolf, Ken Reed, Mort Weisberg and others have volunteered at the SFUSD Special Olympic Track & Field meet at Kezar Stadium. Four hours of cheering, supporting and volunteering with a stadium full of special needs kids has been an uplifting and rewarding experience for us.

PLEASE join us on May 14 at 8:45 AM.

No experience is needed other than the ability to cheer, support and help the kids have a fun day.

As per the letter below we need to let Paul Zager know how many will help. Please respond ASAP and we will enter our names as a group.

*DSE member Paul Zager writes:*

Sorry for the late notice, but I would like to invite you again to volunteer at the SFUSD Schools Partnership Program Special Olympics Track and Field meet at Kezar Stadium in Golden Gate Park in SF on Friday, May 14, from 8:45 AM to 1:00 PM.

I'll need help in timing races (800, 100, and 50 meters), in measuring distances (tennis ball, soft ball, turbo Jav throws; and the standing long jump), and in writing down the results of the competitions. I'll also need a few veterans (those that have had some volunteer experience with me in the program) to help with race station organization and starts, and possibly overseeing a group of throwing or jumping stations. There will be a volunteer orientation at 8:45 to 9:00 and then a sign up for the area you would like to volunteer in. I hope to see many of you that came out last year and had so much fun!

I know some of you have helped me in the past one or two years at this meet and had a good time. I hope if your schedule allows, you would be willing again to help out. If you have not yet had the experience of helping out in our SF Schools Partnership Program track meet, it is a lot of fun and usually a beautiful day in San Francisco. The program has grown and approximately 550 students will be participating. Remember to bring a picture ID so you can sign the "Megan's law" form that allows you to work with the student athletes of the SFUSD.

If you do not want to volunteer but would still like to come and enjoy the festivities, of course you and your friends and family are invited. Come for all or for any of the time you can to just say hi and to cheer on a student athlete giving it their best.

Please let me know by e-mail at [pzager@earthlink.net](mailto:pzager@earthlink.net) or cell phone at 415-608-4974 by Friday, April 30 if you would like to volunteer (or know of a friend who would like to).





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

March 28, 2010

Golden Gate Bridge Vista 10K

**Race Directors:** Wendy Newman and Bill Woolf

**Volunteers:** Bobby Marty, George Sacco, Kevin Lee, Calvin Chan, George Baptista, Henry Nebeling, Paul Mosel, Mark Mooney, Vince French, Phyllis Nabhan, David Klinetobe, Fred Haber, David Guerrero-Pantoja, Maria Pantoja, Janet Nissenson



Race Directors Wendy Newman and Bill Woolf

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PL	NAME	AGE	TIME
1	Joe Wehrheim	38	39:57
2	Kennet De Silva	28	42:43
3	Jamie Collie	32	43:26
4	John Brust	38	44:16
5	Wayne Cottrell	47	44:23
6	Juan Melendez	52	44:47
7	Stephen Sirdefield	48	45:36
8	Luis Vargas	52	45:48
9	David Altena	48	45:54
10	Rick Torreano	60	45:59
11	Alvarez Crespero	31	46:06
12	Brian Herndon	39	46:19
13	Daryl Luppino	50	46:25
14	Evan Campodonico	31	46:42
15	John Woods	45	46:45
16	Zachary Dee	33	46:58
17	Christy Coughlin ①	45	47:04
18	Jeremy Calnan	50	47:07
19	Steve Stephens	66	47:52
20	Gary Waterfield	49	48:13
21	Brian Kavanagh	33	48:55
22	Conal Gallagher	46	49:07

23	Dave Coulman	50	49:12
24	John Gamble	22	49:58
25	Jorge Larre	53	50:22
26	Benjamin Schaeffner	28	50:27
27	Tracy Boswell Fulton ②	32	50:29
28	Steve Chamberlin	39	50:41
29	Tom Zanarini	38	50:56
30	Steve Brancale	29	51:01
31	Mark Mooney	53	51:04
32	Edward Caldwell	51	51:14
33	Dimitris Sklavopoulos	65	51:15
34	Valdeck Ribeiro	45	51:16
35	Julie Smith ③	32	51:44
36	Amy Sonstein ④	40	51:53
37	Kevin Trock	55	52:20
38	Erdem Ultanir	32	52:26
39	Michael Rutledge	38	52:37
40	Matthew Thomas	31	52:38
41	Shannon Avison ⑤	25	52:59
42	Kenneth Fong	48	53:25
43	Miguel Guerrero	40	53:47
44	Mary Collie	33	54:08
45	Victor Menaldo	33	54:30
46	Rob Snavey	40	55:08
47	Greg DeHaaff	35	55:18
48	Mark Kelley	54	55:21
49	Ricardo Villalobos	27	55:28
50	Gary Brickley	57	56:01
51	David Lakin	48	56:14
52	Mallory Rachel	26	56:35
53	Joey Rachel	26	56:36
54	Patrick Lee	62	56:43
55	Saigon Pham	34	57:14
56	Bryan Arciero	27	57:16
57	Melissa George	29	57:30
58	Steve Nissenson	61	57:43
59	Arne Langhoff	39	57:55
60	Edward Hung	32	58:05
61	B Jebo	4	58:33
62	Britta Hagemann	40	58:46
63	Tom Suiter	29	58:47
64	Mitchell Sollod	70	59:14
65	Ed Fonner Jr.	61	59:18
66	Alex Karweit	33	59:48
67	Fernando Reveles Perez	28	59:51
68	Justine Molleras	25	59:53
69	Dana Farkas	51	60:12
70	Theo Jones	71	60:53
71	Geores Buttner	73	62:07
72	Floe	69	62:37
73	Sam Rodriguez	50	62:59
74	Sharon Munoz	14	63:22
75	Alex Munoz	40	63:24
76	Nicola Menaldo	28	63:51
77	Aireen De Peralta	48	64:02
78	Michael TenBrink	37	64:07
79	George Johnson	43	64:22
80	Tom Smiley	53	64:39



This is why the race is called  
Golden Gate Bridge Vista

Photo by Don Watson

81	Cliff Fonner	24	64:47
82	Andrew Samuelsen	23	64:52
83	Regina Fife	31	64:58
84	Mort Weisberg	73	64:59
85	Richard Pon	58	65:00
86	Cathleen Curran	31	65:02
87	Jason Yan	30	65:05
88	Tyson Scofield	32	65:19
89	Veronica Campbell		65:40
90	Carl Harris	29	65:59
91	Anita Liboff	50	66:22
92	Carol Pechler	69	66:23
93	William McCarty	62	66:59
94	Angela Shin	29	68:00
95	Diane McCarthy	47	68:11
96	Jay Hall	47	68:30
97	Ginny Watson	47	68:32
98	Kimberly Harris	28	69:00
99	Laura Froelich	42	69:44
100	Kate Kordek	24	69:46
101	Ben Morris	24	69:55
102	Kenichi Watanabe	47	70:01
103	Melina Linder		70:07
104	Michael Magdael	30	70:09
105	Gina Nguyen-Magdael	29	70:18
106	Ted Tasch	45	70:39
107	Annette Yuson		71:29
108	Suzanna Buehl	37	72:31
109	Jeff Shopoff	66	72:33
110	Tatiana Porto	32	72:34
111	Leonardo Porto	36	72:38
112	Stephanie Palaganas	23	72:41
113	Amanda Zamir	29	73:03
114	David Herndon	67	73:16
115	Mike Hung	59	73:33
116	Maribeth Ann Fonner	62	73:37
117	Bob Morris		74:07
118	Janette Lopez	27	74:52
119	Jacqueline Robinson-Jones		75:00
120	Jim Kauffold	72	75:07
121	Kirsten Murtagh	41	75:33
122	Steve Hambalek	54	75:49
123	Jeremiah Navarro	30	76:54
124	Lucy Pon	57	77:30

