

February 2005

Jane Colman

But, as at every Gala, the best part is getting to see our running friends all dressed up in real clothing, and to have a chance to visit with our Sunday morning race companions in a party atmosphere.



Photo © Paul Mosel

◆ ◆ ◆ KEVIN LEE

On 1/9, Barbara Bernhart forwarded me this very bad news. Her sister **Ursula Bernhart** has been diagnosed with Lou Gehrig's disease. Barbara said, "If anyone asks about her, she can be reached by phone at 415-586-0357." I agree with Barbara, it would cheer Ursula up a lot to hear from her friends at the DSE. On behalf of the DSE, I am sending out DSE's love, prayers and best regards. Ursula, please take care and don't hesitate to ask for assistance from DSE. We hold you close to our hearts. We will miss you.

Long after all the gala fanfare is put away, I will remember the nuances and changes. This year the DSE Gala found a new home, the Irish Cultural Center. **Jim and Vivian Skophammer** were presented with the 2005 DSE Lifetime Service Award. **George Rehmet** was honored with the 2005 Walt Stack Award. Five 2004 Volunteer Awards were handed out with **Bobby Marty** named the Volunteer of the Year.

Jane Colman, Fred Haber and Ed Mahler received the 2004 RRCA National Volunteer Award for 2000+ volunteer hours of service. The new Age Division awards were well received. Mixed in between the volunteer recognition/race participation awards was the fun of the 2nd annual T-shirt contest, a new White Elephant Gift Exchange and raffle prize giveaways. Many special thanks to all the Gala

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Walt Stack Commemorative 5K

Janet Nissenson

On the clear but chilly morning of January 16, 135 runners and self-timers came out to the Marina Green to commemorate the 10th anniversary of the passing of our club founder and "running guru" Walt Stack. What better way to mark the occasion than with a 5K race starting and finishing at the memorial bench named in his honor?

Pre and race day registrations totaled over 150 runners, including some no-shows. Every runner and volunteer received a colorful and eye-catching T-shirt designed by Rick Hardina, and medals were awarded to the Top 3 in each age division. The singular most impressive running performance of the day was probably that of 71-year-old Tom Guldman, who ran a stunning 22:39 time, good enough for 24th place overall. See the Race Results section of this newsletter or the DSE website for full race results.

We even had a professional race photographer, Henry Lam. Individual and group photos can be viewed and ordered at www.WinnerPhoto.com.

At the award ceremony, DSE members remembered Walt: Don Watson with some of Walt's early pre-DSE history, Ted Vincent with one of the milder of Walt's famous off-color jokes, and Ken Reed with a poem (reprinted on page 9).

Many thanks to all of the hardworking volunteers who made this race possible, and congratulations to all of the race participants. It is up to all of us to keep the legend of Walt alive and well, and to pass on his legacy to future generations of runners.



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

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

Mail/Phone/Fax/Email Address

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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.

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 15th of each month if you would like it to be published in the following month's newsletter

FROM THE PRESIDENT'S DESK

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volunteers, especially DSE Gala Coordinator **Janet Nissenson**. Thank you for making this year's DSE Gala one to treasure. I look forward to sharing the next one with you.

FEBRUARY RACE SCHEDULE

Believe me nothing stays the same. Regardless of the race name change for the 2/6 half marathon/5K, there is NO DSE Run on that day. Instead DSEers are encouraged to participate in the race or help out at the DSE Aid Station.

To reduce race permit expense, the 2/13 GG Bridge Vista Run start/finish has been modified. Everything else you love or hate about this race course is the same.

If you were not aware, the 2/20 Kennedy Drive Run is now an 8K. It all evens out, the uphill start is negated by a downhill finish.

Good news, for the race distance purist: both Waterfront 10M and 5K race courses have been remeasured by GPS specifications and improved course visualization. For further race schedule information, see the monthly running section.



Ken Reed and Ted Vincent after the Walt Stack 5K
Photo © Paul Mosel

Walt Stack Commemorative 5K T-Shirts Still Available

A limited number of the handsome t-shirts given to runners and volunteers at the Walt Stack Commemorative 5K Race will be available for sale at DSE Sunday runs, at a cost of \$10.

2004 DSE Awards

Top 5 Total Miles

MEN

- | | |
|-------------------|------|
| 1. Adam Lucas | 2500 |
| 2. Richard Hannon | 2371 |
| 3. Gene French | 2132 |
| 4. Gregory Brown | 2056 |
| 5. Paul Mosel | 1918 |

WOMEN

- | | |
|--------------------|------|
| 1. Marie Appel | 1916 |
| 2. Amy Sonstein | 1700 |
| 3. Marian Lyons | 1692 |
| 4. Janet Nissenson | 1620 |
| 5. Kathleen Lail | 1200 |

Top 5 Race Miles

MEN

- | | |
|-------------------|-----|
| 1. Gregory Brown | 449 |
| 2. Dennis Hassler | 309 |
| 3. Paul Mosel | 265 |
| 4. Joel Rizzo | 250 |
| 5. Adam Lucas | 225 |

