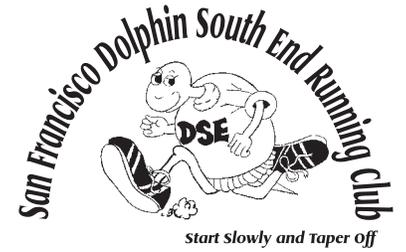


DSE NEWS



40th Year

January 2005

Remembering our Founder

Our new, featured race this month, the Walt Stack 5K on January 16th, honors the founder of our beloved club. Many of our club's traditions were begun by Walt back in the early days. Only a few of the current members were around when the club was started, so it seems appropriate to provide some club history for the rest of us. Here is an excerpt from Bob Bishop's *The Running Saga of Walter Stack*:

Soon after he began daily running in 1966, Stack suggested to the Dolphin Club membership that a running department be set up within the club. Only about two percent of the Dolphin Club's membership of 350 did some running, and Stack's organization efforts in behalf of this minority were well-received. The Dolphin Club Runners held Saturday morning runs that lent some camaraderie and friendly competition to runners seeking it. Runners from the adjoining South End Rowing Club often joined in on these runs, as did a couple of members of the inactive San Francisco Rowing Club. The only formal running program was within the Dolphin Club, but due to the participation of South End Club members, a joint running program was proposed by Stack in December of 1967. The name Dolphin South End Runners resulted. In deference to the one or two members of the inactive San Francisco Rowing Club, the initials "S.F." sometimes worked their way into this acronym, hence S.F.D.S.E. The runners were not an independent entity, but rather a running group whose membership was limited to members of the Dolphin, South End, and San Francisco Rowing Clubs. As the group's organizer, Stack's title was Running Commissioner, a position he shared with fellow Dolphin Club member Mike Lyons. "Even if we had been on our own," Stack says, "President sounded too ostentatious for a little cockroach outfit."

The weekly races began from an imaginary starting line somewhere in front of the three waterfront clubs. The starting line varied from week to week, race distances were inexact, and from the beginning the emphasis was on participation, not competition.... In later years this low-key approach of the DSE would become known as "fun running;" in 1966 it was little more than an attitude that said being last across the finish line was no less important than being first. Stack's populist philosophy of sports is that winning isn't being first, it's being there....

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From the President's Desk

◆ ◆ ◆ ◆ ◆ KEVIN LEE

2005 DSE OUTLOOK

HAPPY NEW YEAR! I have one wish for the DSE Membership, for you to stay healthy (free of serious injury) and prosperous (free from financial woes) throughout the calendar year. If you can avoid those two major obstacles, everything should fall into place. DSE's 2005 outlook is built on similar beliefs. Throughout the calendar year, DSE will be unveiling new ideas that we feel will stimulate club interest and growth. In this newsletter, DSE will ask for your club support with the Walt Stack Commemorative 5K, 2005 DSE Gala and Waterfront 10 Miler.

DECLARATION OF 2005 DSE OFFICERS

At the 12/19 General Meeting, since there was no opposing slate of nominees running for DSE Office, the declaration of 2005 DSE Officers was announced: President Kevin Lee, Sr. VP Janet Nissenson, 2nd VP George Sacco, Secretary Roxanna Pezzy and Treasurer Steve Nissenson. Special thanks to the 2004 DSE Officers for your invaluable leadership. Kudos to outgoing DSE Officer Calvin Chan, for staying on as Clothing Sales Coordinator. I would like to thank Richard Finley and Jim Gallagher for their help with the election procedures.

JANUARY RACE SCHEDULE

Please join DSE for the 1/1 Hangover FUN RUN, followed by a post-run celebration. Self-timing is recommended. Please see the December newsletter for a detailed

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REMEMBERING OUR FOUNDER, continued from page 1

When Walter Stack made the decision to become a runner, that was that. He didn't have the on-again, off-again experience so many people do when they embark on a running program. But as DSE Running Commissioner, Stack devised a point system to help beginning runners through the difficult period. They earned points for each race, ribbons for finishing a race, and numbered tongue depressors denoting their place of finish. Suddenly persons who never in their lives win any awards for their athletic ability were "winning" every time they ran a DSE race. So that they would not be without goals once they tired of ribbons, cumulative point totals were recorded....

Just as runners were not discriminated against for their lack of speed, neither were they ruled out on the basis of their age or sex. It's taken for granted today, but just a few years ago, a woman who ran was indeed a rarity....

About ten women were charter members of the DSE, all of them wives or friends of Dolphin and South End Club members. To promote running as a family activity, and because a woman's ability to run distances was not yet clearly established, women and children were required to run only half the men's distance, with the race results of women and children lumped together in the periodic club newsletter....

Knowing that some women might be discouraged by regularly being beaten by

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Although women may have been welcome at the DSE, they initially met resistance at almost every starting line. A group of DSE members, some of whom are still in the club, held a protest at the start of the 1970 Bay to Breakers race. Walt appears toward the right with his arms around two women.