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125	Peter Flessel	69	77:40
126	Cathy Greenman	33	77:41
127	Kevin Greenman	33	77:47
128	Myrna Yuson	30	79:06
129	Natalie M. Milshtein	26	81:42
130	Eileen Campiselli	41	82:07
131	M. Ruiz-Scofield	39	84:48
132	Keri Lindell	39	86:56
133	Barbara Robben	75	88:38
134	Dennis Hassler	76	94:42

#### SELF-TIMERS

Mark Hah	63
Mary Adams	63
Dee Farkas	82
Robert Brizuela	70
Brie Reybine	
Beth Dardson	40
R. Pezzy	
Jesse Agbayani	58
Richard Finley	61
Bob Theis	81
Wally Rapozo	81
Elaine Gecht	66
George Sacco	72
Liese Rapozo	82



Self-timers Dee Farkas above,  
Bob Theis and Wally Rapozo below  
Photo by Don Watson



April 4, 2010

Easter Roller Coaster 5K

**Race Directors:** Jane Colman and Don Watson

**Volunteers:** George Sacco, Calvin Chan, George Baptista, Vince French, Bobby Marty, Phyllis Nabhan, Jeniffer Alcaide, Noe Castanon, Kevin Lee, Jesse Agbayani



Race Director Jane Colman

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PL	NAME	AGE	TIME
1	Grant Johnson	26	17:35
			course record!
2	Chikara Omine	27	17:53
3	Jin Daikoku	26	18:11
4	Joe Wehrheim	38	18:38
5	Casey Lee	18	18:39
6	Andy Chan	39	18:55
7	Jason Reed	31	19:08
8	Kenley Gaffke	31	19:13
9	Stephen Boesch	42	19:36
10	B. J. Ricketts	34	19:57
11	Vincent Gulli	20	20:14
12	Eddie Avakoff	23	20:16
13	Todd Toffoli	29	20:18
14	Jerry Flanagan	44	20:20
15	Wayne Cottrell	47	20:21
16	Alex Sokol	11	20:24
17	Ashley Rodwick ①	31	20:57
			course record!
18	Brian Herndon	39	21:24
19	Michael Gulli	50	21:25
20	Ky Faubion	25	21:38
21	Alvarez Crispin	31	21:54
22	Seth Sternglanz	34	21:57
23	Rick Torreano	60	22:03
24	John Woods	45	22:14
25	Daryl Luppino	50	22:20
26	Giles Goodwin		22:21
27	Noah Relles	25	22:23
28	Marcial Saavedra	18	22:24
29	Steve Sokol	53	22:25
30	Luis Vargas	52	22:26
31	Alex Munoz	40	22:33
32	Steve Miller	42	22:38
33	Mark Orders	51	22:44
34	Mary Orders ②	12	22:46

35	Nick Pegley	48	22:52
36	David Mendelsohn	40	22:53
37	Leo Rosales	56	22:55
38	Mark Mooney	53	22:59
39	Dave Coulman	50	23:02
40	Steve Stephens	66	23:19
41	Edward Caldwell	51	23:20
42	Jorge Larre	53	23:51
43	Valdeck Ribeiro	45	24:00
44	Erdem Ultanir	32	24:05
45	Jose Ruiz	54	24:08
46	Malinda Walker ③	40	24:15
47	Afred Hu	49	24:23
48	Amy Sonstein ④	40	24:33
49	Maggie Fillmore ⑤	60	24:42
50	Nathaniel McCaffrey	45	24:48
51	Larry Wuerstle	54	24:56
52	Stephanie Soler	35	25:19
53	Chris A.	35	25:21
54	Victor Menaldo	33	25:27
55	Theo Jones	71	25:30
56	Shannon A.	25	25:35
57	Maria Pantoja		25:48
58	Ximena Ares	49	25:54
59	Tyler Abbott	49	25:56
60	Patrick Lee	62	26:09
61	King Wayman	60	26:11
62	Gary Brickley	57	26:33
63	Francois Lariviere	48	26:40
64	Edwin Hung	32	26:44
65	Alexis Williams	35	26:54
66	Ian Hodur	34	26:55
67	Steve Nissenson	61	26:59
68	Ernest Shimizu	45	27:03
69	Paul Mosel	68	27:07
70	Spryte Heithecker	26	27:28
71	Kieth O Johnson	72	27:41
72	Carlos Bais	41	27:50
73	Sharon Munoz	14	27:50
74	Aoife Beeslin	25	27:54
75	Peter Hsia	49	28:03

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Grant Johnson on his way to breaking his  
own course record

Photo by Don Watson



**EASTER ROLLER COASTER 5K**  
continued from page 5

76	Anthony Gulate	35	28:13
77	Joseph Connelly	48	28:17
78	Geores Buttner	73	28:28
79	Dana Farkas	51	28:47
80	Chris Rak	23	28:48
81	Quincy Heithecker	22	28:50
82	Falina J. Williams	28	29:21
83	Adrian Flores		29:23
84	Matt Bouchard	37	29:24
85	Craig Firpo	41	29:31
86	Greg Brown	60	29:36
87	Floe	69	29:40
88	Mark Moser	41	29:41
89	Katy Dinner	39	29:48
90	Nicola Menaldo	28	29:57
91	Rick Park	64	30:14
92	Kevin Lang	50	30:58
93	Lina Khatib		31:04
94	Patricia Walters	56	31:05
95	Jill McColgan	30	31:06
96	Lee McColgan	32	31:07
97	Ling Moser	40	31:13
98	William McCarty	62	31:32
99	Derk Lauricks	35	32:01
100	Wendy Newman	59	32:07
101	Mort Weisberg	73	32:18
102	Kim Morrell	41	32:22
103	Marian Lyons	63	32:42
104	Diane McCarty	47	33:26
105	Jeff Shopoff	60	33:39
106	Mike Hung	59	33:43
107	Steve Hambalek	54	33:50
108	Jeanie Jones	74	33:53
109	Mr. Halton	61	33:54
110	Alma Thaxron	32	34:18
111	Riona Daikoku	25	34:21
112	Maria Sousa		34:28
113	Tony Nguyen	36	34:30
114	No Name		34:39
115	Virginia Rosales	46	34:46
116	Tulio Mello	44	34:47
117	Jim Kauffold	72	34:52
118	Bill Woolf	74	34:55
119	Jeff Houston	51	35:10
120	Kirsta Martino	42	35:13
121	Kira Bricknell	44	35:15



Shannon, Barbara and a pack of runners  
Photo by Don Watson

122	Marissa Toffoli	29	35:40
123	C Senchync	55	36:40
124	Mark Moser Jr.	12	36:49
125	Veronica Crebey		36:52
126	Marina O'Mara		36:53
127	Kate Parun	47	37:22
128	Lisa Drittenbas	42	37:35
129	Barbara Robben	75	37:54
130	Shannon Luppino	14	38:03
131	Elizabeth Ascencio	49	38:45
132	Zippy T. Pinhead		39:11