WOMEN

- | | |
|-----------------|-----|
| 1. Marian Lyons | 289 |
| 2. Amy Sonstein | 275 |
| 3. Jane Colman | 199 |
| 4. Marie Appel | 176 |
| 5. Wendy Newman | 169 |

Top 5 Race Attendance

includes races run/self-timed plus volunteer points

MEN

- | | |
|-----------------|----|
| 1. George Sacco | 71 |
| 2. Kevin Lee | 51 |
| 3. Bobby Marty | 50 |
| 4. Calvin Chan | 44 |
| 5. Paul Mosel | 39 |

WOMEN

- | | |
|--------------------|----|
| 1. Janet Nissenson | 44 |
| 2. Marian Lyons | 29 |
| 3. Jane Colman | 27 |
| 3. Roxanna Pezzy | 27 |
| 5. Liese Rapozo | 26 |

Kids' Trophies

Shannon Luppino (also receives award
for attending most Kids' Races)
William Misener
Ariana Miller

Volunteer of the Year Award

Bobby Marty

Top 2004 Volunteers

- | |
|-----------------|
| 2. George Sacco |
| 3. Yong Cho |
| 4. Calvin Chan |
| 5. Fred Haber |

Oldest Active Member Awards

Ada B. Thomas and Neil Mahoney

Walt Stack Award

George Rehmet

DSE Lifetime Service Award

Jim and Vivian Skophammer

RRCA National Volunteer Awards

Jane Colman

Fred Haber

Ed Malher

2005 Age-Division Winners

PL.	NAME	POINTS
-----	------	--------

Females 29 & Under

- | | |
|----------------|----|
| 1. Grace Neveu | 96 |
|----------------|----|

Males 29 & Under

- | | |
|-------------------|-----|
| 1. Mark Janes | 144 |
| 2. Kennet DeSilva | 120 |

Females 30-39

- | | |
|-------------------|-----|
| 1. Amy Sonstein | 153 |
| 2. Amy Brewington | 126 |
| 3. Kathleen Lail | 109 |
| 4. Olivia Horgan | 108 |
| 5. Marie Appel | 88 |

Males 30-39

- | | |
|-------------------|-----|
| 1. Adam Lucas | 249 |
| 2. Thomas McManus | 236 |
| 3. Joel Rizzo | 125 |
| 4. George Rehmet | 47 |

Females 40-49

- | | |
|-----------------------|-----|
| 1. Janet Nissenson | 245 |
| 2. Lina Morris-Khatib | 125 |
| 3. Susan Blair | 100 |
| 4. Roxanna Pezzy | 82 |
| 5. Carolyn Garriott | 56 |

Males 40-49

- | | |
|----------------------|-----|
| 1. Darryl Luppino | 163 |
| 2. David Klinetobe | 115 |
| 3. Rene Menjivar | 99 |
| 4. Bob Morris-Khatib | 80 |
| 5. Mark Magers | 54 |

Females 50-59

- | | |
|------------------|-----|
| 1. Marian Lyons | 229 |
| 2. Wendy Newman | 171 |
| 3. Suzana Seban | 115 |
| 4. Marcia Martin | 97 |

Males 50-59

- | | |
|----------------------|-----|
| 1. Rick Nippes | 174 |
| 2. Gregory Brown | 167 |
| 3. Bill Marlow | 157 |
| 4. Russell Breslauer | 111 |
| 5. Patrick Lee | 89 |

Females 60-69

- | | |
|-----------------|-----|
| 1. Jane Colman | 201 |
| 2. Dina Kovash | 123 |
| 3. Jeanie Jones | 68 |

Males 60-69

- | | |
|------------------|-----|
| 1. Paul Mosel | 286 |
| 2. Jim Kauffold | 178 |
| 3. Keith Johnson | 164 |
| 4. Theo Jones | 127 |
| 5. Bill Woolf | 116 |

Females 70+

- | | |
|-----------------|----|
| 1. Liese Rapozo | 40 |
|-----------------|----|

Males 70+

- | | |
|-------------------|-----|
| 1. Bruce Oliver | 288 |
| 2. Don Watson | 199 |
| 3. John Gregson | 147 |
| 4. Dennis Hassler | 98 |
| 5. Bob Theis | 76 |

Large Mongo Trophies

Bascom, Jack
Breslauer, Russell
Brown, Gregory
Chan, Calvin
Coman, Jane
De Silva, Kennet
Gregson, John
Hannon, Richard
Jones, Theo
Kauffold, Jim
Klinetobe, David
Lucas, Adam
Luppino, Darryl
Lyons, Marian
Martin, Marcia
Marty, Bobby
McManus, Thomas
Mosel, Paul
Newman, Wendy
Nippes, Rick
Nissenson, Janet
Reed, Ken
Rizzo, Joel
Sacco, George
Stratta, Tony
Theis, Bob
Vincent, Ted
Watson, Don
Woolf, Bill

Small Mongo Trophies

Appel, Marie
Bashruddin, Hashim
Blair, Susan
Breslauer, Ellen
Brewington, Amy

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

January 1, 2005

Hangover FUN RUN, about 4.5 miles

This year's first DSE run was a fun run rather than a race, so we had no race director and no official volunteers, although we are grateful to Janet Nissenson for organizing an excellent post-race refreshment table. We also had no official start or finish; people went out in small groups at different times before, at, or after 9:00 AM. More than 65 people came out to enjoy the spectacular Golden Gate Bridge scenery and the beautiful weather, and almost all of them finished before the rain started. Because there was no race signup, there is no official list of runners, but here are the names of people we saw there; our apologies if we missed you!