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

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

Mail/Phone/Fax/Email Address

The DSE Newsletter mailing address is
Jane Colman
692 60th Street
Oakland, CA 94609-1420
Phone 510-652-3116, fax 510-655-8466
Email janecol@earthlink.net

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.

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Letters may be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 15th of each month if you would like it to be published in the following month's newsletter

FROM THE PRESIDENT'S DESK

continued from page 1

explanation. The very familiar 1/9 Lake Merced 4.6 mile loop is DSE's first official organized race of 2005. Please note the new \$3 member entry fee. On 1/16, the 10th anniversary of Walt Stack's passing, DSE will debut the WS Commemorative 5K. Please mark your calendar to pre-register for a souvenir T-shirt and a view of vintage WS photos. After a one year hiatus, the Single/Double Muni Pier Runs are back on 1/23. DSE closes out its January race schedule with the breathtaking 6.5 miles of the Windmill Run in GG Park.

DSE 2005 RACE SCHEDULE APPROVED/CALL FOR 2005 DSE RACE DIRECTORS

Good news, the 2005 DSE Race Schedule has been approved. For hard copy lovers, the six-month DSE 1st Half Race Schedule information (was a November newsletter insert) has not changed. If you would like another copy, please pick one up at your next DSE Race or download the 2005 Race Schedule from the DSE Website, www.dserunners.com. With a 40 race calendar, there is a continual need for DSE Race Directors. I am appealing to the active club members who participate at the weekly DSE Races. You are the benefactors from the weekly DSE Races. It is time for you to return the favor. Please do your part and sign up as a future race director. At your next DSE Race, please record your name on the RD Sign-up Board or contact Janet at 650-355-7660 or mom114@aol.com.

KAISER PERMANENTE HALF MARATHON AID STATION 2/6/05

There is no DSE Run on 2/6/05. Everyone is encouraged to participate in the Kaiser Permanente Half Marathon. If you are not running this event, join the DSE Volunteers at the six-mile aid station. Reporting time is 7:30 AM at Bernice Rogers Drive & Martin Luther King Drive. All volunteers will receive the souvenir T-Shirt. Please contact Ken Fong at 415-242-1194 or gnofnek@sbcglobal.net.

The Walt Stack Bench

Don Watson

Walt's Bench will be the starting point for the "Walt Stack Commemorative 5K." This bench came into being on May 20, 2000. DSE members and organizations Walt belonged to raised \$3,000 for the bench. They included the Peak Busters, the Marine Firemen's Union and the Hod Carriers Union. Thanks to former president Joe Oakes for pushing this project to conclusion.

The Marina Green was the only place we could find to dedicate a bench along the old "Walt Stack Trail" from Aquatic Park to the Golden Gate Bridge. It is owned by the City instead of the National Park Service. The NPS has strict rules about naming things for people. A woman, Corinne Thornton, was able to get four memorial benches at Fort Point. Then the Park Service tightened the rules. After she got the fourth bench they told her "no more."

Luckily we may have gotten the last available bench at the Marina Green for Walt. The bench looks out on the Bay toward Alcatraz. This location was the idea of Joe Oakes who organized many "Escape from Alcatraz" swims. Walt had been a "resident" at Alcatraz when the U.S. Army owned it. He had had enlisted underage and gone AWOL, so the Army sent him to Alcatraz. Walt, who later did the "Escape from Alcatraz" swims, loved to say that he was the only man incarcerated at Alcatraz who ever safely swam from the rock to the shore.

Although the San Francisco Park and Rec Department promised the bench would be finished well before the dedication, their work was deterred by rains. We put the heat on them and they had it in time. The paint was barely dry by the dedication.

The inscription on the plaque, designed by Joe Oakes and Len Wallach, reads:

REMEMBERING WALTER STACK

Leader, Activist, Friend

Mentor, Athlete, Jester

We will miss you Old Bean

Two Special DSE Events in January

Janet Nissenson

January brings two very special events for DSE members, both of which should not be missed.

The first is the Walt Stack Commemorative 5K on Sunday, January 16 at 9am at the Marina Green. You can register online at www.active.com until January 7 or by mail (must be postmarked by January 4). Applications were included with the December newsletter or can be printed from the DSE website. Race day registration will begin at 8:00 AM. The fee for DSE members is \$18, which includes a specially designed T-shirt with Walt's image. These are sure to become collector's items so be sure you are in attendance. The race will also feature age division awards (3-deep) and refreshments. There will also be a variety of Walt Stack photos and other memorabilia to view as well. Come pay tribute to the man who founded DSE and made so many important contributions to running in the Bay Area.

On January 23, join DSE for our annual Gala Dinner and Awards, to be held this year at the Irish Cultural Center. RSVP's must be received by January 12. An invitation was included with the December newsletter but copies can be printed from the DSE website, www.dserunners.com.

Be sure to bring your favorite race T-shirt to the Gala for the Second Annual DSE T-Shirt Contest! You might win an award for the oldest, most attractive or ugliest shirt!