Zippy joins the race two weeks early  
Photo by Don Watson

133	Dennis Hassler	76	39:25
134	Jessica Tabayoyong	40	39:31
135	Kathleen Dickson	58	39:46
136	Amber Lammon	23	41:43
137	Marcello Escobar	13	41:45
138	Margo Banowicz	51	41:46
139	Estella Escobar	34	51:39
140	Esmeralda Sandoval	9	53:09

**SELF-TIMERS**

Elaine Gecht	
Dee Farkas	82
Tom Boyd	64
Marcia Martin	57
Yong Cholee Haber	52
Jane Lee	59
Ann Agbayani	49
Jesse Agbayani	58
Roxanna Pezzy	
Beth Davidson	
George Sacco	72

**KIDS' RACE RESULTS**

Lena Hsia	6	5:45
Hetti Hsia	6	5:49
Vanessa Miller	6	4:34
Xavier Miller	4	5:35
David Guerrero	5	6:03
Freya Wehrheim	5	6:06
Jack Soler	9	12:00
Haruna Nagaki	5	6:22
Allie T. Flores W.	3	10:19
Gwendolyn Herndon	2	9:20

**April 11, 2010**

**Strawberry Hill 5K**

**Race Director:** George Baptista

**Volunteers:** George Sacco, Peggy Kang, Jeanie Jones, Theo Jones, Pat Geramoni, Vince French, Kevin Lee, Bobby Marty, Wally Rapozo, Kiiko Baptista, Fred Haber, Yong Haber, Noe Castanon



Race Director George Baptista  
© 2010 Paul Mosel

PL	NAME	AGE	TIME
1	Michael Davitian	24	17:31
2	Jin Daikoku	26	18:04
3	Casey Lee	18	18:06
4	Ian Macnider	24	18:40
5	Joe Wehrheim	38	19:08
6	Michelle Meyer ①	22	19:10
7	Jerry Flanagan	44	19:42
8	Peter Hsia	49	20:01
9	Todd Toffoli	29	20:39
10	Wayne Cottrell	47	20:47
11	Michael Gulli	50	20:51
12	Seth Sternglanz	34	21:02
13	Dylan Gref	37	21:08
14	Rick Torreano	60	21:10
15	Brian Herndon	39	21:15
16	Luis Vargas	52	21:18
17	John Woods	45	21:27
18	Cristian Alvarez	31	21:38
19	Daryl Luppino	50	21:48
20	Brian Kavanagh	33	22:00
21	Nick Pegley	48	22:12
22	David Mendelsohn	40	22:16
23	Conal Gallagher	46	22:32
24	Steven Pitsenbarger	41	22:41
25	Jose Ruiz	54	22:57
26	David Klinetobe	49	22:58
27	Jorge Larre	53	23:10
28	Bruce Leary	58	23:13
29	Marcial Saavedra	18	23:28
30	Valdeck Ribeiro	45	23:46
31	Larry Wuerstle	54	24:00
32	Shannon Avison ②	25	24:13
33	Patrick Lee	62	24:38
34	King Wayman	60	24:43

continued on page 7

# STRAWBERRY HILL 5K

continued from page 6

35	Rob Snavelly	40	24:46
36	Ed Navarro	60	24:48
37	Noriko Bazeley ❸	51	24:55
38	Marissa Demercurio ❹	25	25:06
39	Maria Pantoja ❺	39	25:14
40	Stuart Lustig	41	25:16
41	Victor Menaldo	33	25:18
42	Travis Enfield	26	25:27
43	Daniel Gomez	24	25:38
44	Niall Kavanagh	28	25:44
45	Gary Brickley	57	26:14
46	Steve Nissenon	61	26:17
47	Jeff Toffoli	31	26:31
48	Mark Prichard	54	26:32
49	Phil Melman	44	26:34
50	George Johnson	43	26:51
51	Paul Mosel	68	26:52
52	Carlos Bais	41	26:58
53	Sabina Bannon	48	27:08
54	Cam Carlson	33	27:21
55	Evan Campodanico	31	27:23
56	Matt Bouchard	37	27:30
57	Rick Park	64	27:36
58	Mark Moser	41	27:48
59	Heather Singleton	26	27:57
60	Geores Buttner	73	28:02
61	Katy Dinner	39	28:03
62	Robert Speller	48	28:08
63	Bob Cowdrey	65	28:14
64	Mike Rouan	46	28:38
65	Anne Senge	38	28:49
66	Floe	64	28:52
67	Jen Yasis	39	28:55
68	Brian Hartley	56	29:20
69	Rocco Mullinax	36	29:21
70	Wendy Newman	60	29:39
71	Gerolyn Mitchell	39	29:52
72	Ryan Chan	28	29:57



Bob Theis, 81 years old and still racing  
Photo by Don Watson

73	Mort Weisberg	73	29:59
74	Pat Geramoni	62	30:11
75	Miguel Guerrero	40	30:13
76	Veronica Campbez		30:17
77	Regina Bannon French	50	30:19
78	Lauren Minkel	28	30:22
79	No Name		30:27
80	Regina Fife	31	30:30
81	Michael LaSale	34	30:31
82	Ling Moser	40	30:33
83	Steve Hambalek	54	30:55
84	Kirsten Murtagh	41	31:01
85	Kirsta Martino	42	31:06
86	Martha Arnaud	39	31:14
87	William McCarty	62	31:24
88	Doug Woodrooffe	42	31:25
89	Peter Flessel	69	31:45
90	Kathleen Bannon	51	31:46
91	Jeff Shopoff	66	32:20
92	Douglas Nolan	53	32:23
93	Mike Hung	59	32:25
94	Andy Altman-Ohr	46	32:36
95	Bob Morris		32:39
96	Diana Garcia	30	33:05
97	Leah Sander	23	33:06
98	Marina O'Mara		33:07
99	Martina Canning	39	33:08
100	Diane Mellett		33:10
101	Shari Feldman	39	33:14
102	Michael Wilk	43	33:22
103	Ruthie Chang	33	33:23
104	Ari Spanier	32	33:25
105	Joan Goldberg	56	33:31
106	Rebecca Grant	32	33:52
107	Shannon Luppino	14	33:53
108	Tulio Mello	44	33:54
109	Maria Sousa		34:11
110	Gary Bengier	55	34:34
111	Jen Melman	38	34:38
112	Bill Woolf	74	34:54
113	Maura Clancy	40	35:23
114	Riona Daikoku	25	35:35
115	Kate Parun	47	35:42
116	Carmencita Villegas	41	35:43
117	Mike Nickelson	32	36:36
118	Lisa Drittenbas	42	36:54
119	Jose Trevino	50	39:54
120	Gerardo Melgar	29	39:55
121	Brent Noorda	47	39:57
122	Alaina Difuntorum	29	39:58
123	Amy Newman	39	40:14
124	Margo Banowicz	51	40:32
125	Jane Colman	66	40:38
126	Theresa Gerigk	44	40:50
127	Stacey Roberts-Ohr	44	41:34
128	Mark Moser, Jr.	12	41:46
129	Christina Bellino	25	42:03
130	Dianna Huang	30	42:05
131	Alda Ultra		42:07

132	Emily Elsbree	29	42:09
133	Melissa McNichol	35	42:39
134	Molly Brown	35	48:15
135	Bob Theis	81	49:42
136	Kristina Kirby	31	53:08