Tyler Abbott
Marie Appel
John Blankenship
Russell Breslauer
Calvin Chan
Yong Cho
Jane Colman
Betty Cunneen
Cammie Dingwall
Joanne Desmond
Ron Dorey
Richard Finley
Diane Fong
Ken Fong
Janet Fry
John Gregson
Paul Griffiths
Fred Haber
Susan Herder
Jeff Houston
Keith Johnson
Jim Kauffold
David Klinetobe
Joshua Lail
Kathleen Lail
John Lang
Jane Lee
Kevin Lee

Kristine Lee
Patrick Lee
Aaron Low
Mary Magee
Neil Mahoney
Peter Mandell
Marcia Martin
Bobby Marty
Jerry McGowan
Paul Mosel
Doerte Murray
Phyllis Nabhan
Wendy Newman
Rick Nippes
Janet Nissenson
Steve Nissenson
Judith Nitchie
Chikara Omine
Tom Pang
Wayne Plymale
Liese Rapozo
Wally Rapozo
Ken Reed
Joel Rizzo
Peter Royce
Rose Royce
Becky Rozewicz
George Sacco
Sandra Seiki
Sam Stevenson
Bob Theis
Mark Umphress
Judith Webb
Peter Webb
Mort Weisberg
Bill Woolf

January 9, 2005

Lake Merced 4.6 miles

Race Director: George Rehmet

Volunteers: Janet Nissenson, Kevin Lee, Bobby Marty, Steve Nissenson, Mort Weisberg, Shannon Luppino, George Sacco

PL	NAME	AGE	TIME
1.	Eduardo Vazkez	32	27:40
2.	Thomas McManus	35	28:24
3.	David Kaminski	43	28:39
4.	Thom Fox	57	28:47
5.	Tim Reynolds		28:57
6.	Dick Leu	35	29:18
7.	Bill Marlow	59	29:35
8.	Steve Stephens	61	30:06
9.	Jim Buck	62	30:09
10.	Dylan Macniven	26	30:15
11.	Gene French	58	30:21
12.	Steven Sundstrum-Phillips	46	30:57



Lake Merced Race director George Rehmet
Photo © Paul Mosel

13.	Daryl Luppino	45	31:42
14.	Jorge Gonzalez	38	31:47
15.	Francis Dy	32	31:56
16.	Joel Rizzo	34	32:32
17.	Theo Jones	66	33:18
18.	Paul Mosel	63	33:32
19.	David Klinetobe	44	33:39
20.	Tom Mc Carthy	55	34:05
21.	Eric Park	55	34:16
22.	Rick Nippes	56	34:49
23.	Ed Lange	61	34:52
24.	Mike Patton	36	35:28
25.	Lina Morris-Khatib ①	40+	35:33
26.	Sam Roake	68	35:39
27.	Aaron Townsend	31	35:58
28.	Matt Holzer	30	35:59
29.	Richard Drechsler	51	36:04
30.	Matthew Upton	29	36:09
31.	Sara Jane Osborne ②	36	36:30
32.	Steve Nissenson	56	36:55
33.	Kazumi Shimoyama		36:57
34.	Rod Hall		37:08
35.	Mark Umphress	49	37:13
36.	Fred Haber	45	37:25
37.	Sam Stevenson	70	37:31
38.	Russell Breslauer	59	38:38
39.	Peter Royce	70	38:46
40.	Jack Bascom	63	39:18
41.	Katherine Moser ③	35	40:38
42.	Thomas Smiley		41:01
43.	Joanne Desmond ④	37	41:18
44.	Johanna Merriss ⑤	54	41:21
45.	Phil Gallagher	54	42:05
46.	Bob Morris-Khatib	50+	42:24
47.	Susan Herder	40+	42:35
48.	Jeanie Jones	69	43:09
49.	Jim Gallagher	69	44:23
50.	Marylou Badillo	26	44:46
51.	Roxanna Pezzy	40+	44:52
52.	Jeff Houston	46	45:00
53.	Suzana Seban	51	45:08
54.	Augie Perez	70+	47:56
55.	Jane Colman	61	48:38
56.	Don Watson	75	49:16
57.	Julius Schillinger	57	49:17

58. Bruce Oliver	76	51:41
59. Susan Blair	45	52:10
60. Sandra Murillo-Brucker	42	1:08:38
61. Paula Edwards		1:08:43
62. Mary Alice Colen	44	1:15:00
63. Pam May		1:15:00

