

November 2010

Janet Nissenon

The race schedule for the first three months of 2011 is on page 3. Those races with permits still pending are duly noted. The full schedule will be released as soon as all permits are approved.

◆ ◆ ◆ GRANT JOHNSON

I promise I'll be back to run with DSE, but whether it's for a few or many races, I cannot say. I look forward to reading the newsletter and seeing the growth of all of you as you continue to get to get to know your bodies and limits while racing along these streets of San Francisco. While I'm away I will always be envious of all of you who have the good fortune to simply be with the DSE on any given Sunday. I will miss you all.

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NEW RACE COURSES FOR THE DSE

Do you think you know of a good race course that the DSE should try? If so, let us know. You can email your ideas to Janet Nissenson. The Race Schedule Committee won't meet until mid-2011 but we welcome any ideas you may have. Please email your ideas to Janet at JLnissenson@aol.com.

GOT A REVOLUTION

"Got a revolution" is taken from lyrics of a Jefferson Airplane song called "Volunteers." This song was written before I was even a sinful thought but it still holds true especially for the DSE. We are in desperate need of NEW volunteers. We are a club that revolves around our volunteers just as much we do our runners. There is no racing without volunteers. Please email Jim Kauffold at jekauffold@gmail.com if you want to volunteer on a Sunday morning (around 8 to 10 AM) or try your hand at race directing. We have a lot of support for our new race directors and in the next few weeks we will be looking for 2011 race directors.

Also note that many of our trophies at the end of the year Gala awards banquet require volunteer hours to obtain recognition. Members need two volunteer hours for a small trophy and

CLASSIC STU-PEDS by Stu Ruth



four volunteer hours for the large trophy. Note that all volunteer hours referenced must be earned at official DSE races or events. Volunteering at the aid stations at the Kaiser Half Marathon or San Francisco Marathon does not count toward this requirement.

AT THE RACES

Run the **Embarcadero 10K** on **November 7th** with limited tourists. The summer busy season is now long gone, and we're starting the race from Third Street and Mission Rock. Also, remember that **Daylight Savings ends**, so set your clocks back.

On **November 14th**, run the **Golden**

Gate Park 10K along the scenic north side of the park. Feel free to warm up and cool down on the endless sands at Ocean Beach.

The **Single/Double Lake Merced 4.5M/9M** race is on **November 21st**. This will be a fun test for a lot of you to see if your fitness levels are better now compared to this summer while you were racing weekly at the Lake Merced summer series.

There will be **NO DSE Race** on **November 28th**, but you can Run Wild for 5K or 10K in Golden Gate Park.

Sacco's Corner

George Sacco, Sr. Vice President

THE IMPORTANCE OF RUNNERS WEARING THE RIGHT BIB

At the Rockaway Beach run last Sunday several self-timers came through the finish chute with orange or white bibs. I am not sure how this happened, nor am I pointing fingers at anyone. I worked the registration table and may have given out the wrong bibs. I assume that the self-timers were non-members who did not understand that orange and white bibs are used to identify the female and male timed race participants.

To solve or reduce this problem in the future I am asking that those working the registration table ask non-members if they will be running the race or self-timing. If they are self-timing, issue green bibs for both female and male self-timers, and explain why they given green bibs. This will help the timers, the volunteers in the finish chute and the individual who is typing the race results.

Thank you.

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>. Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com.

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

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

Mail/Phone/Email Address

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

Articles and Photos

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

WEBMASTER: Natalie Nissenson
webmaster@dserunners.com

MY ONE-YEAR ANNIVERSARY WITH MY RUNNING CLUB

Tony Nguyen

Today marked my one year anniversary with Dolphin South End Runners. I remember feeling a lot of anxiety when I initially signed up. I remember thinking, "Uh, Tony joined a running club? What the heck?!" I didn't know what to expect. Of course, my imagination got the best of me, and I worked myself up into a frenzy. I kept fearing that the DSE folks would be running snobs and would instantly reject me because I'm too slow. It stressed me out! Fortunately, this was not the case.

My first race with this group took place the morning of October 11, 2009, a 10K run through Golden Gate Park. Joining me on this 10K was my buddy, Rachel, who ran the Kaiser Half the previous year. Rachel arrived at my place at about 8:15 AM. The race didn't start until 9:00 AM, and it only takes about 5 minutes to get to the starting point from my place, but I insisted on allowing plenty of time, as this was our first run with the Dolphin South End peeps. Good thing we did, because the two of us got lost in Golden Gate Park. There were so many twists and turns in that park that we were running around in circles. Fortunately, we were able to find our way and made it to the starting point right when the start gun went off. The two of us probably lost about two minutes which, I must admit, stressed me out at first. However, once I got into the groove, I relaxed and found my pace. I am happy to say that I completed that 10K in a little over an hour with a 10:19 pace, according to my Garmin GPS watch. The final



results had me at 67:58 with a 10:56 pace. No complaints there!