## SELF-TIMERS

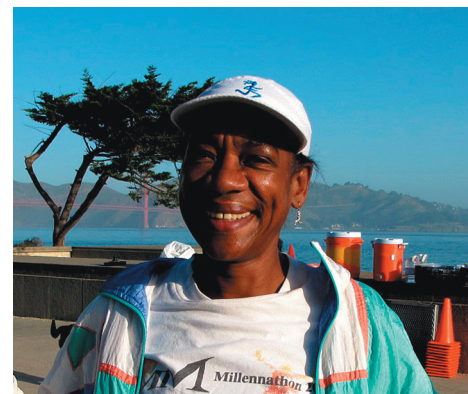
Barbara Robben	75
Jack Bascom	68
Brie Reybine	
Yong Cholee Haber	52
R. Pezzy	
Liese Rapozo	
Elaine Gecht	66
Jesse Agbayani	58
Robert Brizuela	70
George Sacco	72
Joan Saroukhandoff	45
Kathleen States	49
Marty Wilkinson	48

April 25, 2010

## Coastal Trail Challenge 10K

**Race Director:** Marian Lyons

**Volunteers:** George Sacco, George Baptista, Calvin Chan, Bobby Marty, Peggy Kang, Phyllis Nabhan, Vince French, Fred & Yong Haber, Kathleen Lail, Dimitris Sklavopoulos, Kevin Lee, Noriko Bazeley



Race Director Marian Lyons

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PL	NAME	AGE	TIME
1	Michael Davitian	24	39:01
2	Ian Macnider	24	42:04
3	Eduardo Vazquez	37	44:48
4	Jerry Flanagan	44	44:50
5	Jamie Collie	32	44:53
6	Ian McDonald	46	45:52
7	Jason Reed	31	46:48
8	Juan Melendez	52	46:51
9	Hugh Bosely	48	46:53
10	Vinny Lopes	17	46:56
11	Brian Pachtman	29	47:07
12	Stephen Tracy	47	47:14
13	David Undercoffler	39	47:36
14	Rick Torreano	60	47:53
15	Daryl Luppino	50	47:57

continued on page 8



16	Andrew Samuelsen	23	49:00
17	Anders Ryerson	32	49:20
18	James Robinson		49:52
19	Riya Suising	42	49:57
20	Paul Cowie		50:00
21	Nick Pegley	48	50:25
22	John Woods	45	50:48
23	Jorge Larre	53	51:20
24	Mark Mooney	53	52:12
25	David Klinetobe	49	52:28
26	Valdeck Ribeiro	45	52:36
27	Dimitris Sklavopoulos	65	53:05
28	Heather Reimer ①	27	53:17
29	Fiona McCusker ②	45	53:18
30	Kenneth Fong	48	53:29
31	Mary Collie ③	33	54:30
32	Steven Pitsenbarger	42	54:43
33	King Wayman	60	55:07
34	Victor Menaldo	35	55:17
35	Willy Franklin	41	55:30
36	Kim Evason ④	33	57:10
37	Aoife Breslin ⑤	25	57:16
38	Wai Ki Lee	41	57:17
39	Dave Coulman	50	57:28
40	Maria Pantoja		57:33
41	Jeptha Evans	42	58:03
42	Gary Brickley	57	58:11
43	Matt	35	58:46
44	Brian Eagleson	39	58:47
45	Erdem Ultanir	32	58:51
46	Edward Hung	32	58:53
47	Kerstin Seidel	30	58:59
48	Andy Mathieson		59:22
49	Keith O. Johnson	72	59:24
50	Gina Eagleson	32	59:39
51	Patrick Lee	62	59:48
52	Ernest Shmitz	45	59:50
53	Jay Tomas	53	61:12
54	Asuncion Rapadas	46	61:13
55	Frances Williams	45	61:20
56	Miriam Hiser	49	62:15
57	No name		63:31
58	M. Ingersoll	33	63:35
59	Alice Goodwin	27	64:28
60	Paul Mosel	68	64:45
61	Geores Buttner	73	65:03
62	Joseph Connelly	48	65:23
63	Floe	69	65:53
64	Sandra Sigurdson	53	66:25
65	Nicola Menaldo	28	66:27
66	Alla Brusilovsky	50	66:41
67	Yong Cholee Haber	52	66:42
68	Celinda Moore	40	66:43
69	Maria Sousa	38	66:46
70	Alana St. Martin		66:47
71	Regina Fife	31	66:52

continued on page 9

## DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Muir Woods Marathon, Stinson Beach, April 10</b>					
2	Kennet De Silva	28			3:19:19
<b>Tilden Park Trail 6M, Berkeley, April 10</b>					
4	Lisa Penzel	44	1	F 40-49	50:36
<b>American River 50M, Sacramento, April 10</b>					
203	Adrian Jue	28	21	M18-29	9:28:55
<b>Go St. Louis 5K, April 10</b>					
264	Gregory Brown	60	4	M60-64	28:27
<b>Go St. Louis Marathon, April 11</b>					
1335	Gregory Brown	60	10	M60-64	4:40:14
<b>US Half Marathon, April 11</b>					
149	Hans Schmid		1	M70-79	1:41:42
164	Leopoldo Rosales		5	M50-59	1:42:37
751	Marian Lyons		1	F 60-69	2:06:33
951	Nina Kaiser		124	F 30-39	2:14:13
1112	Tony Nguyen		208	M30-39	2:22:55
1347	Virginia Rosales		109	F 40-49	2:45:23
1380	Elizabeth Ascencio		112	F 40-49	2:54:35
1396	Mercedes Acosta		4	F 60-69	2:59:25
<b>Bay Area Senior Games Palo Alto, April 11</b>					
400m					
	Keith Johnson	72	1	M70-74	1:21:90
5000m					
	Jim Kauffold	72	1	M70-74	34:03
<b>Ruth Anderson Runs, April 17</b>					
<b>100K</b>					
11	Adrian Jue	28			12:37:29
<b>50K</b>					
23	Noe Castanon	39			5:40:37
25	Joe Digiacomo	33			5:45:35
41	William McCarty	62			6:39:03
<b>Zippy 5K, April 18</b>					
<b>Men</b>					
26	Jin Daikoku	26			16:04
59	Joe Wehrheim	38			17:11
61	Cliff Lentz	45			17:18
102	Eduardo Vazquez	37			18:40
111	Paul Zager	52			19:04
136	Tyler Abbott	49			20:12
137	Hans Schmid	70			20:12
140	Grant Johnson	26			20:23
171	Russ Kiernan	72			23:31
178	Keith Johnson	72			25:15
184	William McCarty	62			30:54
<b>Women</b>					
84	Amy Sonstein	40			23:14
115	Jane Colman	66			33:15
118	Mary Jean Pramik	61			36:26
119	Dina Kovash	71			42:45

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**Fun Run**

5	David Mendelsohn	40		21:09
34	Judy Waitz	50		27:08
83	Jamie Gironella	32		32:08
124	Elizabeth Ascencio	49		35:42
157	Diane Okubo-Fong	49		53:35

**Presidio 10M, April 18**

45	Kristina Landry	34	3	F 30-34	1:14:44
98	David Klinetobe	49	6	M45-49	1:18:52
125	Kenneth Fong	48	10	M45-49	1:20:04
272	Maria Pantoja	30	29	F 30-34	1:28:43
314	Gary Brickley	57	7	M55-59	1:30:59
425	Mercedes Acosta	66	1	F 65-69	1:36:33
524	Pat Geramoni	62	1	F 60-64	1:42:25