SELF-TIMERS

Brie Reybine		
Elaine Gecht	61	
Calvin Chan	54	
Wendy Newman	54	
Bill Woolf	69	
Gary Davis	old	
Ellen Breslauer	57	
Bobby Marty	76	
Jim Pommier	72	
Bob Theis	76	
Richard Finley		
John Mortell		
Liese Rapozo	77	
Wally Rapozo	76	
George Sacco		
Mort Weisberg		
Tony Stratta	74	1:20:10
Yong Cho	46	
Ken Reed	59	
Tom Boyd	59	
Kenneth Fong	43	

KIDS' RUN

Shannon Luppino	8 1/2	4:19
Jasmyn Duhaylongsod	6	5:15
Nik Collahan	6	5:17
Scott McManus		7:11
Lilia Rose Osborne	2	ST
Kai Shimoyama	2	ST
Michaela Schillinger	2 1/2	ST



Walt Stack Commemorative 5K Race
Director Cammie Dingwall

Photo © Paul Mosel

January 16, 2005

Walt Stack Commemorative 5K

Race Director: Cammie Dingwall

Volunteers: Kevin Lee, Bobby Marty, Ken Reed, Calvin Chan, Steve Nissenson, Janet Nissenson, Myra Green, Jim Pommier, George Sacco, Mark Magers, Linda Yoshino, Yong Cho, Fred Haber, Mort Weisberg, Jack Bascom, and students from Washington High School

PL.	NAME	TIME	AGE	AGE GROUP	A.G.PL.
1.	Joshua Fitzgerald	17:45	36	M30-39	1
2.	Eduardo Vazquez	18:46	32	M30-39	2
3.	Derrick Barcliff	19:06	17	M0-19	1
4.	Matt Fitzgerald	19:14	33	M30-39	3
5.	Kai Bergheer	19:23	50	M50-59	1
6.	Sean Fitzgerald	19:30	32	M30-39	4
7.	Geoff Smith	19:35	27	M20-29	1
8.	Andrew Bloch	19:41	42	M40-49	1
9.	Ron Kiyono	19:53	57	M50-59	2
10.	Bill Marlow	19:55	59	M50-59	3
11.	Brad Herner	20:38	37	M30-39	5
12.	Gene French	20:42	58	M50-59	4
13.	Randall Sprinkle	20:52	41	M40-49	2
14.	Philip Agulair	20:52	36	M30-39	6
15.	Jim Buck	20:56	62	M60-69	1
16.	Steve Chamberlin	21:11	34	M30-39	7
17.	Jim Flanigan	21:29	55	M50-59	5
18.	John Peck	21:34	29	M20-29	2
19.	Jeff Bedolla	21:36	51	M50-59	6
20.	Dennis Boyle	22:13	51	M50-59	7
21.	Elias Zuckerman	22:18	51	M50-59	8
22.	Herman Wackler	22:28	59	M50-59	9
23.	Nicholas Gunther	22:30	23	M20-29	3
24.	Tom Guldman	22:39	71	M70+	1
25.	Theo Jones	22:43	66	M60-69	2
26.	Paul Mosel	22:47	63	M60-69	3
27.	David Mackesey	23:04	49	M40-49	3
28.	Ivy Zuckerman	23:06	23	F20-29	1
29.	Mark Gunther	23:08	48	M40-49	4
30.	Keith Johnson	23:30	66	M60-69	4
31.	Gregory Brown	23:31	55	M50-59	10
32.	Michael Brady	23:34	35	M30-39	8
33.	Danny Ibarra	23:34	26	M20-29	4
34.	Tom Barry	23:35	54	M50-59	11
35.	Lucas Ward	23:41	34	M30-39	9
36.	Patrick Lee	23:50	57	M50-59	12
37.	Lucy Wing	23:51	47	F40-49	1
38.	Kazumi Shimoyama	23:52	38	M30-39	10
39.	Melissa Ketunuti	23:57	27	F20-29	2
40.	Chuck Pratt	24:17	51	M50-59	13
41.	Kathleen Lail	24:19	36	F30-39	1
42.	Amy Bryant	24:27	30	F30-39	2
43.	Carmel Granger	24:33	40	F40-49	2
44.	John Fitzgerald	24:35	61	M60-69	5
45.	Russ Newman	24:29	41	M40-49	5
46.	No Name	25:21			
47.	Peter Royce	25:46	70	M70+	2
48.	Falk Cummin	26:08	44	F40-49	3
49.	Kat Powell	26:08	54	F50-59	1
50.	Edward McDevitt	27:12	50	M50-59	14