When I received my first DSE ribbon, I gushed like a little kid who just won an award. I absolutely loved that ribbon, and I proudly displayed it on my wall. Until the 2009 San Jose Rock & Roll Half Marathon, my first 13.1 miler, I had never won any award for any sporting event. I was that fat kid who always got picked last in PE, so any award I received for running, big or small, is cherished. Since that first race with this cool running club, I have collected 17 more ribbons as well as 24 half marathon and four full marathon medals. I have come a long way with my running, and I owe a lot of it to the folks at DSE. There is definitely a sense of community here. I look forward to waking up at 7:00 AM on Sundays so that I can spend the morning with these people. The support I receive from them helps me to improve. I know that I am always in

the back of the pack, but I work hard to finish, and it's so nice to have cheerleaders on the sidelines encouraging me when I cross that finish line at every race. I am very lucky to be a part of this awesome club.

For all you new runners out there, I highly recommend that you join a running club. You'd be amazed at how your life will change. DSE, thanks for welcoming and accepting me. I am very fortunate to have you. It's been a wonderful year, and I look forward to many many more!

WORLD AIRLINE ROAD RACE

Wally Rapozo

Liese and Wally Rapozo just returned from London where they participated in the World Airline Road Race from September 22nd to the 25th. WARR is an event sponsored by a difference airline every year, in a different city in the world, for all airline employees and their families. This year British Airlines was the sponsor.

A different social event is held each day. On the first day, there is a meet and greet evening for everyone to renew acquaintances and meet new employees. The next day there is a t-shirt exchange where the employees exchange t-shirts from their respective airlines.

It ends on Saturday with 10K and 5K races. On Saturday evening there is an awards banquet where trophies are given for airline participation, airlines from the furthest parts of the globe and all age groups. Over 2,000 employees and family members attended.

This was our 14th year, and we are looking forward to next year which will be sponsored by American Airlines in Grapevine, Texas.

2011 DSE RACE CALENDAR

continued from page 1

JANUARY

- 1 – Hangover Run 3.5M (FUN RUN)
- 2 – Lake Merced 4.5M (permit pending)
- 9 – Windmill 10K (permit pending)
- 16 – Great Highway 4M (permit pending)
- 23 – Waterfront 10M/5K – **8 AM START; 8:10A M for 5K**
- 30 – Arts & Sciences 5K (permit pending)

FEBRUARY

- 6 – no DSE – opportunity to run or volunteer at Kaiser Permanente Half Marathon – www.pamakids.org
- 13 – Golden Gate Bridge Vista 10K
- 20 – Strawberry Hill 5K (permit pending)
- 27 – Embarcadero 10K – **8 AM START**

MARCH

- 6 – Golden Gate Park 10K (permit pending)
- 13 – St. Patrick's Day 5K
- 20 – no DSE – opportunity to run Across the Bay 12K – www.rhodyco.com
- 27 – Bay Trail 4M



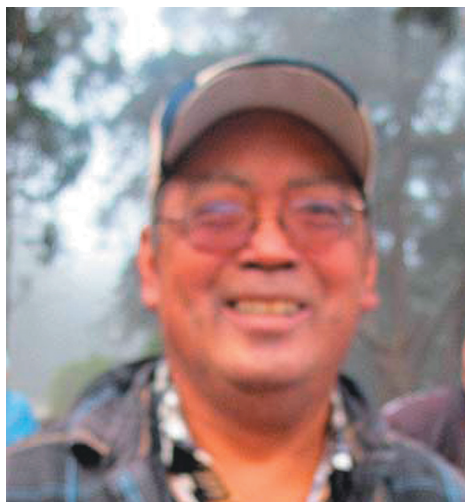
Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

October 10, 2010

Kennedy Drive 8K

Race Director: Calvin Chan

Volunteers: George Sacco, Robert Brizuela, Pat Geramoni, Bobby Marty, John Woods, Jerry Flanagan, Vince French, Bruce Leary, Sam Roake, George Baptista, George Teiber, Michael Gulli, Kathleen Lail, Chikara Omine, Kevin Lee



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Alex Lorton	26	27:48
2	Sloane Cook	21	27:59
3	Bobby Lozoya	19	28:07
4	Ian Macnider	25	29:23
5	Jason Reed	31	29:56
6	James Stanfill	19	30:05
7	Matt Holman	29	30:24
8	Andrew Macnider	22	30:26
9	Tim Comay	26	30:29
10	Alex Munoz	40	30:45
11	Will Colglazier	30	30:58
12	Hiromitsu Iijima	39	31:42
13	Alan DeLoria	25	32:25
14	Erin Moody ①	26	32:35
15	David Altena	49	32:43
16	Steven Pitsenbarger	42	32:53
17	Ken Allen	42	33:10
18	Chad Evans	38	33:12
19	Ky Faubion	28	33:17