**Brickyard Runs, Martinez, April 18****4M**

194	Dee Farkas	82	2	F 70+	1:14:39
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**8M**

90	Dana Farkas	51	2	F 50-59	1:17:31
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**Run for Autism 8K, Eugene, Or, April 18**

9	Ed Celestina	59	1	M55-59	35:52
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**Run for the Parks 4M, Central Park, New York City, April 18**

2796	Joseph Connelly	48	205	M40-49	35:52
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**B.A.A. 5K, Boston, April 18**

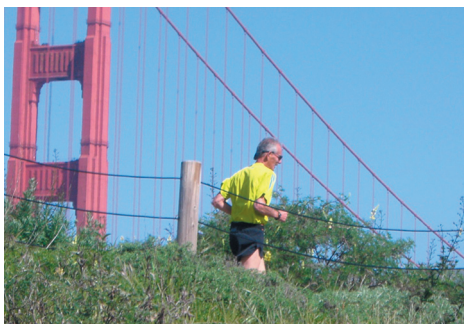
1651	Milinda Lommer	40	86	F 40-44	27:06
2454	Jeanie Kayser-Jones	74	1	F 70-74	29:43
3256	William Woolf	74	5	M70-74	32:28

**Boston Marathon, April 19**

562	Jason Reed	31	430	M30-34	2:50:40
1301	Kenley Gaffke	32	918	M30-34	2:59:38
2046	David Goldman	36	1349	M35-39	3:06:13
4923	Markham Miller	46	561	M45-49	3:21:32
13651	Edward Haack	41	1622	M40-44	3:52:52
14364	Judith Taksa Webb	66	2	F 65-69	3:55:22
14860	Theo Jones	71	10	M70-74	3:57:44
16534	Noriko Bazeley	51	369	F 50-54	4:06:42
19864	Wendy Newman	60	82	F 60-64	4:34:47
21417	Carol Pechler	69	38	F 65-69	5:01:43

**Big Sur 5K, April 25**

7	Jin Daikoku	26	4	M25-29	15:45
20	Chikara Omine	27	7	M25-29	16:51
47	Joe Wehrheim	38	2	M35-39	18:32
102	Hans Schmid	70	1	M70-74	20:37
165	Marie Appel	45	8	F 45-49	23:46
444	Bob Kovash	71	7	M70-74	35:02
572	Dina Kovash	71	2	F 70-74	43:10



72	Wendy Newman	60	67:16
73	Erika Gliebe	37	67:41
74	Gregory Brown	61	68:43
75	Sam Roake	74	68:47
76	Tim Rupp	44	69:20
77	Linda Wenker	38	70:02
78	Pat Geramoni	62	70:09
69	Thomas Smiley	53	70:37
80	Vicente Aguigui Jr.		70:48
81	Rocco Mullinax	36	70:50
82	Mort Weisberg	73	70:51
83	Tulio Mello	44	71:09
84	Janet Fry	30	72:27
85	Kathryn Hedjasi	37	73:03
86	Suzana Seban	56	73:05
87	Leah Sander	23	73:26
88	Henry Nebeling	77	73:38
89	Gonzalo Tolentino	68	74:49
90	Jim Kauffold	72	76:09
91	Meghan Eagleson	31	76:11
92	Alfred Tolentino	38	76:12
93	Bill Woolf	74	76:48
94	Katie Kandler	41	76:52
95	Suzanne Greva	46	77:16
96	Colleen Eagleson	38	77:48
97	Jeff Shopoff	66	78:44
98	Paulina Flores	31	78:51
99	Carinyl Hebert	27	79:13
100	Dave Picanello	56	79:35
101	Valerie Epple	38	80:16
102	No name		80:36
103	Mike Hung	59	84:53
104	Jack Bascom	68	85:22
105	Elizabeth Ascencio	49	86:15
106	Jane Colman	66	91:34
107	Diana Chancette	51	93:57
108	Aishwarya Venkatesan	26	94:43
109	Dennis Hassler	76	104:25

**SELF-TIMERS**

George Sacco	72
Bob Theis	81
Jane Lee	59
Richard Finley	61
Elaine Gecht	66
Jesse Agbayani	58
Ann Agbayani	49
Beth Jaffe	
Robert Brizuela	70 1:57:00
Lina Khatib	
Marcia Martin	57
Tom Boyd	64

The Coastal Trail Challenge 10K included views of the Golden Gate Bridge and stairs as well as hills, sand and the infamous sand ladder at Baker Beach  
Photos by Don Watson

# THE INAUGURAL OAKLAND MARATHON, MARCH 2010

Jim Buck

Here we are, heading up Broadway in the center of downtown Oakland. We've just passed the splendid art deco-styled Paramount Theater on our left. This isn't so bad. Where's the challenge here? The streets are on an even keel. There's a gentle upward slope a few blocks ahead but nothing unreasonable. But wait; just coming into full view now, I see a range of tree-covered hills off ahead in the distance. Is that where we're headed? Hmm, I've been running with the 3:20 pace group. I think it's time to pull back a little. Save some steam for the demands ahead.

So it was as roughly 1,000 runners ran up Broadway at 7:30 AM on March 28, 2010 for the inaugural Oakland Marathon, the first 26.2-mile event in the city in 25 years. It was a chilly morning at 50 degrees but the day was dry and the sun was there to brighten the spirit. Perfect!

A few minutes before all this started, as we stood around in anticipation of getting underway, a very tall black man, dressed head to toe in black and followed by a cameraman, crashed through the front ranks and jogged up through the middle of the runners, offering high-fives and best wishes. Those around me wondered, "Who was that man without a mask? A basketball player? A rap musician?" He did look familiar. As it turns out, it was comedian, actor and Oakland native, Mark Curry. Check him out on YouTube, but I warn you, it's not suitable for delicate sensitivities. Mayor Dellums followed this with a few words, a local resident sang the national anthem and then we were off.

The course took us through some challenging terrain and a nice sampling of Oakland neighborhoods. From the heart of the city and Broadway we headed onto Piedmont Avenue with its quaint shops and local restaurants. From there runners re-crossed Broadway, ran through the Temescal neighborhood and eventually made their way to College Avenue in Rockridge. We were headed toward the University of California at Berkeley but soon made a U-turn and retraced our steps. An advantage of a local marathon is the likelihood of encountering familiar terrain and acquaintances along the route. In Rockridge, a fellow but semi-retired runner, Jerry, got my attention and paced me for a while, about 30 yards, before thinking better of it. He also warned that I was far behind and that my manhood was in jeopardy since about 100 girls were ahead of me. In the end that number was wildly overestimated — and this from a math professor!

At about 5 miles, a left hand turn off College started us on the major climb of the marathon. For the next five miles, runners faced steady and sometimes steep ascents along local streets and bike paths. It wasn't too long after entering this section that we faced the first casualty of the day. Good Samaritans were tending to a female runner who lay on her back, out cold, in the middle of the street. It seemed a tad unusual to have a casualty so early in a marathon. There were still over 20 miles to go. Mind you, I think it entirely possible that someone intensely concerned with such challenging hills might swoon and fall to the ground at first sight of the task ahead. Swooning has been known to happen.

But some of us had a plan. With a longtime disdain for hill training, I knew I'd be weak in this section. My approach

would be to run a portion of the hill, then gear down to a power-walk, alternating this until reaching the summit. Many runners passed by during this process; however, my plan included taking revenge on the downhill. And so it was.