A new addition to the Gala this year is the White Elephant Gift Exchange. Bring an unwanted or "gently used" item to exchange for another. Items should not be broken, dirty, not working, missing pieces or parts, etc. In other words, the item should not be something that you wouldn't want to receive yourself. Gifts should be wrapped and labeled as to gender appropriation – male, female or unisex.

2005 Waterfront 10M & 5K Races

Janet Nissenson

Join DSE on Sunday, February 27 for the 3rd annual Waterfront 10 Miler and 5K races. The 10M has proven to be a popular one for spring marathon training (Boston, Big Sur, Avenue of the Giants, etc.) or simply for those runners looking to build up their race mileage and endurance. Enjoy the flattest, fastest 10 mile course in the Bay Area through Fisherman's Wharf, South Beach and China Basin. You can register online at www.active.com or on race day. Fees are \$5 for the 10M.

If long distances aren't in your training plan as yet, then come out for the Waterfront 5K, also flat and fast along Fisherman's Wharf and the Embarcadero. Fee is \$3 for DSE members with race day registration only.

We will also need several volunteers to help at the aid station and as course monitors. You will receive two volunteer points for helping at one of these assignments. If you can volunteer, please contact Janet at mom114@aol.com or Kevin at dse.pekingduck@juno.com.

REMEMBERING OUR FOUNDER

continued from page 2

even the visibly out of shape men, Stack proposed that the DSE establish a separate division for women and children. Elaine Pederson, an early DSE member and one of the first women marathoners, opposed this, on the grounds that togetherness was more likely to foster women's and children's participation. She also felt the women would advance faster running with men. Men received five place ribbons, and Stack insisted the women should receive an equal number.... Stack's insistence on place ribbons for women helped get them enthusiastic about running. "When you've got four, five, or six hundred people running in a race," he says, "the first women would probably come in about 40th or 50th. Giving a first place ribbon to a woman who came in 40th or 50th was the kind of thing that would bring her back the next week. That's what we were after."

DSE Women Win Division at this Year's Saturn Relay Race

Janet Nissenson

The 12-person DSE team of "Walt Stack's Wild Women" easily won the Submasters Women division at this year's Saturn (formerly Providian) Relay Race. The race took place on the weekend of October 23 & 24, covering 199 miles from Calistoga to Santa Cruz.

This year was the 10th anniversary of the race and the only year in its history when it rained. Though the bulk of the rain stopped by early evening, runners still had to deal with colder than normal temperatures, heavy fog in the Santa Cruz Mountains, and mud and puddles in many of the exchange area parking lots. The 10th anniversary of the race coincided with the 10th anniversary of the death of Nicholas Green, the young boy from Bodega Bay who was murdered while vacationing with his family in Italy. His parents made international headlines when they chose to donate the boy's organs, something almost unheard of in Italy at the time. Since the Saturn Relay is devoted to raising funds and awareness of organ donation, one of the guests of honor at this year's race was an Italian woman who was the recipient of Nicholas' liver.

The DSE team time of 28 hours 36 minutes was good enough for first in the Submasters Women division, seventh out of nineteen womens teams, and 117th out of 241 total teams. Both the weather conditions and some stomach ailments slowed the team a bit but everyone ran their very hardest and gave each other support throughout the entire race.

We would very much like to thank our two race volunteers—Marie Appel and George Rehmet—for their assistance along the course, Calvin Chan for coming out to cheer us on at 1:00 AM at the Great Highway, and our two fantastic van drivers/crew members—Michelle Smith and Ken Reed—for everything they did to help us along the way. Walt Stack would be proud of all of us!



DSE folding sessions are not only work; they also include camaraderie, a chance to preview the newsletter, and refreshments. For details about this month's folding session, see page 11.

WINTER SWEATSHIRT BLOWOUT!

DSE would like to keep you warm throughout the winter. Effective immediately, DSE sweatshirts will be discounted to \$12.00 each. Please drop by a DSE race very soon and pick one up. Colors are gray and orange, with limited sizes and quantities.

DSE NEWS IS NOW AVAILABLE BY EMAIL

Beginning with this issue, the DSE News is will be available as a PDF file. If you would like to receive your newsletter via email instead of post office mail, notify our Membership Coordinator Richard Finley at diomo@juno.com, and he will arrange for you to receive it. The advantages are numerous: you will receive the newsletter no later than the day of the folding session, you can store it online rather than keeping having to keep track of the paper, and it will save the club money in paper, printing, and postage costs.

PHOTOS:

Upper left: Walt Stack's Wild Women—the winning women's submasters team at the Saturn Relay Race

Lower left: Kathleen and Cammie strut their stuff while we await Fiona from a tough trail leg





The Dolphin South End Running Club (DSE) Presents:

The Waterfront 10 Mile & 5K

Date: Sunday, February 27, 2005

Time: 8:00am – 10M 8:10am – 5K

Fees: 10M - \$5

5K - \$3 for DSE members, \$5 for non-members

Register online at www.active.com

Race day registration begins at 7:00am

Start/Finish: The Dolphin Club

Foot of Jefferson & Hyde Streets, San Francisco

Both courses are out and back – flat, fast & scenic

Water station at 3 miles and 7 miles for 10M Race

FOR MORE INFORMATION:

www.dserunners.com

Race Hotline: (415) 978-0837

RUNNING RESULTS

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

December 5, 2004

Kennedy Drive "8K" 4.8 miles

Race Director: Daryl Luppino

Volunteers: Richard Finley, Calvin Chan, Kevin Lee, Hilary Fong, Shannon Luppino, Joel Rizzo, Luis Vargas, Hashim Bashruddin, Richard Hannon, Bobby Marty



Race director Darryl Luppino and his daughter

As a child, running is a natural progression after walking. I have been a regular runner since 1990 and a DSE Member since October 2003. I enjoy everything about running.