20	Luis Vargas	53	33:25
21	Rick Torrealano	61	33:29
22	Cristian Alvarez	31	33:48
23	Daryl Luppino	50	33:53
24	Josh Landman	38	33:59
25	Ryan Cole	29	34:08
26	Tim Hall	40	34:15
27	Lisa Penzel ②	45	34:30
28	Dave Coulman	50	34:37
29	Burton Lee	38	34:59
30	Dan Ransenbers	32	35:06
31	Sanber		35:12
32	Noriko Bazeley ③	52	35:24
33	Doug Lee	29	35:51
34	Kim Kilgroe ④	21	35:54
35	Marcial Saavedra	18	36:18
36	John T. Buckley		37:04
37	David Garcia	58	37:12
38	Larry Wuerstle	55	37:24
39	Victor Hernandez	29	37:39
40	Edward Helog	33	37:42
41	Irene Dong ⑤	18	37:51
42	Jeff St. Claire	44	37:59
43	Maria Pontoja		38:50
44	Patrick Lee	63	38:55
45	King Wayman	61	38:55
46	Greg Hilbrich	54	39:00
47	Sharon Melmon	46	39:14
48	Tim Akers	51	39:52
49	Mike Gaughan	24	39:58
50	Patrick McElligott	35	40:05
51	Jim Buck	67	40:08
52	Mark Kelley	54	40:11
53	Stephanie Soler	36	40:17
54	Bob Akers	54	40:20
55	Laura Harrison	47	40:21
56	Drew Peerless	47	40:22
57	Kenneth Fong	48	40:24
58	Kathryn Myers	23	40:28
59	Joerg Iske	43	40:32
60	Ed Kinchley	61	40:36
61	Francois Lariviere	48	40:36
62	Michael Smith	42	40:37
63	Gary Brickley	58	40:56
64	Joe Czech	57	41:04
65	Mark Prichard	55	41:09
66	Kush Patel	29	41:32
67	Grace Nadolny	53	41:43
68	Kathleen Lail	42	41:47
69	Matthew Fabry	37	41:52
70	Junichi Nagaki	42	41:54
71	Thomas Smiley	53	42:07
72	Cait Steiner	21	42:24
73	Annis Steiner	27	42:25
74	Jim McBride	67	42:34
75	Katy Dinner	40	42:57
76	Nick Footsacck	37	43:03
77	Melissa Cheung	25	43:17
78	Elizabeth Sadoff	61	43:26
79	Sandra Sigurdson	54	43:28

80	Paul Mosel	68	43:32
81	William McCarty	62	43:33
82	Marian Lyons	63	43:37
83	James Golden	59	43:55
84	Mike Rouan	46	44:04
85	Jennifer Yasis	39	44:11
86	Sharon Morgenstern	65	44:38
87	Betsy Gray	27	44:51
88	Jane Czech	58	45:17
89	Ronnie Blancas	10	45:36
90	Ron Blancas	37	45:36
91	Chris Gaughan	51	45:40
92	Rocco Mullinax	36	46:52
93	Pat Geramoni	62	46:54
94	Yong Cholee Haber	52	47:02
95	Tom Huster	67	47:29
96	Martha Arnaud	40	47:40
97	Christina Zigliotto	22	47:45
98	Lan Hoang	29	48:14
99	Ruth Lind	44	48:21
100	Laura Froelich	43	48:28
101	Stephanie Fjunre	21	48:43
102	Michael DeMerlo	27	49:08
103	Shannon Manning	32	49:10
104	Suzana Seban	57	49:11
105	Sharon Munoz	14	49:18
106	Fred Haber	51	49:41
107	Lisa St. Claire	43	50:05
108	Jeff Shopoff	66	50:39
109	Julie Chan	31	50:44
110	Henry Nebeling	78	50:47
111	Gary Bengier	55	51:28
112	John Gifford	68	51:40
113	Arturo Ayan	35	52:19
114	Amanda Ogus	23	52:38
115	Diana Charrette	52	52:56
116	Alana Anderson	14	53:18
117	Jane Colman	67	53:33
118	Mike Hung	59	54:10
119	Mary Gray	48	54:27
120	Curt Newton	51	54:55
121	Tony Nguyen	37	55:24
122	Kay Teiber	71	56:24

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Fred, Yong and Mary

Photo by Don Watson

KENNEDY DRIVE 8K

123	Jim Kauffold	73	57:54
124	Cowboy Guy	57	58:16
125	Greg Brown	61	59:17
126	Harry Cordellos	72	59:18
127	Ann Santos	37	60:45
128	Shannon Luppino	14	63:33
129	Margo Banowicz	51	65:10
130	Sandra Gifford	69	66:09
131	Dave Picariello	56	68:03

SELF-TIMERS

Sherrill Golden	68
Ann Agbayani	50
Jesse Agbayani	58
Wally Rapozo	82
Liese Rapozo	83
George Sacco	72
Sunhi Kim	52
Russell Breslauer	65
R. Pezzy	

October 17, 2010

Rockaway Beach 5K

Race Director: Bob Morris

Volunteers: George Sacco, Calvin Chan, Pat Geramoni, John Woods, Bobby Marty, Vince French, Mark Mooney, George Baptista, Sam Roake, Martha Arnald, Rick Torrealano, Kevin Lee, Janet Nisenon



Race Director Bob Morris

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PL	NAME	AGE	TIME
1	Grant Johnson	27	18:03
2	Sloane Cook	21	18:38
3	Jason Reed	31	18:59
4	Ky Faubion	25	19:13
5	Michael Melton		20:43
6	Luis Vargas	53	21:22
7	Lisa Penzel ①	45	21:32
8	Charles Johnston	24	21:45
9	Rick Torrealano	61	21:54
10	Aaron Reif	34	22:17
11	Danny Escobar	14	22:18
12	Dan Escobar	49	22:20
13	Catherine Melton ②	26	22:31
14	Catherine Lowdon ③	15	23:13
15	Miguel Guerrero	41	23:27

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Tom Boyd	64	
Ed Olkowski	67	89:32