Continued on page 6

Walt Stack Commemorative 5K, continued from page 5

51.	Tara Rota	27:13	31	F30-39	3
52.	Nick Gould	27:18	37	M30-39	11
53.	Erika Brickley	27:19	14	F0-19	1
54.	Andy Edmondson	27:23	62	M60-69	6
55.	Denis McNicoll	27:38	65	M60-69	7
56.	Alex Morin	27:44	26	M20-29	5
57.	Pierre Morin	27:45	55	M50-59	15
58.	Jim Odea	28:09	60	M60-69	8
59.	Mark Magers	28:26	46	M40-49	6
60.	Grant Kolling	28:34	56	M50-59	16
61.	Edward Singleton	28:36	73	M70+	3
62.	Misa Leal	28:40	35	F30-39	4
63.	Noe Castanon	28:51	34	M30-39	12
64.	Mike Markwith	29:01	52	M50-59	17
65.	Cindy McHale	29:03	39	F30-39	5
66.	Henry Neberling	29:10	72	M70+	4
67.	Suzana Seban	29:11	51	F50-59	2
68.	Steve Markwith	29:18	23	M20-29	6
69.	Jeanie Jones	29:21	69	F60-69	1
70.	Michael Longwich	29:30	61	M60-69	9
71.	Tim Oliver	29:44	39	M30-39	13
72.	Maria Moyer-Angus	29:47	40	F40-49	4
73.	Susan Blair	29:49	45	F40-49	5
74.	Greg Markwith	29:53	26	M20-29	7
75.	Ivars Lauersons	30:04	66	M60-69	10
76.	Roxanna Pezzy	30:05	46	F40-49	6
77.	Bill Woolf	30:14	69	M60-69	11
78.	Jane Colman	30:31	61	F60-69	2
79.	Karl Ludwig	30:49	66	M60-69	12
80.	Phil Gallagher	30:49	54	M50-59	18
81.	Dennis Tolentino	30:59	34	M30-39	14
82.	Jim Kauffold	31:10	67	M60-69	13
83.	Harry Cordellos	31:11	67	M60-69	14
84.	Doerte Murray	31:12	64	F60-69	3
85.	Edna Gonzales	31:14	34	F30-39	6
86.	Martha Williams	31:22	60	F60-69	4
87.	Jim Moesta	31:46	62	M60-69	15
88.	Jason Marks	31:48	13	M0-19	2
89.	Savannah McCall	31:57	18	F0-19	2
90.	Fred Almendarez	31:57	18	M0-19	3
91.	Dan Marks	32:01	39	M30-39	15
92.	Marcia Martin	32:05	52	F50-59	3
93.	Gary Brickley	32:15	52	M50-59	19
94.	Augie Perez Jr.	33:05	73	M70+	5
95.	Bruce Oliver	33:47	76	M70+	6
96.	Wendy Newman	33:53	54	F50-59	4
97.	Nancy Boyle	33:56	46	F40-49	7
98.	Garrett Beaudry	34:20	10	M0-19	4
99.	Jerry McKinley	34:20	47	M40-49	7
100.	Steven Katz	34:28	52	M50-59	20
101.	James Nelson	34:28	52	M50-59	21
102.	Dean McMillen	34:32	33	M30-39	16
103.	Peggy Burke	35:06	48	F40-49	8
104.	Lynda Mackesey	35:08	51	F50-59	5
105.	Ted Vincent	35:24	68	M60-69	16
106.	Jerry Wendt	35:44	69	M60-69	17
107.	Linda Wendt	35:45	55	F50-59	6
108.	Bess Dolmo	35:46	35	F30-39	7