PL	NAME	AGE	TIME
1.	Adam Lucas	37	29:24
2.	Thomas McManus	34	30:13
3.	Steve Stephens	60	31:2
4.	Thom Fox	57	31:47
5.	Kennet De Silva	22	32:35
6.	Mark Janes	29	32:43
7.	Martin Gutierrez	38	32:50
8.	Luis Vargas	47	32:59
9.	Cammie Dingwall ①	40+	35:56
10.	Ben Allott	30	36:09
11.	Alice Pierce ②	23	36:48
12.	Paul Mosel	63	36:59
13.	Kara Hebert ③	31	38:01
14.	Kathleen Lail ④	30+	38:05
15.	Gregory Brown	55	38:12
16.	Theo Jones	66	38:21
17.	Rich Nippes	56	38:45
18.	Patrick Lee	57	39:01
19.	Ken Reed	59	39:12

20.	Mark Magers	46	39:43
21.	Barry Murphy	34	39:45
22.	John Hebert	31	39:51
23.	Ron Kornitz	49	48:19
24.	Janet Nissenson ⑤	45	40:21
25.	Russell Breslauer	59	40:41
26.	Katherine Moser	35	40:59
27.	Jamie Nelson	25	41:02
28.	Jack Bascom	62	41:28
29.	Bob Morris-Khatib	50+	42:20
30.	Bob Nelson	25	43:33
31.	Olivia Horgan	30	43:42
32.	Paul Griffiths	43	44:07
33.	Wendy Newman	54	44:13
34.	Martyn Griffiths	56	44:24
35.	Jim Kauffold	67	46:21
36.	Roxanna Pezzy	40+	46:42
37.	Jeanie Jones	69	47:28
38.	Dennis Hassler	71	47:49
39.	Jeff Houston	46	48:07
40.	Bill Woolf	69	48:10
41.	Brie Reybine	60+	48:55
42.	Amy Brewington	32	49:04
43.	Claire Dickel	29	50:45
44.	Jane Colman	61	50:54
45.	Alvin		51:01
46.	Don Watson	75	52:
47.	Gary Davis	52	52:25
48.	Female Runner		54:01
49.	Liese Rapozo	70+	54:13
50.	Bruce Oliver	76	58:04

SELF-TIMERS

Tony Stratta	74	1:22:40
Henry Black	71	
Priscilla Black	73	
Ted Vincent	68	59:26
Robert Brizuela	65	1:05:00
Lina Morris-Khatib		
Richard Hannon	69	
Jim Pommier	71	
Wally Rapozo	76	
Ellen Breslauer	57	
Gene French	58	
Elaine Gecht	60	
Marcia Martin	52	
John Lang	65	
Steve Nissenson	56	

December 12, 2004

Great Highway 4 miler

Race Director: Susan Herder

Volunteers: Kevin Lee, George Sacco, Richard Hannon, Robert Brizuela, Mort Weisberg, Tom Pang, Shannon Luppino

PL	NAME	AGE	TIME
1.	Adam Lucas	37	24:17
2.	Thomas McManus	34	24:58
3.	Kennet De Silva	22	27:36



Race Director Susan Herder

4.	Greg Mandler	41	27:45
5.	Shuman Mitra	34	28:21
6.	Daryl Luppino	45	28:45
7.	Joel Rizzo	39	29:13
8.	Mike Ross	35	29:33
9.	Daz Lamparas	52	29:39
10.	David Klinetobe	43	30:30
11.	Paul Mosel	63	30:41
12.	Kathleen Lail ①	36	32:02
13.	Mark Magers	46	33:04
14.	Juliette Johnson ②	33	33:24
15.	Russell Breslauer	59	33:30
16.	Peter Royce	70	33:49
17.	James Eales	45	34:25
18.	Jack Bascom	63	34:34
19.	Janet Nissenson ③	45	35:09
20.	Ken Reed	59	35:10
21.	Bob Morris-Khatib	50+	35:15
22.	Wendy Swee ④	37	37:24
23.	Lina Morris-Khatib ⑤	40+	37:37
24.	Wendy Newman	54	37:38
25.	Johanna Merriss	54	37:44
26.	Jim Kauffold	67	38:04
27.	Roger Swee	37	38:41
28.	Suzana Seban	51	38:58
29.	Steven Kalos	41	39:08
30.	Kenneth Fong	43	39:31
31.	Roxanna Pezzy	45	40:31
32.	Kristen Steck		41:07
33.	Jeff Houston	46	41:31
34.	Fred Haber	45	41:32
35.	Jane Colman	61	41:40
36.	Bill Woolf	69	41:48
37.	Stan Yasuhara	54	44:50
38.	Caroline Gelderloos	40	45:37
39.	Bruce Oliver	76	48:37