KIDS' RACE RESULTS

1	Michael Esquivel-Cheung	12	4:05
2	Alexander Esquivel-Cheung	10	4:09
3	Takeru Iijima	8	4:15
4	Jack Woods	9	4:20
5	Natalie Woods	7	5:01
6	Jacob Lail	6	5:10
7	Victoria Mullinax	9	5:50
8	Chinatsu Iijima	5	6:10
9	Jacob Landman	5	6:15
10	Freya Wehrheim	5	6:17
11	Haruna Nagaki	6	6:19
12	Michelle Alvarez	4	6:50
13	Abigail Landman	2.5	7:45
14	Reese Blancas	3	8:15

16	Erika Kikuchi ④	32	23:33
17	Larry Wuerstle	55	23:47
18	Jorge Larre	54	24:01
19	Kenneth Fong	48	24:11
20	Mike Johnson	46	24:23
21	Sandra Hobbs ⑤	38	24:32
22	Mike Escobar	12	24:38
23	Baxter Wear	12	24:40
24	Nickolas Melville	40	24:41
25	Maria Pantoja		24:43
26	Hunter Lowdon	15	24:59
27	Stephanie Soler	36	25:04
28	Patrick Lee	63	25:06
29	Christina DeGregorio	25	25:16
30	James Taylor	27	25:18
31	Amy Sonstein	40	25:40
32	Linnea Fox	13	25:52
33	Jana Nisbet	36	25:59
34	Adrian Escobar	12	26:00
35	Jackson Polverari	10	26:08
36	Markus Guittap	10	26:13
37	Mark Guittap	44	26:16
38	Joseph Cenni	9	26:19
39	Carolina Bonhan	33	26:29
40	James Van Haften	49	26:43
41	Paul Mosel	68	26:46
42	Dana Farkas	51	27:18
43	Sylvia Chan-Malik	36	27:22
44	Jennifer Taufer	31	27:30
45	Pam Guevarra-Johnson	49	27:47
46	Jyoti Srivastava	35	28:09
47	Alice Goodwin	28	28:10
48	Sherman Arnest	38	28:12
49	Sandra Sigurdson	54	28:21
50	Mike Rouan	46	28:27
51	Geores Buttner	74	28:40
52	Paurene Duramad	36	28:56

53	Mike Shine	61	29:01
54	Carol Hamilton	44	29:03
55	Steve Nissenon	62	29:07
56	Sara Burke	42	29:19
57	Rae McCall	34	29:46
58	Rocco Mullinax	36	29:51
59	Brian Hartley	57	30:14
60	Jack Woods	9	30:24
61	Yong Cholee Haber	52	30:26
62	Kevin Putz	9	30:29
63	Christina Walter	31	30:33
64	Delbert Butcher	41	30:52
65	Pat Geramoni	62	30:53
66	Tom Huster	67	30:55
67	Fred Haber	51	30:57
68	Brian Dierking		31:00
69	Ligia Bermudez	39	31:11
70	Jeff Shopoff	66	32:20
71	Morgan Rodriguez	49	32:21
72	Rebecca Miller	47	32:23
73	Suzana Seban	57	32:33
74	Jennifer Fowles	27	33:22
75	Shannon Luppino	14	33:55
76	Daryl Luppino	50	33:56
77	Veronica Arnest	34	33:57
78	Jesus Sandoval	11	34:14
79	Carl McIlmoil	10	34:19
80	Joseph Schoenwolf	31	34:47
81	Jim Kauffold	73	35:52
82	Colby Houston	10	36:09
83	Jeff Houston	52	36:10
84	Chris Van Haften	35	36:43
85	Stacy Russell	40	37:27
86	Marcia Martin	58	37:42
87	Female Runner		38:06
88	Barbara Robben	76	38:10
89	Anders Fox	15	38:12
90	Gina Tosetti	35	39:08
91	Gina Cassano	40	49:09
92	Heather Casteel		39:11
93	Brenda Munoz	11	39:12
94	Alex Munoz	40	39:30
95	Jennifer Bonille	30	39:58

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Barbara Robben and grandson Anders Fox smiling and running by the ocean
Photo by the Cowboy

96	Dale Stevens	33	39:59
97	Margo Banowicz	51	41:23
98	Edward Ladouceur	44	41:24
99	Arleene Velayo	28	41:29
100	Joda Folen	7	41:42
101	Forrest Folen	33	42:54
102	Tommy Polen	26	42:55
103	Jeanette Barker	31	43:27

SELF-TIMERS

George Sacco	72
Wally Rapozo	
Ray Piva	
Liese Rapozo	

Richard Finley	62
Sunhi Kim	
Dave Coulman	50
Aramis Gutierrez	56
Hannah Ladouceur	10
Tricia Ladouceur	41
Dee Farkas	83
Cowboy Guy	57
Jane Lee	
Susan Herder	
Selena Gutierrez	27
Doris Butcher	40
Janice Coullion	42

45	Kelly Pisarri	29	58:36
46	Ali Holdener	27	58:45
47	Mike Rouan	46	59:04
48	Martha Arnaud	40	59:19
49	Marian Lyons	63	59:42
50	William McCarty	63	1:00:01
51	Theo Jones	71	1:01:09
52	Bernard Conlu	44	1:01:11
53	Sharon Munoz	14	1:01:13
54	Ruby Hsu	23	1:01:24
55	Caitlyn Gertz		1:01:25
56	Sandra Sigurdson	54	1:01:38
57	Rocco Mullinax	36	1:01:46
58	Michael Scully	47	1:03:34
59	Yong Cholee Haber	52	1:04:15