Continued on page 7

Walt Stack 5K Age Division Winners

Females 0-19

1.	Erika Brickley	27:19
2.	Savannah McCall	31:57

Males 0-19

1.	Derrick Barcliff	19:06
2.	Jason Marks	31:48
3.	Fred Almendarez	31:57

Females 20-29

1.	Ivy Zuckerman	23:06	1st female
2.	Melissa Ketunuti	23:57	
3.	Eureka McMillen	36:03	

Males 20-29

1.	Geoff Smith	19:35
2.	John Peck	21:34
3.	Nicholas Gunther	22:30

Females 30-39

1.	Kathleen Lail	24:19
2.	Amy Bryant	24:27
3.	Tara Rota	27:13

Males 30-39

1.	Joshua Fitzgerald	17:45	1st male
2.	Eduardo Vazkez	18:46	
3.	Matt Fitzgerald	19:14	

Females 40-49

1.	Lucy Wing	23:51
2.	Carmel Granger	24:33
3.	Falk Cummin	26:08

Males 40-49

1.	Andrew Bloch	19:41
2.	Randall Sprinkle	20:52
3.	David Mackesey	23:04

Females 50-59

1.	Kat Powell	26:08
2.	Suzana Seban	29:11
3.	Marcia Martin	32:05

Males 50-59

1.	Kai Bergher	19:23
2.	Ron Kiyono	19:53
3.	Bill Marlow	19:55

Females 60-69

1.	Jeanie Jones	29:21
2.	Jane Colman	30:31
3.	Doerte Murray	31:12

Males 60-69

1.	Jim Buck	20:56
2.	Theo Jones	22:43
3.	Paul Mosel	22:47

Females 70+

1.	Priscilla Black	43:09
2.	Liese Rapozo	45:15

Males 70+

1.	Tom Guldman	22:39
2.	Peter Royce	25:46
3.	Edward Singleton	28:36

Walt Stack Commemorative 5K, continued from page 6

109. George Sacco	35:51	67	M60-69	18
110. Catherine Auman	35:55	51	F50-59	7
111. Eureka McMillen	36:03	29	F20-29	3
112. Robert Brizuela	36:15	65	M60-69	19
113. Suzanne Clausen	36:25	34	F30-39	8
114. Sandy Bradley	37:24	50	F50-59	8
115. Carol Hankins	38:26	54	F50-59	9
116. James Simpson	38:57	52	M50-59	22
117. Paul Kunkel	40:59	34	M30-39	17
118. Annelle Brickley	41:55	50	F50-59	10
119. Henry Black	42:16	71	M70+	7
120. Stu Etzler	42:45	58	M50-59	23
121. Mary Luddy	43:08	57	F50-59	11
122. Priscilla Black	43:09	73	F70+	1
123. Cynthia Baker	44:27	62	F60-69	5
124. Bob Theis	44:32	76	M70+	8
125. Wally Rapozo	44:35	76	M70+	9
126. Liese Rapozo	45:15	77	F70+	2
127. Don Conkling	57:37	54	M50-59	24
128. Rick Schmidt	57:39	57	M50-59	25

SELF-TIMERS

Tony Stratta	74
Norma Etzler	56
Selma Vincent	64
Bill Dake	68
Steve Bradley	58
Pauline Dake	67

January 23, 2005

Single/Double Muni Pier Runs

Race Directors: Don Watson and Jane Colman

Volunteers: Robert Brizuela, George Sacco, Mort Weisberg, Gary Davis, Kathryn vonBlankenburg, Tom Pang, Sam Roake, Kevin Lee

SINGLE		1.25 MILES	
PL	NAME	AGE	TIME
1.	Francis Dy	32	6:52
2.	Laurel Weil ①		7:35
3.	Joel Rizzo	39	7:35
4.	Hashim Bashruddin	48	7:51
5.	Dimitri Skavopoulos	60	7:57
6.	Patrick Lee	57	8:10
7.	Greg Rosenberg	40	8:19
8.	Kathleen Lail ②	36	8:25
9.	Thomas Smiley	50	8:32
10.	Jose Parra		8:38
11.	Michael Sovik	39	8:44
12.	Russell Breslauer	59	8:45
13.	Steve Nissenson	56	8:50
14.	Lucy Wing ③	48	8:55
15.	Alison Groves ④	41	8:59
16.	David P. Doll	42	9:04
17.	Hilary Fong ⑤	46	9:42
18.	Janet Nissenson	45	9:49

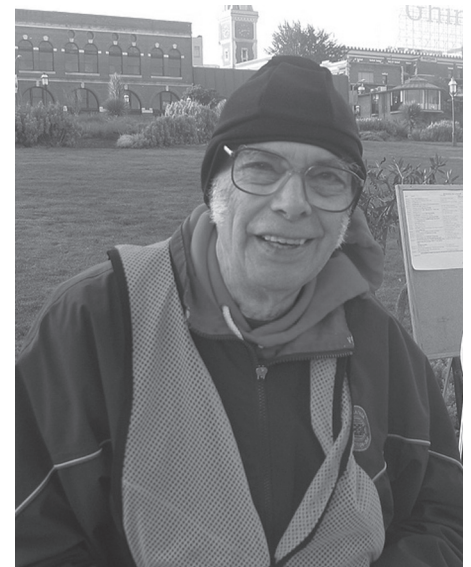
19. Norman Ching	56	9:51
20. Johanna Merriss	54	10:10
21. Steven Kalos	41	11:14
22. Denise Kalos	43	11:16
23. Harry Cordellos	67	11:18
24. Jim Kauffold	67	11:18
25. Julius Schillinger	58	13:03
26. John Weidinger	63	13:16
27. Pippi Robben	36	13:17
28. Barbara Robben	70	13:17
29. John Gregson	73	14:12

DOUBLE		2.47 MILES	
PL	NAME	AGE	TIME
1.	Mark Janes	29	13:59
2.	John R. Mintz	38	14:43
3.	Kennet De Silva	23	15:36
4.	David Saldivar	48	15:46
5.	Matt Hammel	32	15:55
6.	Jim Flanigan	55	16:01
7.	Mark Kelley	48	16:17
8.	Amy Sonstein ①	35	16:21
9.	Herman Wackler	59	16:41
10.	Theo Jones	66	17:10
11.	Paul Mosel	63	17:15
12.	William Galvin	34	17:44
13.	Lina Morris-Khatib ②	40+	18:06
14.	Rick Nippes	56	18:07