Runners continued the climb, passing Lake Temescal and entering the Montclair community. Hundreds of happy, exuberant onlookers lined the paths and streets in this area, shouting encouragement and embarrassing me into

running, even though my plan at times called for that tactical stroll. The wishes and high-fives from supporters, known and unknown, do wonders to lift the spirit of those passing through. In that regard, I make it a point to wave to onlookers to acknowledge their presence and good wishes. This in turn often raises the decibel level of their shouting.

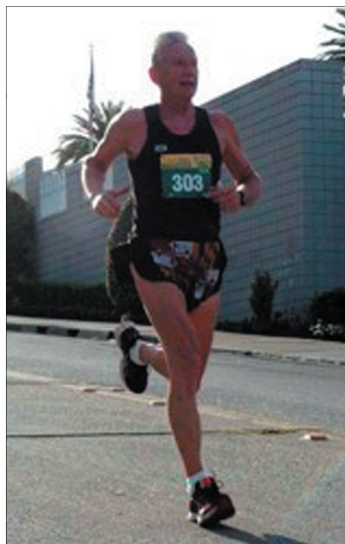
Not long after Montclair, around mile 10, high in the Oakland hills, we encountered the picturesque Mormon Temple. Here we had fabulous views overlooking Oakland and the Bay Area in general. But more significantly, the daunting hill climb was done! Let the downhill roll begin! This section of the course was very exhilarating, like being in a race car and moving through the gears into overdrive. Gravity takes over. The legs turn over quicker and the stride lengthens. I ran pell-mell down the hill for nearly 3 miles, passing many a runner, although several would later return the favor. For a brief period Lincoln Avenue became Easy Street. I gazed straight ahead, zigging to the right, zagging to the left, skirting around those taking a more leisurely approach. The legs were on automatic, feet striking the ground heel first, rolling on and pushing off with the toes. The

machine was functioning. Such bliss — all the more enjoyable after a serious climb.

But this was a marathon and not a sprint and the good times would soon give way to new challenges. These obstacles, however, would be of my own making. The course for the second half of the race, through the Fruitvale community, past Jack London Square, around the city's beautiful Lake Merritt and then on to the finish line would be mostly



Nearing the end of the ascent



Lincoln Avenue

*continued on page 11*



level and easy-going. By mile 14 the runners had turned right onto International Avenue heading west toward Jack London Square. It's here that I started to feel trouble behind the toes at the ball of my right foot. A large blister was developing and getting worse with each step. As a result, I eased back, implementing a strategy of running a mile and walking 50 yards en route to the finish 12 miles away. This had worked for me in past marathons when injuries threatened a completion.

Nevertheless, as the pain worsened, the alternating strategy turned into a mere quarter mile run followed by the same 50-yard walk. And so went the last 8 miles. Attempting to run by striking the ground with only the heel or only the toes does not work and amounts to a gimpy style that only leads to other problems. But that didn't stop me from trying it. However, the best method I've found is to run normally as far as possible while enduring the agony and cherishing the reward of that 50-yard walk. It's amazing how simple things can feel so rewarding — an enlightening marathon moment.

Continuing west toward Chinatown, our course merged with runners in the half marathon event. These runners had started their race an hour and a half after the full marathon. The two groups would run the last 10 miles together. This transition came off smoothly and provided a welcome relief from the sparse marathon-only company of the last few miles. These were largely the back-of-the-pack half marathoners.

Nearly all were in high spirits, chatting and seemingly enjoying themselves. Several times as I passed some of these runners, they recognized the "FULL" tag on the rear of my shirt and would shout words of encouragement. Marathoners were required to wear this tag to distinguish them from the half marathon and relay groups. At this point in the race, it was my thought that the tag had been misprinted. Instead of F-U-L-L it should have read F-O-O-L.

Shortly after the merge of the two races, most of us passed under a smoking, fiery cast metal arch erected by Oakland's Crucible art institute. I wish it had been me causing those flames but, alas, my speed was not about to set anything on fire. Next up was the waterfront neighborhood of Jack London Square. The big push was now on to make it through to Mandela Parkway and the great 3-mile circuit around Lake Merritt. The lake was the last major geographic feature and



**A demonstration of the run-walk for the half-marathoner in back**

hurdle before once again hitting the downtown streets and the glorious finish.

There we were, heading for a left turn along some city street in West Oakland (by this time the twists and turns of the route were just a blur in my mind), people watching and cheering from along the curb. Then, up ahead to my right, I heard and saw a rather heavy-set lady screaming out loudly from the sidewalk, "Don't any of you people go to church on Sunday? Don't you know I missed my gospel session this morning because of you?" That was a different kind of sentiment, although it did bring a smile. I thought briefly, "Lady, how about doing something good for yourself — jumping in here and running to the church for a change. Nevertheless, I'm sure others were also upset with the traffic snarls and road closures. Yet this was a wonderful day for Oakland, bringing people together and enlivening the city in a great cause for fitness and camaraderie.

Well, I eventually made it to Lake Merritt, a sparkling jewel in the heart of the city. It looked lovely, indeed. If I had had a rear view mirror it would've been even lovelier as I left it behind, knowing less than a mile separated me from the finish. Upon turning the last corner and seeing that banner down the street, I charged the line with all I had, wincing all the way but also realizing I could limp to my heart's content once on the other side.

It was a complete surprise to see both the half and full marathoners crossing the same finish line near City Hall close to where it all started. But the computers sorted that out easy enough, although it did make for some crowded conditions. All in all, this inaugural Oakland Marathon was well done. The course was challenging but I thought my fitness level was right — considering I had pre-planned to power-walk some of that hill section. Overall, perhaps an extra 5 minutes was spent on the hills. The foot injury was the real issue, probably resulting in 10 to 15 minutes of lost time. I crossed the line in 3:47:55.

Refreshments after the event were adequate: water, sports drink, bananas and bagels. The D-Tag throw-away chip timing worked well and the long-sleeved technical shirt handed out looks like a good addition to the wardrobe. Refreshments and aid stations along the route were frequent and well-staffed. The volunteers were enthusiastic. Individuals were happy to see this event in their neighborhoods, offering passing runners candy, fruit and, in one instance, beer. Parking downtown was free and easy. Entertainment along the 26 miles included rock musicians, drum ensembles and people in costumes celebrating the city of the Athletics and Raiders. Crowds were heaviest on the streets of Montclair, around Lake Merritt and near the finish line. A sense of curiosity, excitement and pride seemed to fill the air.

As for the foot injury, the podiatrist surmises there was an abundance of friction taking place in that right shoe, causing a massive blister. The solution is to reduce the foot motion — possibly through tighter lacing, a narrower shoe or a shoe with slightly more stability around the toe box. There's no lasting damage to the foot. I foresee a few months to contemplate solutions, then a new race, a new plan.

# A WEEK IN THE LIFE OF A DSE RUNNER

Rick Torreano

"Runners to your mark.... Seeettt..... GO!

With those three emphatic commands a DSE race begins. It's 9:00 AM on another Sunday morning and my running experience beginning the new week and ending the former week is set in motion.

Whatever my plans are for a week, they're viewed with an eye toward a training period for each day. With my travels come adjustments in schedules from my normal, home-based routines. But wherever I am, I consider it a "training site." Whether it's running the crazy streets of Vegas at night, with the bright lights of those ridiculous buildings, or doing an LSD run along the ocean beaches in SoCal, or running trail in the solitude of mossy-covered paths up in "Pre" country (Oregon), my focus is on training for the next DSE race.