October 24, 2010**Fort Point 10K****Race Director: George Sacco****Volunteers:** Calvin Chan, George Baptista, Jim Kauffold, Vince French, Diann Leo, Jerry Flanagan, Chikara Omine, Kevin Lee, Mike Gulli**Race Director George Sacco**

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PL	NAME	AGE	TIME
1	René Manthee	28	34:50
2	Grant Johnson	27	34:56
3	Andrew Van Hoogenstyn		
		26	35:16
4	Alex Lorton	26	36:45
5	Sloane Cook	21	37:30
6	Ky Faubion	25	39:17
7	Alex Munoz	40	40:12
8	Frank Manthee	52	40:27
9	Gene Payne	32	40:46
10	Edward Haack	42	41:18
11	Mark Orders	52	41:21
12	Jason Reed	31	42:27
13	David Altena	49	42:52
14	Alan DeLoria	25	43:10
15	John Woods	46	43:19
16	Rick Torreano	61	43:35
17	Steven Pitsenbarger	42	44:35
18	Molly Shannon ①	30	45:14

19	Marcial Saavedra	18	45:46
20	Riya Suising	43	46:09
21	Cristian Alvarez	31	46:56
22	Daniel Henry	40	47:11
23	Nadine Hamilton ②	43	47:37
24	Alex Ianculescu ③	29	48:35
25	Andrew S.	28	48:44
26	Larry Wuerstle	55	48:57
27	Noriko Bazeley ④	52	49:04

**Noriko Bazeley placed in the Top Five one week after running the Nike Women's Marathon**

Photo by Don Watson

28	Michelle LeTourneau ⑤		
		31	49:38
29	Maria Pantoja		50:26
30	Patrick Lee	65	51:10
31	King Wayman	61	52:02
32	Steve Seymour	49	52:04
33	Miguel Guerrero	41	52:27
34	Diane Henry	39	52:34
35	Tim Degraw		53:04
36	Ed Kinchley	61	53:46
37	Stephanie Soler	36	54:00
38	Amy Sonstein	40	55:15
39	Paul Mosel	69	57:10
40	Jim Golden	59	57:23
41	Matt Bouchard	38	57:57
42	Jen Yasis	39	58:05
43	Greg Brown	61	58:25
44	Geores Buttner	74	58:35

**Fred and Yong running east from the Golden Gate Bridge**
Photo by Don Watson

60	Fred Haber	51	1:04:17
61	Tom Huster	67	1:04:39
62	Jeff Shopoff	66	1:04:44
63	Brian Dierking	46	1:06:25
64	Rebecca Miller	47	1:06:26
65	Gary Bengier	55	1:08:17
66	Mary Gray	48	1:09:59
67	Dave Picariello	56	1:12:54
68	Kevin Fry	31	1:13:18
69	Jim Kauffold	73	1:16:34
70	Jane Colman	67	1:17:02

SELF-TIMERS

Sherrill Golden	68
Jeanette Barker	37
Brie Reybine	
Jesse Agbayani	50
Roxanna Pezzy	
Ann Agbayani	50
Tiffany Gustafson	31

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. Yhr only way to guarantee being included, even for local races, is to notify me at janecol@earthlink.net.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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Woodside Trail Runs, September 4

17K

65	Margie Whitnah	62	1	F 60-69	3:09:05
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35K

33	Gregg Whitnah	60	2	M60-69	4:37:40
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World Championship Aquathlon, 1000m swim, 2.5K run, Budapest, September 8

	Barbara Robben	76	1	F 75-59	51:00
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Golden Leaf Half Marathon, Aspen, CO, September 25

	Jim Kauffold	73	1	M 70+	3:38:09
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Bridge to Bridge 12K, October 3

10	Jason Reed	31	6	M30-39	46:13
14	Peter Hsia	50	1	M50-59	47:33
18	Andrew Macnider	22	5	M20-29	48:05
29	Eduardo Vazquez	35	12	M30-39	49:12
106	Hugo Pegley	13	3	M13-16	54:08
188	Nick Pegley	49	28	M40-49	57:25
232	Alfred Hu	50	17	M50-59	58:42
287	George Musante	55	21	M50-59	1:00:08
289	Noe Castanon	40	48	M40-49	1:00:10
293	Theodore Jones	71	4	M60-99	1:00:14
300	Daniel Henry	40	51	M40-49	1:00:21
446	Greg Hilbrich	54	38	M50-59	1:03:43
527	Stephanie Soler	35	53	F 30-39	1:05:17
651	Mark Kelley	54	57	M50-59	1:07:16
717	Joel Rinaldi	27	114	M20-29	1:08:15
727	Paul Mosel	68	20	M60-99	1:08:21
756	Amy Sonstein	40	55	F 40-49	1:08:40
769	Lucille Wing	53	12	F 50-59	1:08:54
925	James Golden	59	84	M50-59	1:11:06
997	Dana Farkas	51	18	F 50-59	1:12:10
1038	William McCarty	62	28	M60-99	1:12:46
1150	Martha Arnaud	40	106	F 40-49	1:14:09
1322	Carol Pechler	70	5	F 60-99	1:16:24
1503	Matthew Bouchard	38	266	M30-39	1:19:26
1616	Suzana Seban	57	44	F 50-59	1:21:40
1723	Henry Nebeling	78	46	M60-99	1:23:53
1997	Dennis Hassler	76	53	M60-99	1:30:57