15. Fred Haber	45	18:15
16. Olivia Horgan ③	31	18:30
17. Male Runner		19:10
18. Erika Brickley ④	14	19:18
19. Peter Royce	70	19:35
20. Jack Bascom	63	19:50
21. Bob Morris-Khatib	52	20:32
22. Suzana Seban ⑤	51	20:37
23. Patrick Regan	37	20:37
24. Mary Lou Badillo		21:12
25. Calvin Chan	54	21:20
26. Lorrie Kalos	44	21:34
27. Jeanie Kayser-Jones	69	22:06
28. Suzy Starke	33	22:45
29. Bill Woolf	69	22:55
30. Jeff Houston	46	23:18
31. Kenneth Fong	43	23:18
32. Gary Brickley	57	23:37
33. Yong Cho	47	24:52
34. George Sacco	67	26:14
35. Liese Rapozo	77	34:30

SELF-TIMERS

Ada B. Thomas	91	
Neil Mahoney	old	
Tony Stratta	74	41:30
Elaine Gecht	61	
Ed Olkowski	62	44:40
Ceis Wildin	66	41:28
Carolyn Teshima		
Wally Rapozo	76	
Doerte Murray	64	
Richard Hannon	69	
Kathryn vonBlankenburg		
Ken Reed	59	
Bobby Marty	76	
Roxanna Pezzy	45	
Venu Riggio		



Race Director Don Watson
Photo © Paul Mosel

◆◆◆ New ◆◆◆ ◆◆◆ Members

BELMONT
Paula Edwards
Paul Sacomano

BURLINGAME
Mark Powell
Ellen Powell-Herlaar

CONCORD
Jeffrey Urbina

EL CERRITO
Gary Aguiar
Peter Aguiar
Trevor Aguiar
Marsha Takemoto

KENSINGTON
Andrew White
Bracken White
Coin White
Polly White

MILL VALLEY
Christine Lopez
Michael Lopez

PACIFICA
Rod Hall

PALO ALTO
Carol Hawkins

SAN CARLOS
Grant Kolling

SAN FRANCISCO
Joy Cavanaugh
David Gemignani
Dirk Leu
Ann Ludwig
Karl Ludwig
Steven Scotten

SAN JOSE
Kat Powell

SAN MATEO
David Brucker
Paul Brucker
Sandra Murillo-Brucker

SAN RAFAEL
Eduardo Vazkez

◆◆◆ Opinions ◆◆◆

A Former DSE Member Needs Your Support

Some of you old-timers will remember Robert Fields, a DSE runner for many years. He bought the San Remo Hotel at Fisherman's Wharf, and I remember at least one Folding Session in the hotel. While Robert is no longer a member of the DSE, he still provides the grand prize at the Gala (one night at the San Remo Hotel), which I won last year. Soon after Robert bought the hotel, his fight with the City started. The City imposed a \$567,000 fee under the Hotel Conversion Ordinance (HCO) as a condition of a permit allowing tourist use of the hotel. Robert spent three years in administrative proceedings, followed by eleven years in both state and federal court challenging that fee. One of the five dissenting SF Supervisors called the HCO fee "organized extortion," one of the three dissenting state Court of Appeal called it "ransom," one of three dissenting state Supreme Court Justices declared that the HCO demonstrated that private property is "extinct" in San Francisco and that the local government is "kleptocracy." Nevertheless, after fourteen years Robert lost in the State of California.

On December 10, 2004, the U.S. Supreme Court decided to hear the San Remo Hotel case (only about 1% of the cases submitted to the Court are actually granted a hearing!!!). Robert needs your help. Please send your tax-deductible check, payable to the SPOSF Institute to: SPOSF Institute, P.O.Box 170669, San Francisco, CA 94117.

Thank you very much,
Doerte Murray



Priscilla Black and her canine walking companion Rebecca demonstrate that "walking the dog" can definitely be "purposeful," contrary to the description in the awards form.

Photo by Henry Black

More on the Electronic Newsletter

After consideration, we realized that emailing the newsletter to members is not practical, since it is a large file and both the editor and the membership coordinator have slow dial-up lines. Instead, the newsletter will be available each month at the DSE website, www.dserunners.com, as a PDF file which can be downloaded by members. Those who choose to receive the newsletter in this fashion instead of getting the printed edition by mail will receive an email notification when each month's newsletter is available online. By the time you have read this, both the January and February newsletters should be available for download.

◆◆◆ 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 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 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
- Sun Jun 12 JFK Mile & GG Conservatory 5K, S/F Conservatory of Flowers, GG Park
- Sun Jun 19 Walt Stack Trail 10K, S/F Dolphin Club
- Sun Jul 3 Lake Merced Run 4.6M, S/F Sunset Blvd. parking lot

WATERFRONT 10M VOLUNTEERS NEEDED

This year's Waterfront 10M and 5K races are shaping up to be our best and biggest yet, with pre-registrations well ahead of last year's at this point.

We are in need of several volunteers to work as course monitors and at the aid station. If we get enough volunteers we may add a second small aid station at the 5-mile turnaround mark.

If you can help with either of these assignments, please contact Janet Nissenson at mom114@aol.com or 650-355-7660 or Kevin Lee at dse.pekingduck@juno.com.