It's more than a race though. I view it as an experience. Each week there is a different vibe to the race, not only because it might vary in distance from the week before, but because the emotions and thoughts that run through my mind are different as well. For me, as I line up for the start, it's about proper preparation. I never forget what my dad told me as a young runner, working to become #1 runner on the Cross Country team in high school, "If you expect to do your best, you gotta put your time in the woodshed." While it may sound nerdy, I was first chair clarinet in the orchestra because I practiced for hours in the solitude of a basement tool room where my dad worked on unique wood-working projects as his hobby. To my dad, a WWII battle-hardened veteran, the "woodshed" was the symbol for hard work. I loved practicing my music there, but if I was to be any kind of a runner, I knew I had to spend the same kind of time in a different type of woodshed. That woodshed would extend to track, the trails, the long winding roads and the hills.

So when I get that urge to "skip a day" or just feel lazy, even 45 years later, I think of the "woodshed." Rarely does the laziness beat out the woodshed. I think of my dad's words before every race I run — because to not train well is to not be prepared, and that means you are not doing your best to represent yourself or your self-assigned goals for that race. Not going to the woodshed means you will pay for dearly for it as your lungs heave, gasping for oxygen that just isn't there because your heart can't pump out enough blood per beat.

The Sunday race by itself validates your efforts of the prior week of training. It also positions you to determine training plans for the following week. How did you feel *after* the race? Did your lungs handle the anerobic state? Did your legs weaken in the final mile? Was your mental state during the run positive or negative? Was your mind reliving how you *did* or *did not* train properly during the week leading up to the run. or is it simply thinking about that ham and cheese croissant and café mocha waiting for you to enjoy with your running mates *after* the race (*always* at an *independent* café).

Whatever I might do in that Sunday race, be it a hard sprint to the finish line or just reviewing the overall time, it's directly related to how I trained in previous weeks. So Monday after the race, I typically take a rest day to reflect on those results and mentally prepare for the challenges of another training week. It doesn't have to be a rest day but more of a mental break from running. It's sort of like a treat!

Wrestling with the new week's travel schedule becomes the immediate challenge. If I have minimal travel (no airports/hotels), I know I'll get solid workouts each day, be they LSD runs (Long Slow Distance), repeat miles on trails, track or treadmill or race pace 3 to 12 milers. (Nope, I'm not an ultra runner so 12 is what I think is max for me.) If I'm traveling through airports and hotels, however, it means squeezing in some kinds of half-baked workouts in between client meetings and eating restaurant food at odd hours. It means running on a hotel treadmill at 12 or 1 in the morning just so a 24 hour period doesn't go by without *some* kind of "heart workout." (It's always about the heart.) If you work the heart, your lungs and legs get a workout too — but in my opinion, it's about the heart. Time or running pace are of minimal importance during those travel weeks. I *know* I won't be fully prepared for that following Sunday's race because the best-laid workout plans are inherently flawed when traveling.

Perhaps it's also true with other DSE runners but for me, the week centers around family, work, running, and house projects. And then there's "Ricky's time" — a portion of time stolen away from the "Big Four" — like riding my motorcycles or hitting a quick bucket of balls at the driving range or stealing a few hours out of a day to enjoy my favorite Bay Area haunts, like sitting at an outside table at Café Puccini in North Beach with my camera, visiting the bookstore on Valencia and 19th, or enjoying my favorite pie à la mode at Duarte's in Pescadero or at Alice's Restaurant at the top of Hwy. 35 and 84.

Ah — but it's the *thoughts* that race through the mind of a DSE Runner during the week that separate us from others. And those thoughts relate to training and preparing for another DSE "experience." I've always believed there are two types of people in the world, those that get it and those that don't. And like a set of parallel railroad ties, the two will never fully connect. When you try to explain "it" to non-runners, you watch their faces get this somewhat open-mouth, quizzical look. "What's wrong with this guy?" they ask themselves. But when two runners exchange ideas about training or a particular run, it's like sharing an intimate life experience. Only runners know and appreciate these thoughts and actions.

The race is on. I'm now racing on Sunday morning. My mind races the way I do. What about that nagging blister on my toe? Did I remember to put that band aid on it before I ran out of the house? Who's that coming up on me? Could I have ripped off two more repeat miles with less rest in between during my previous week's interval workout? Maybe he wouldn't be passing me if I had. What's the twinge on the back side of my knee? How can he be passing me at this point? I should be ahead of him. The thoughts continue to rush through the mind. Bide your time, you *will* pass him before the finish line. Stay calm, breath smoothly, keep your running form above all! Wow! Those extra repeat miles on the treadmill *did* help! What place am I in at the turn? Grant or Chikara or Ian or Jim blazes past me on the return. Their sheer speed is something to behold! They run like antelopes, almost on the balls of their feet — even in a 10-mile race. It's amazing to witness and I cannot help but admire. Ah, yes. You begin to reflect back on your earlier running days when

*continued on page 13*



## Sacco's Corner

George Sacco, Sr. Vice President

### RACE SCHEDULE FOR 2011

We will be having a race scheduling meeting in the near future. If you have suggestions for new courses or comments on our current courses, please let me know via email at [gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com).

### RACE SAFETY

Our races continue to grow in numbers. This growth is encouraging, but with it comes added safety concerns. Remember that we are often sharing the streets with cars. These cars are bigger than we are, so be alert to the dangers of running with cars and give them the right of way. It is better to be safe than sorry.

### NEW TENT

We should soon have a new tent as a backup for our old green one. The new tent will provide us added protection on rainy days. It is my understanding is that it will be white and have our logo printed on the sides. I guess we are stepping up in class.

*A WEEK IN THE LIFE OF A DSE RUNNER*  
*continued from page 12*

you had that speed.

Don't get me wrong, it doesn't matter that I'm 60. The drive we older folks have can equal any of DSE's Top Five — and that is the beauty of the DSE Running Club. We *all* share in the passion for running — pure running for the sake of running. Why? Because it satisfies an inner urge to challenge our minds and bodies that many others will never experience because they can't or choose not to. We do it because we can! And so after the race, when the pure exhilaration of another race experience dies down, the new week of training begins. Yes — just another typical week in the life of a DSE runner!

*Rick is a former school teacher and track coach originally from Michigan. He moved to California in 1979.*



*This past year, he was DSE's recipient of the "Male Runner-of-The-Year Award" for total points — at age 60.*

## ◆◆◆ 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:

May 2	Stern Grove 4M	May 30	Mission Bay 5K
May 9	Mother's Day Marina Green 5K	June 6	Polo Field 1M/5K
May 23	Practice Dipsea 6.8M	Jun 13	Twin Peaks 4M

If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

We will need extra volunteers for the Practice Dipsea on May 23 — course monitors, aid station, finish line. We have begun in earnest our volunteer recruiting for the Double Dipsea on June 26. We still have many positions to be filled, including course monitors and aid stations, finish line, picnic, refreshments, and equipment loading. If you are interested in volunteering (and thus fulfilling your requirement for the entire year), please contact Janet at [jl.nissenson@aol.com](mailto:jl.nissenson@aol.com).