Bridge to Bridge 7K, October 3

54	Stephanie Polverari	44	4	F 40-49	34:11
98	Grace Nadolny	53	1	F 50-59	36:47
131	Sandra Sigurdson	54	2	F 50-59	38:48
155	Jeanie Kayser-Jones	7	2	F 60-99	44:20
349	Russell Breslauer	65	13	M60-99	44:47
372	Jeffry Darrow	61	14	M60-99	45:09
445	Barbara Robben	76	6	F 60-99	53:20
990	Mike Etheridge	41	80	M40-49	1:04:25
1005	John Woods	46	81	M40-49	1:05:17
1091	Dee Farkas	82	22	F 60-99	1:10:19

Rock 'n' Roll San Jose Half Marathon, October 3

81	Kenley Gaffke	32	10	M30-34	1:24:00
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continued on page 8

Volunteers Needed

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00 to 9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing and stringing from 8:55 AM to the race end (a good option for self-timers and those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

November 7	Embarcadero 10K
November 14	Golden Gate Park 10K
November 21	Single/Double Lake Merced
December 5	Ferry Building 4M
December 12	Arts & Sciences 4K
December 26	Mission Rock 5K

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

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 reload 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. **WITH ONLY TWO MONTHS REMAINING UNTIL YEAR END, PLEASE BE SURE YOU HAVE YOUR REQUIRED VOLUNTEER HOURS IN.**

FINAL TWO MONTHS TO CONTRIBUTE VOLUNTEER HOURS

Janet Nissenson

With only two months and six races remaining in 2010, the time to contribute your two hours of volunteering in order to qualify for year-end awards is very brief. As a reminder, the two hours of credit is required in order to qualify for Mongo Trophies, Top 5 awards, and age division awards. If you are hoping to win a large Mongo trophy, then the number of hours contributed goes up to four.

Volunteer hours may be contributed at the weekly races by assisting at the registration desk (you must arrive prior to 8:00 AM and work up until race start), or by assisting at the finish line. If you do both jobs at one race, this will take care of your two hours.

We are also actively seeking club members to take on various jobs within the club and become part of our Operations team. Open jobs that can still be completed this year and thus satisfy your volunteer requirement include:

- Creating/updating course maps using Google Maps or similar program
- Designing a new member brochure
- Product donations/requests coordinator

Please contact Grant Johnson at grant.grantjohnson@gmail.com if you are interested in taking on one of these jobs. For questions about how many volunteer hours you have already contributed this year, please contact Janet Nissenson at jlnissenson@aol.com. To volunteer at a weekly race, please contact Kevin Lee at dse.pekingduck@juno.com.



Gregg and Margie Whitnah show off their medals after the Bizz Johnson Marathon

DSE AT THE RACES

270	Riya Suising	43	8
2651	Kevin Lee	55	43
5560	Sharon Munoz	14	5
8772	Tony Nguyen	37	777
9084	Elizabeth Ascencio	50	263

Louis and Clark Marathon, St. Louis, October 3

599	Gregory Brown	61	8
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Pride Run, Oakland, October 9

10K

30	William McCarty		56:48
48	Elizabeth Ascencio		73:47

5K

7	Judy Waitz		23:33
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Dick Collins Firetrails 50M, Castro Valley, October 9

2	Chikara Omine	28	6:23:05
151	Erika Kikuchi	32	10:52:09
224	Noe Castanon	40	12:53:34

Primo's to Primo's 5K, San Ramon, October 10

493	Brian Hartley	57	39	M50-59	28:17
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Bizz Johnson Trail Marathon, Susanville, October 10

150	Gregg Whitnah	60	4	M60-64	4:52:19
212	Margie Whitnah	62	3	F 60-64	7:01:51

Chicago Marathon, October 10

2817	Edward Haack	42	384	M40-44	3:28:42
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Rock'n River 50M, Auburn, October 16

64	William McCarty	63	4	M60-99	12"57:04
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Nike Women's Marathon, October 17

5	Todd Toffoli	30	2	M30-34	3:01:44
75	Riya Suising	43	5	F 40-44	3:34:39
252	Noriko Bazeley	52	5	F 50-54	3:52:20
804	Leopoldo Rosales	56	4	M55-59	4:21:13
896	Lucille Wing	53	29	F 50-54	4:18:55
1181	Marian Lyons	63	5	F 60-64	4:33:45
2105	Carol Pechler	70	1	F 70-74	5:02:53

Nike Women's Half Marathon, October 17

7715	Jane Colman	67	10	F 65-69	2:37:17
9898	Virginia Rosales	46	902	F 45-49	2:55:58
9975	Mercedes Acosta	66	23	F 65-59	3:14:11
10825	Mary Jean Pramik	62	116	F 60-64	3:20:55

Humboldt Redwoods Marathon, October 17

20	Eduardo Vazquez	37	3	M35-39	3:18:57
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Humboldt Redwoods Half Marathon, October 17