SELF-TIMERS

Tony Stratta	74	1:11:30
Yong Cho	46	
Tom Boyd	59	
Don Watson	75	
Richard Hannon	69	
Doerte Murray	64	
Ellen Breslauer	57	
Bob Theis	76	
Bobby Marty	76	
John Mortell		
George Sacco	66	
Robert Brizuela	65	
Mort Weisberg	68	

December 19, 2004

Ferry Building 4 miler

Race Director: Carolyn Garriott

Volunteers: Steve Nissenson, Ellen

Breslauer, Kevin Lee, Yong Cho, Richard

Hannon, Mort Weisberg



Race Director Carolyn Garriott with assistants

I have been running for 8 years and a DSE member for approximately 2 years. When I first met my husband, I wasn't a runner, but he was an avid DSE runner. He introduced me to the sport. From my running experience, I enjoy the pain, the agony (just kidding...) and scenery. I find running very exhilarating and a great way to personally challenge myself.

PL	NAME	AGE	TIME
1.	David Moulton	37	25:29
2.	Eduardo Vazquez	32	25:36
3.	Andrew Bloch	40+	25:44
4.	Ralph Gowen	43	26:04
5.	Wayne Plymale	53	26:28
6.	Bill Marlow	59	27:03
7.	Kennet De Silva	22	27:32
8.	Jim Buck	62	27:50
9.	Michael Slattery	49	27:56
10.	Francis Dy	30+	28:10
11.	Jorge Gonzalez	38	28:10
12.	Doug Bass	29	28:29
13.	Mark Kelley	48	28:33
14.	Bob Akers	48	28:33
15.	No name		28:34
16.	No name		28:38
17.	Anna Slattery ①	45	28:40
18.	Amy Sonstein ②	35	28:42
19.	Daryl Luppino	45	29:00
20.	Joel Rizzo	39	29:07
21.	Andrew Bennett	26	30:11
22.	Paul Mosel	63	30:48
23.	Greg Brown	55	31:14
24.	Rick Nippes	56	31:30
25.	Rene Menjivar	48	31:36
26.	Kathleen Lail ③	36	31:50
27.	Keith O. Johnson	66	31:50
28.	Lina Morris-Khatib ④	40+	32:36
29.	Russell Breslauer	59	32:37
30.	Carmel Granger ⑤	40	32:40
31.	Michael Birnbaum	37	32:49

32.	Ken Reed	59	33:27
33.	Claude De Silva	20	33:28
34.	Julius Schillinger	57	33:47
35.	Peter Royce	70	33:56
36.	Gary Aguiar		34:05
37.	Patrick Melley	32	34:14
38.	Bryan Hartley	51	34:31
39.	Paul Cane		34:54
40.	Janet Nissenson	45	34:57
41.	Tom Smiley	45	35:31
42.	John Giddings	39	35:32
43.	Clayton Keller	33	35:32
44.	Bob Morris-Khatib	50+	35:55
45.	Johanna Merriss	54	36:41
46.	Suzana Seban	51	38:11
47.	Wendy Newman	54	38:27
48.	Steven Kalos	41	38:56
49.	Roxanna Pezzy	45	39:02
50.	Anders Fox)	9	39:12
51.	Katie Fox	42	39:15
52.	Jim Kauffold	67	39:27
53.	Jack Slobodin	69	39:33
54.	Ana Cane		39:40
55.	Dan Baum	19	40:26
56.	James Stratta	42	40:27
57.	Fred Haber	45	40:29
58.	Kenneth Fong	43	40:39
59.	Lorrie Kalos	44	40:48
60.	Jeff Houston	46	40:53
61.	Bill Woolf	69	41:14
62.	Jane Colman	61	41:35
63.	Tom Kutrosky	69	41:38
64.	Cary Kopstein	38	42:11
65.	Mikey Marty	50	42:17
66.	Bobby Marty	76	42:18
67.	Tim Oliver	38	42:47
68.	Kellan Rizzo	34	42:49
69.	Don Watson	75	43:43
70.	Laura Nelson	20	44:29
71.	Mona Nelson	54	44:31
72.	Calvin Chan	54	44:32
73.	Jan Collins	58	44:35
74.	Zachary Kopstein	7	44:36
75.	Linnea Fox	8	44:45
76.	Manny Kopstein	62	44:47
77.	Marcia Martin	52	45:02
78.	Bruce Oliver	76	47:15
79.	Barbara Robben	70	51:15
80.	John Gregson	73	51:38

SELF-TIMERS

Tony Stratta	74	1:10:50
Ed Olkowski		1:10:00
Carolyn Clark		
Robert Brizuela	65	58:00
Richard Hannon	69	
Gary Davis		52

December 25, 2004

Christmas Blind Date Relays, 2 x 2 miles

Race Director: George Sacco

Volunteers: Calvin Chan, Bobby Marty,

Kevin Lee, Hilary Fong, Mort Weisberg,

Fred Haber



Substitute Race Director George Sacco

Note: The 1st name listed for each time is the final runner, and the time given in the total finish time. The 2nd name is that of the first runner, and the time given is the split time. Place numbers (① etc.) are for mixed gender teams.