Please be sure to sign your name to the Volunteer List at the weekly race (check with the Race Director) in order to be credited with your volunteer hours. You must work a full hour in order to get an hour's credit — registration, finish line, course monitor or aid station when needed. This does not include helping to unload or re-load the equipment truck as this is not an hour's worth of work. All year-end awards, including Age Division Awards, now require a minimum of two hours of volunteer work during the calendar year.

## SUMMER EVENING RACE SERIES RETURNS JUNE 10

*Janet Nissenson*

Join DSE for a third year of our Summer Evening Race Series at Lake Merced. Last year saw an average increase of almost 50% at each weekly race, and we hope to continue building on our attendance. The races are held every Thursday evening, starting and finishing at the Sunset Blvd. parking lot at Lake Merced, and the course is one loop around the paved 4.5 mile bike path. The specific dates are June 10, 17, 24, July 1, 8, 15, 22, 29, and August 5, 12, 19, and 26.

Registration begins at 5:45 PM, and the timed race starts promptly at 6:30 PM. Walkers and self-timers can begin anytime after 5:45 PM. Runners will accrue points in the following age divisions over the 12-week series: 29 & under, 30-39, 40-49, 50-59, 60-69, and 70+. Please note that you must run in a minimum of 6 races in order to be eligible for an award.

The entry fee remains at \$1. However, due to an increase this year in our permit fees to San Francisco Parks & Recreation Department, we will need to remit the entire \$1 to them. This basically means we are putting on these races for free. We ask those participating to please pitch in any spare change when possible to help pay for post-race snacks. There will be a donation box at each race. Or bring along a bag of chips or cookies to share with everyone.

Please note that participation in these races does not count toward overall DSE race attendance or regular age division points. However, if you volunteer to help at a race it will count towards your required volunteer hours. Please email me at [jl.nissenson@aol.com](mailto:jl.nissenson@aol.com) at least 24 hours prior to a race if you are planning to volunteer. We hope to see many of you there this summer!

# ◆◆◆ 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 May 2 Stern Grove Run 4M**

START/FINISH: 33 Ave & Wawona St

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

## **Sun May 9\* Mother's Day Marina Green 5K**

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

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

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

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

## **Sun May 16 NO DSE RUN**

Join DSE at the Bay to Breakers Drawbridge (1st & Howard Streets), [www.baytobreakers.com](http://www.baytobreakers.com)

## **Sun May 23 Practice Dipsea Run, 6.8M**

START: Old Mill Park, Throckmorton Ave, Mill Valley

FINISH: Stinson Beach — Runners need to arrange their own transport back to start

Check [www.dserunners.com](http://www.dserunners.com) for info on transportation back to start and ride-matching

ENTRY FEE: \$10 with aid stations, course monitors and finisher mementos

STARTING TIME: **Runners at 8:00 AM.** Walkers are encouraged to start early.

COURSE DESCRIPTION: Course follows Dipsea Trail over Mt. Tamalpais. Course is not marked except for permanent GGNRA trail markers.

## **Sun May 30 Mission Bay 5K**

START/FINISH: Mid-block of Channel & 4th Streets

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

COURSE DESCRIPTION: Complete half loop of Mission Bay rectangular complex, run north through two causeways connecting 4th St Bridge and Lefty O'Doul Bridge and begin clockwise loop of ATT Park, then exit onto Embarcadero. Run north on Embarcadero to turnaround at Brannon St, then back south to ATT Park. Complete clockwise ATT Park loop, re-cross the two bridge causeways and complete the remaining Mission Bay rectangular loop to finish.

## **Sun Jun 6 Polo Field 1M & 5K**

START/FINISH: South Side of Polo Field, Golden Gate Park

STARTING TIMES: **1M: 8:30 AM; 5K: 9:00 AM.** Walkers are encouraged to start early.

ENTRY FEES: One race: members \$3, non-members \$5. Two races: members \$5, non-members \$7.

COURSE DESCRIPTION (1M) Run 1 1/4 counter-clockwise loop around upper dirt track of Polo Field.

COURSE DESCRIPTION (5K): Run westbound on Middle Drive, right onto Bernice Rogers Way and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

# ◆◆◆ Group Runs ◆◆◆

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



## Membership ♦♦♦ ♦♦♦ Information

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

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

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

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

## Folding ♦♦♦ ♦♦♦ Session

DATE: Wednesday, June 2, 2010  
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

April was colder than normal with above-average rainfall. May also looks cooler than normal with above-normal precipitation. Showers are likely a day or two around the 6th and again around the 12th. Coastal fog will be at a minimum during first half of month with dry, seasonable weather for the Bay to Breakers. After a very cool start for the first half of May, sunny and warmer is the forecast for the last 15 days, with inland highs mostly in the 80s east of the coastal hills and 90s for Memorial weekend with near 70 at the warmest beaches.



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



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ANGELICUS  
Walt Stack

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### SR. VICE PRESIDENT

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EQUIPMENT Bob Marty

### CLOTHING SALES

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### DSE RACE RESULTS

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Kevin Lee

Janet Nissenson

Chikara Omine

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Daryl Luppino 650-757-5247

### DOUBLE DIPSEA RACE DIRECTOR

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Wendy Newman [wsn99@aol.com](mailto:wsn99@aol.com)

### DSE PHOTOGRAPHERS

Paul Mosel and Don Watson

# Happy Birthday! ◆◆◆◆◆◆◆◆

## May

1	Edward Bruno	16	Mary Orders
	Jacob Quinlan	17	Elaine Mah
2	Phineas Wehrheim	18	Gary Davis
3	Joanne Desmond	19	Pamela Carrasco
	Paul Kennelly		David Lorsch
	Ian Macnider	20	Carol Pechler
	Don Watson	21	Marcus Johnson
4	Jason Jimenez		William Woolf
	Olga Tsyvinsky	22	Eileen Murphy
5	ZaZa Berven		Lyndsay Orwig
	Bruce Leary		Blaise Santiago
	Michael TenBrink	23	Janet Fry
6	Peter Aguiar	24	Ruiz Jose
	Gerard Popko		Steve Nissenson
7	Chase Popko-Fowler		Jose Ruiz
8	Byron Fairchild		Tony Stratta
9	Alice Dingwall	25	Letty Garbisch
	Carolyn Dingwall	27	David Guerrero-Pantoja
	Richard Finley	28	Brenda Saldana
	Maggie Haack		Ceis Wildin
10	Rebecca Miller		John Woods
15	Ken Klein	31	David Pon
	Mary Jean Pramik		

## New Members

### BERKELEY

Peter Flessel

### DAILY CITY

Kyle Moser  
Ling Moser  
Mark Moser  
Mark Moser, Jr.

### SAN FRANCISCO

Michael Davitian  
Craig Firpo  
Chris Kramer  
Leah Hellerstein  
Aidan Murtagh  
Brian Murtagh  
Collin Murtagh  
Kirsten Murtagh

### SAN MATEO

Bob Cowdrey



### San Francisco

#### Dolphin South End Running Club

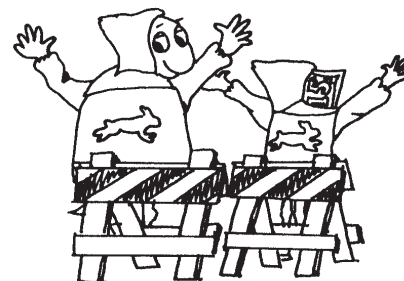
Postmaster, Return Undeliverable Mail To:

Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### DSE email list and electronic newsletter

Join the DSE RUNNERS CLUB 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!