30	Chikara Omine	28	5	M25-29	1:18:47
32	Joseph Wehrheim	38	7	M35-39	1:19:23
57	Roy Clarke	54	6	M50-54	1:24:17
78	Hans Schmid	70	1	M70-74	1:35:39
131	Russ Kiernan	72	2	M70-74	1:40:43
163	Theodore Jones	71	3	M70-74	1:45:13
181	Marie Appel	46	5	F 45-49	1:47:32
572	Dina Kovash	72	2	F 70-74	3:12:56

Humboldt Redwoods 5K, October 17

116	Jeanie Kayser-Jones	74	2	F 70-74	30:42
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Detroit Free Press Marathon, October 17

2555	Gregory Brown	61	41	M60-64	4:57:07
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Pumpkin Run 10K, Half Moon Bay, October 17

203	Mary Gray	48	36	F 40-49	1:10:02
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continued from page 7

F 40-44	1:32:57
M55-59	1:59:14
	2:19:35
M35-39	2:58:46
F 50-59	3:05:42

M60-64	4:58:03
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continued on page 9

MOTIVATING YOURSELF THROUGH THE BURNOUT BLAHS

Rick Torreano

It can happen at any time and at any age. The dog days of summer (or any time of the year) set in. You're running your best times, feeling at your peak, and then something happens. You begin to get the "blahs" about running. You seem to lose some pep and energy in your workout efforts. Your legs may begin to feel like cement poles. Other things are on your mind when you're working out. Your race times begin to go up instead of down. You begin to ask yourself this one question: Is working out important enough to keep within your daily/weekly schedule? And when all this happens, you know it has set in. It's called "The Burnout Blahs."

DSE is the greatest running club in America. I'm convinced of that. Races mostly every week of the year – for just three bucks, food/refreshments, camaraderie and a sense of team spirit among all age groups and genders. And that feeling we all get AFTER a race — it's fantastic! But these same running club strengths can also be viewed as the Achilles heel to SOME runners — and that is the fact that it IS every week. There is NO real break in the DSE "season." It's continual, constant and ever-present. Of course it IS optional to all of us but there-in lies the chance for burn-out to set in. How do you stay fresh about your running, physically, mentally and yes spiritually? Here then are a few ideas and tips that might help anyone who may be experiencing burnout.

TAKE A BREAK! This is a no-brainer. It's the easiest thing to do! Taking a few days off from your regular running workout/routine, can be refreshing in and of itself. If you're a younger runner, you don't lose much of your competitive cardio levels and it might be just what's needed. If you're older, BEWARE of taking prolonged breaks! I went through a stomach parasite issue in mid-summer, causing me to lose 13 days of training. When I got back into my training, I seemed to have lost ALL speed and my legs felt like lead weights. It took me almost a month to actually "feel" fast again. Leg speed is an undervalued and unnoticed attribute required of any runner to perform at his or her best. Losing leg speed happens when you stop running. So this idea of taking a break should be weighed against what you lose.

CHANGE YOUR WORKOUT LOCATIONS! Sounds simple enough, but runners are creatures of habit. We like our weekly routine of workouts and where we do them. New scenery during your runs can be both refreshing and invigorating. It's okay to not think about your workout paces or even an overall goal of that workout. When you got the blahs, change up where you run!

CROSS-TRAIN! As runners, we run. Sometimes it can actually get (yikes!) BORING! We may not want to say it but it's part of the symptoms of the "burnout blahs." Consider riding your bike, taking a swim at your gym (if you have one), or working on some machines instead of going for your run. Work on your core muscles in a different way. It gives you a different perspective, even if for just a few days. Then — when you do your next run, you'll have a refreshed attitude.

CHANGE UP YOUR GOALS! Even if it's for just the upcoming week. Instead of focusing on race pace, PRs or weekly mileage, think up new goals or extend those weekly goals out across a four-week period. If you're finding you're not meeting a race-pace goal at Sunday morning's race, consider a goal geared toward "how you feel" during the race. Are you breathing comfortably? Do your legs feel "light?" Maybe you mix up your practice running speed by doing intervals at different paces. If you've got the "blahs," LOWER your time expectations for your repeat half miles or quarters. Reaching a lower-set goal when you have the blahs is STILL encouraging. Don't worry that you're running a slower pace than you had been. Your speed and pacing times will pick up again in time.

REVIEW WHAT YOU'VE

ACCOMPLISHED! If you feel like you're not getting anywhere, go back in the history of your runs from previous months or last year. Compare your PR times from the previous points in time. Take satisfaction that you've done well over the course of a long period of time. (DSE is non-stop, 12 months a year!) Pick a specific race you ran last year and make a goal of finishing with that same time or better in this year's race. In other words, search out something of your racing or running history and match that result to something you want to achieve in the next month or two months. Again, the focus is to "CHANGE UP HOW YOU THINK OR TRAIN." Any things you can do to mix it up will help you pull yourself out of the burnout blahs.