PL	NAME	AGE	TIME
1.	David Moulton	37	26:04
	Greg Burke	58	13:21
2.	Eduardo Vazquez ①	32	29:06
	Anna Murphy	39	16:52
3.	Kennet De Silva	32	29:34
	Adrian Jue	23	16:28
4.	Keith O. Johnson ②	66	29:37
	Courtney Westseill	28	14:08
5.	Eric Park ③	59	29:49
	Amy Sonstein	35	14:15
6.	José Portillo ④	36	29:56
	Johanna Merriss	54	16:33
7.	Victor Rodriguez	56	30:00
	Tully Lehman	35	16:12
8.	Peter Mandell ⑤	52	30:28
	Marie Appel	40	13:25
9.	Jack Youngren ⑥		30:41
	Diann Leo	17	17:10
10.	Elvon Marada ⑦	46	30:54
	Juliet Klemm	26	15:29
11.	Chikara Omine ⑧	22	30:56
	Marcia Martin	52	19:48
12.	Fred Haber ⑨	45	31:20
	Christina Garcia	34	14:39
13.	Kevin Lee	49	31:27
	Gregory Urbina	34	17:38
14.	Bill Woolf	69	31:31
	Chris Phipps	35	11:24
15.	Hashim Bashruddin ⑩	47	31:36
	Hilary Fong	46	15:38
16.	Paul Mosel	63	32:47
	(double loop)		

Continued on page 10

GETTING MORE RUNNERS

The attendance figures show that we are not growing very fast, and seem to be stuck in roughly the same range of runners/walkers per race for the past few years.

Perhaps we could coax a few more people to attend with a "season centered" race calendar: That is, be careful to put our most popular courses when the most people are available to run them. It is hard these days to say which are our popular courses, because we always have pretty much the same size crowd showing up. But go back some 17 or so years, and we had great swings, 100 one race, and 200 to 300 another.

Careful planning to put our "best foot forward" would consider such things as the small draw for such races as the Roller Coaster, Twin Peaks, Legion of Honor, Potrero Hill, Daly City Scenic, and the assorted efforts at a run on or beside Ocean Beach. These contests would best be run in December or January when rain and cold and lack of sun light keep potential runners at home. December would be reserved for our very worst attended races. People go on vacation, work weekends in retail, hibernate, or stay out late on Saturday at parties, or at the Xmas Season "Blockbuster Movies."

Historically, January was o.k. attendance wise until one of our biggest races was reduced to a ghost of its former self. That biggy was the Hangover Run on the Golden Gate Bridge. There were 312 runners in 1988 in the Hangover, for example. High insurance, and worries about bombers and etc., have forced us into a mere "fun run" for the Bridge. As the saying goes, "times have changed," and we either adjust or try revolution, and the latter is messy, and our clothes are already sweaty and in need of a wash.

The Windmill run, which in recent years has been run in January, was previously run in November, and with much success. In 1987, for instance, the November 8th Windmill drew 175 runners and walkers. Moving the Windmill to a better month might be considered. Another popular run which could be moved from its present December date is the Kennedy Drive, which on into the 1990s drew 200 or more when placed at more pleasant months of the year.

Regarding the Kennedy Drive Run: The starting place is in the freezing shade during December. Making sure we have winter time races in on sunny courses could enhance attendance.

Kennedy is in Golden Gate Park, and the park has had good turnouts for its many runs for years and years. None of the Park runs deserves December or January. Also not deserving of the slow months are races which start at our DSE Club house at Aquatic Park, from which races have traditionally been well attended. The Ferry Building has always been a good draw, and even the Presidio Gate run drew, as seen in its 227 runners on March 22, 1987.

The records show that attendance in July and August is subpar, almost as much as it is in the Winter (an exception being the July 4th Women's Running Day Extravaganza at Lake Merced). If attention was given to dump our dumpy runs into December, January, July and August, we might look forward to some splashy turnouts at new dates for the Windmill, Kennedy Drive, Ferry Building, and other runs that are presently scheduled where they languish.

Years ago, the placing of our best runs in bad months was dictated by the great number of competing races. There were so many races to cure this or that, that we got in the habit of giving our DSE spring and early fall to the likes of Diamond Heights and Coit Tower. But the biggy races are few these days, leaving more options in our schedules. And though this is a bit early for the fall club schedule, it is hoped this article will get discussion going.

Ted Vincent

OTHER RACES ON THE SAME DAY

After reading "From the President's Desk" (December 2004), I'm a little puzzled about the comments made about "another nearby running event" opposite the December 5th Kennedy Drive Run.

All of us realize that there are going to be race scheduling conflicts from time to time. I'm sure the reason that the event in question was rescheduled for December 5 was due to a conflict. Mr. Lee should know about such things as permit denials, other conflicts in the park, etc.

Bill Dake's events have helped the community or an organization as long as he has put on these events. I thought the comments made were taking a swipe at the purpose of his events. Bill has also been a big supporter of the DSE.

If Kevin (and or the DSE) is worried about race attendance on that day, maybe the Kennedy Drive Run could have been moved back a half hour (like 9:30 AM when the DSE used to have their runs!). Possibly, some of the runners running in the Bill Dake run could cross the Polo Fields and run the Kennedy Drive Run as another run or a warmdown.

Runners are going to make decisions on what races to run. Though I support the DSE, it isn't the only "run in town" the way it was in the early 1970s. Often when I'm working at the New Balance store, I'm always mentioning this club regarding upcoming runs. Also, I mention other non DSE races in the area.

So Kevin (and perhaps others), let's accept this and move on. The running community needs to be built up and not torn down.

Wayne Plymale

PHOTO CREDITS THIS ISSUE

Historical Bay to Breakers Photo:
Pat Cunneen
Saturn Relay Photos: Ken Reed
Race Director and Folding Session
Photos: Paul Mosel

◆◆◆ Volunteers Needed ◆◆◆

RACE DIRECTORS NEEDED FOR SUNDAY RACES

With your help, we are able to produce quality runs. The Officer of the Day will help and guide you through the steps you will need to put on a superb run. A race director's guide is also provided to ease you through the steps that should be followed to put on the run.

If you can help, please contact Janet at *Mom114@aol.com* or 650-355-7660. All race directors will receive DSE's heartfelt thanks along with their choice of 2 free race passes, club T-Shirt or gift certificates from Starbucks.

Sun Jan 23 Single/Double Muni Pier, 1.25 miles & 2.47 miles, S/F Dolphin Club

Sun Feb 13 Golden Gate Bridge Vista Run, 5M, S/F Legion of Honor Downhill parking lot along El Camino del Mar (northwest of Legion of Honor fountain)

Sun Feb 20 Kennedy Drive 8K, S/F South side of Polo Fields, Golden Gate Park

Sun Feb 27 Waterfront 10M & 5K, S/F Dolphin Club, Jefferson & Hyde Streets
10M - 8:00 AM START; 5K - 8:10am START!

Sun Mar 13 St. Patrick's Day Run, 4M, S/F Little Marina Green

Sun Mar 27 Easter Roller Coaster Run, 2.92M, S/F West end of Mountain Lake Park, 12th Avenue & Lake Street

Sun Apr 10 Great Highway Run, 4 miles, S/F Lincoln Way & Lower Great Highway

Sun Apr 17 Embarcadero 10K, S/F Dolphin Club

Sun May 1 Golden Gate Park 10K, S/Transverse/Kennedy Dr. F/Middle Dr.

Sun May 22 Ferry Building 4 miles, S/F Dolphin Club

Sun May 29 Mission Rock 5K S/F, Third Street & Mission Rock

WALT STACK COMMEMORATIVE 5K VOLUNTERS NEEDED 1/16/05

We are looking for volunteers to help out with race day Registration, T-shirt distribution, Course Monitorship, Finish Line Timing, Awards distribution and Refreshment. If you can help with any of these assignments, please contact Janet Nissenson at 650-355-7660 or *mom114@aol.com*. A volunteer sign-up sheet will be available at all DSE races through January 9, 2005.

WATERFRONT 10 MILE VOLUNTEERS NEEDED 2/27/05

If you are not quite ready to run 10 miles, we can really use your volunteer services in race day Registration, Course Monitorship, Aid Station or Finish Line Timing. If you can help with any of these assignments, please contact Janet at 650-355-7660 or *mom114@aol.com*, or Kevin at 415-751-9653 after 7 PM or *dse.pekingduck@juno.com*.

"ASK THE DSE OFFICERS"

Are there any questions you have about the DSE Runners Club, you have been dying to ask, but for some reason, didn't know who to ask or never got around to asking in person. Good news, those days are over. Now you have a place and person to submit your question (s) to. If this person can not answer your question, it will be forward to someone who can. Please submit your question in one of the following ways:

- 1) Drop it inside the "Question" box at the weekly DSE Runs
- 2) Mail it to: George Sacco (2nd VP)
1399 Hudson Avenue
San Francisco CA 94124-4432
- 3) Email to: *gsgasacco@yahoo.com*
Your question(s) will be answered ASAP. Depending on the amount of newsletter space, the most intriguing and important questions along with answers will be printed in the monthly "Ask the DSE Officers" column.

◆◆◆ New ◆◆◆ Members

SAN FRANCISCO

Robert Ross

Kevin, Janet, and Robert Fry

Francis Dy

LARKSPUR

Robert, Michelle, Curtis, Sam, and

Emmet Hayden

PARK CITY, UT

Benny and Becky Yih

The 2004 Honolulu Marathon

Like clockwork, many D.S.E. runners took the annual pilgrimage to the Hawaiian Islands. The pilgrimage usually begins in November with Neil Mahoney leaving on or near Thanksgiving for Honolulu.