REVIEW MENTAL and SPIRITUAL

LEVELS: No, I'm not talking about "praying" as much as I'm talking about "reflecting." When I run, I think about my mental state and where I am in the overall spirit of our species. We all have demons of some sort. I analyze my own demons and, during my running, I reflect on how I can be a better person or have a better attitude about things that flat out bug me! As you get older, more things can begin to bug you! (Wait until you get there!) For me, part of it is growing more set in my ways; another part is becoming more impatient with incompetency, whether it's my own or others'. If you've got the burnout blahs, consider reflecting on these areas during an LSD run (AKA long, slow distance). When you're doing speed work or repeat intervals, thinking of your mental or spiritual states is not conducive to that kind of training. That's why I suggest this type of reflection during those longer runs — which often are the runs that you have a harder time with if you're in a burnout state of mind.

OTHERS? Perhaps these are the most important. Why? Because I'm challenging YOU to come up with your own strategies. If any of my ideas here help you fight through a speedbump in your training, that's great, but if nothing more, I hope this short article will trigger your own ideas as to how YOU can fight through the burnout blahs!

Continue to burn bright, my running comrades!

◆◆◆ Monthly Running Schedule ◆◆◆

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

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

Sun Nov 7* Embarcadero 10K

START/FINISH: Third Street & Mission Rock

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

(Daylight Savings ends — set clocks back 1 hour)

COURSE DESCRIPTION: Run along Mission Rock and turn left at Terry Francois Street. Continue northbound on Terry Francois, then right on Third Street and cross Lefty O'Doul Bridge. Upon crossing bridge, begin a clockwise partial loop around AT&T Park. Run the diagonal across Willie Mays Plaza then continue northbound along the Embarcadero. When you come to the fork at the mini-park with the bow and arrow, stay to the left (street side, not bay side). Turn around at the west end of "Aquarium of the Bay" at Pier 39 and return same way back to finish.

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

Sun Nov 14 Golden Gate Park 10K

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 eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto ML King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two four-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

Sun Nov 21 Single/Double Lake Merced Runs 4.5M/9M

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

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

Note: Both races start at 9:00 AM and course closes at 11:00 AM for both races.

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

Sun Nov 28 NO DSE RUN

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

Sun Dec 5 Ferry Building Run, 4M

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 two feet beyond the south side of Ferry Building complex and return the same way to finish.

Sun Dec 12* Arts & Sciences 5K

START/FINISH: Conservatory of Flowers, Kennedy Drive in Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, left uphill on Stow Lake Drive, then clockwise around Stow Lake exiting on Martin Luther King Drive. Run left on MLK Drive, left onto "horseshoe" streets (Tea Garden, de Young, Academy of Sciences), then left back onto MLK Drive. Run on MLK Drive past Park & Rec baseball fields, then left on Bowling Green Drive to finish.

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

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) —6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ Monday at 6:00 PM—adidas Sport Performance Store San Francisco, 845 Market Street. Led by Warren Chang. 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 members who opt to receive the monthly newsletter online. Membership/Renewal Applications are available on the DSE website, www.dserunners.com/members.html. From there you can click on the "membership application" link to download the form or on "register online" to join/renew online at www.active.com. If you choose to join/renew by mail, please send a check or money order made payable to DSE and a signed membership/renewal form to our Membership Coordinator, Richard Finley. Renewal dues are due by the date shown on the mailing label of your DSE newsletter (if you receive one by mail) or by the reminder date provided by e-mail from Richard (if you receive an e-newsletter).

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

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: **SATURDAY**, November 27, 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.

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

Overall, November will provide plenty of opportunities for stormy weather. Look for above-normal precipitation and below-normal temperatures. The sunniest and warmest temperatures are expected in the first week of the month with highs in the 70s to near 80 along the coast and in the City. Rain will develop in the second week of November with several days of heavy rain. After a break around mid-month, rain is likely during the first part of the long Thanksgiving holiday weekend, with dry weather for the last few days of the month.



♦ ♦ ♦ Club Officers & Coordinators ♦ ♦ ♦



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SAN FRANCISCO DOLPHIN SOUTH END RUNNING CLUB

805 VEGA CIRCLE
FOSTER CITY, CA 94404

RETURN SERVICE REQUESTED



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!

Happy Birthday! ◆◆◆◆◆◆◆◆◆◆
November

- 4 Aram Durgerian
Marsha Takemoto
- 5 Peggy Friar
Jake Slye
- 6 Daryl Luppino
Karl Olson
- 7 Matthew Cox
Denise Leo
- 10 Alan Yu
- 11 Aidan Murtagh
- 12 Roy Clarke
Dave Coulman
- 13 Tom Boyd
Ellen Breslauer
Betsy Gray
- 14 John R. Houghton
- 15 Mark Moser
Freya Wehrheim
- 16 Hugh Byrne
Michael Innes
- 17 Kelly Emo
- 18 Michael Gulli
- 19 Gloria McKay
- 21 Douglas Brown

- 22 Jeanie Jones
Peter Webb
- 23 Robert Brizuela
Michael Etheridge
- 24 Michelle Agbayani
- 25 Matt Tebo
- 26 Tom Baruch
Dylan Eret
Scott Tebo
- 27 Dennis Bowik
Kenneth Fong
- 28 Harry Cordellos
Becky Rozewicz
- 29 Schuyler Horn
- 30 Mercedes Acosta

Joe Connelly reads the DSE News
no matter where
he may find himself

New Members

- DAILY CITY
Monica Jacquez
- MORAGA
Susie Leclair
- SAN BRUNO
Steve Seymour
- SAN FRANCISCO
Michael Boone
Stephanie Douglass
Tiston McLaughlin
Ann Santos