This year he would be joined later by Ed Mahler, Sam Roake, Brierly Raybine, Gary Davis, Lucy Wing, Harriet Wong, Calvin & Rose Chan and JoAnn Dezman and her Meridian Flexibility Trainer (swimming coach) Bjorn Holton.

Perhaps you think of Honolulu as a great vacation spot with its lush beaches, warm weather, great surfing, outstanding snorkeling, a zoo, an aquarium, a flea market, and lots of shopping. Did you know that they also have one of the largest marathons in the country, the Honolulu Marathon?

The marathon starts at 5:00 AM and was run by nearly 23,000 runners. With ideal conditions, Lucy Wing finishes the race amongst the top 200 people from the mainland. Sam decided at the last minute that he would go this year and signed up for the race at the last minute. It seems it paid off because he got his minute back while running the race and did very well. Neil and Harriet did the walk and finished after breakfast but made it to the finish line to see the others come in.

I have now finished my 20th marathon and now look forward to my next 20. I have enjoyed being an officer of the club and wish all of you a Happy New Year.

Happy Running! Calvin Chan

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only. (Sorry, no checks!!)
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) are free. Teens (12-17) pay \$1.
- 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 begins at 8:15 unless otherwise noted.

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

Sat Jan 1 Hangover FUN RUN, 4.5 miles

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

STARTING TIME: 9:00 AM Self-timing recommended

COURSE DESCRIPTION: Run north on East Battery Road path onto GG Bridge, Turnaround @ Vista Point viewing area. Return same way to finish.

Sun Jan 9 Lake Merced Run, 4.6 miles

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

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

******KIDS' RUN (1/2 MILE) at 9:45AM**

COURSE DESCRIPTION: Run clockwise around the lake staying entirely on jogging/pedestrian path before merging left to the straightaway finish back at Sunset Blvd. parking lot.

Sun Jan 16 Walt Stack Commemorative 5K

START/FINISH: Dolphin Cub @ Jefferson/Hyde Streets

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

REGISTRATION: Online at www.active.com or mail in entry form; \$18 member/\$22 nonmember entry fee (T-shirt included with registration)

COURSE DESCRIPTION: Run westbound on Marina Green Dr., left on Avila St., right onto Marina Blvd. Left through Yacht Harbor parking lot, left onto Crissy Field/ GG Promenade. Turnaround at fourth sandy beach exit access beyond west end of Marsh. Return same way to Marina Blvd., run eastbound on Marina Blvd., left at parcourse (Fillmore St.), and left on Marina Green Drive to finish.

Sun Jan 23 Single/Double Muni Pier Runs, 1.25 & 2.47 miles

START/FINISH: Dolphin Club @ Jefferson/Hyde Sts.

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

COURSE DESCRIPTION: Run westbound on Aquatic Park walkway; make a right onto Muni Pier counter-clockwise. Turnaround, return same way to finish.

Sun Jan 30 Windmill Run, 6.5 miles

START/FINISH: Kennedy Drive & Great Highway (Dutch Windmill)

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

COURSE DESCRIPTION: Run up Kennedy Drive to McLaren Lodge (Kezar Drive/ Second Barricade). Turnaround run back same way to finish.

Sun Feb 6 NO RUN—DSE Volunteers at Kaiser Permanente 1/2 Marathon Aid Station

MEETING PLACE: Bernice Rogers Drive & Martin Luther King Drive, Golden Gate Park

REPORTING TIME: 7:30 AM

Sun Feb 13 GG Bridge Vista Run, 5.04 miles

START/FINISH: Legion of Honor fountain (up the hill from 34th Ave. & Clement St.)

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

COURSE DESCRIPTION: Run uphill/downhill on El Camino del Mar, take lower fork of 30th Ave., stay on El Camino del Mar which runs onto Lincoln Blvd., follow guard rail onto dirt trail. Turnaround at end of parking lot next to bus stop. Return the same way back to finish.

◆◆◆ Unofficial Training Runs ◆◆◆

- ◆ Tuesday Night Runs now meet at 6:30 PM (year round) at the Sports Basement store parking lot. The address is 610 Mason Street at Crissy Field in the Presidio. The course varies each week and the distance is from 3 to 6 miles. Contact calwentjogging@aol.com
- ◆ 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. For more information contact Fred at dsefred@yahoo.com

Christmas Blind Date Relay

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17. Marc Petersen (11)	40	34:48
Jane Colman	61	20:59
18. Steven Scotten (12)	34	35:25
Cheryl Rogers	54	19:17
19. Jeff Urbina (13)	32	35:30
Alice Farrelly	41	16:38
20. Nick Butterfield (14)	47	41:00
Jeanmarie Todd	47	18:19
21. John Gregson (15)	73	46:00
Peggy Kang	69	16:46

SELF-TIMERS

Yong Cho	46
Elaine Mah	42
Don Watson	75
Bobby Marty	76
Mort Weisberg	
Phyllis 'Saida' Nabhan	57
Doerte Murray	64