Small Mongo Trophies, continued from page 3

Brizuela, Robert
Ching, Norman
Fong, Hilary
Fong, Kenneth
French, Gene
Hassler, Dennis
Houston, Jeff
Johnson, Keith
Lail, Kathleen
Lee, Kevin
Lee, Patrick
Magers, Mark
Marlow, Bill
Menjivar, Rene
Morris-Khatib, Bob
Morris-Khatib, Lina
Nissenson, Steve
Oliver, Bruce
Pezzy, Roxanna
Rapozo, Liese
Rapozo, Wally
Rehmet, George
Robinson, Todd
Royce, Peter
Schillinger, Julius
Seban, Suzana
Sonstein, Amy
Vincent, Selma
vonBlankenburg, Kathryn
Weidinger, John



At the Gala, DSE President Kevin Lee gives 2004 Volunteer Awards to Fred Haber, Yong Cho, George Sacco and Calvin Chan (Bob Marty, the 2004 Volunteer of the Year, was not present)
Photo © Paul Mosel

A poem to remember Walt by

Blue of eye with cheek of tan,
Blessings on the DSE's First Man.
With inspiration for all who dared
(The grubby jokes were never spared).
Len and Buck and Ruth and Stu
And Sister Marion, they all knew
Walt, with several minor flaws
Unique—a rebel with a cause.
Those who didn't run or soar
With Walt beside the Bay missed more
Than just a legend in our time;
But also lost the chance to climb
With winged feet the heights of charm
With Walt, whose character so warm
Is with us still throughout the land,
On mountain trail, along the sand.

J.L.

◆◆◆ 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

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.

Sun Feb 20 Kennedy Drive, 8K
START/FINISH: South side of Polo Fields in Golden Gate Park
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
******KIDS' RUN (1/2 MILE) 9:45 AM**
COURSE DESCRIPTION: Run eastbound on Middle Drive, turn onto Overlook Drive (dirt path), left at Transverse Drive, right onto Kennedy Drive, turnaround at barricade on Kezar Drive. Return the same way to finish.

Sun Feb 27 Waterfront 10 Mile
START/FINISH: Dolphin Club (Jefferson & Hyde St.)
START TIME: 8:00 AM
ENTRY FEE: \$5.00; online at www.active.com or Race Day registration
COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic), which turns onto Embarcadero (sidewalk), past Willie Mays Plaza (Statue around SBC Stadium), left onto Third Street, cross over Lefty O'Doul Bridge, left/right onto Terry Francois, left onto Illinois; Turnaround at 1192 Illinois Street (before 23rd Street). Return same way to Jefferson Street wooden post finish.

Sun Feb 27 Waterfront 5K
START/FINISH: Dolphin Club (Jefferson & Hyde St.)
STARTING TIME: 8:10 AM
COURSE DESCRIPTION: Run eastbound on Jefferson, which turns onto Embarcadero sidewalk. Run beyond Pier 9 entrance way; Turnaround @ first planter. Return same way to Jefferson Street wooden post finish.

Sun Mar 6 Rainbow Falls, 3 miles
START/FINISH: Transverse Drive & Kennedy Drive
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run along Kennedy Drive, turnaround at barricade at Kezar Drive, run up and around East Conservatory Drive, back onto Kennedy Drive, run westbound to finish.

Sun Mar 13 St. Patrick's Day Run, 4 miles
START/FINISH: Little Marina Green (Marina Boulevard & Baker Street)
STARTING TIME: Runners at 9:00 AM, Walkers are encouraged to start early.
******KIDS' RUN (1/2 MILE) 9:45 AM**
COURSE DESCRIPTION: Run eastbound on Yacht Harbor; turnaround at end of parking lot. Return back to start; run westbound along the Crissy Field/ Golden Gate Promenade. Stay on straightaway into the Fort Point National Historic site. Turnaround at end of parking lot (touch side of building). Return along the same route.

◆◆◆ 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

M e m b e r s h i p ♦ ♦ ♦
♦ ♦ ♦ I n f o r m a t i o n

The DSE has grown into San Francisco's largest running club with about 500 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and miles (between 2-6 miles).

Annual Dues are \$20 for an individual membership and \$25 for a family membership (two or more people with the same address). Renewal dues are payable by the date shown on the mailing label of your DSE newsletter. All dues should be paid either by personal check or money order. Please make check to the DSE and mail it to Richard Finley at the address shown below.

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

Folding ♦ ♦ ♦
♦ ♦ ♦ Session

DATE: Sunday February 27, 2005
TIME: 11:00 AM
PLACE: Peter Royce
Ground Floor Meeting Room
1050 Northpoint Street
(at Van Ness Avenue)
San Francisco 94109
415-775-7084

Come out and join the newsletter folding session—a small gathering of DSers who get together for a bit of fun, food, and folding. All DSers are encouraged to participate. We begin folding at 11:00 AM and usually wrap up before 1:00 PM.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Fred Haber, Folding Session Coordinator at 510-540-7824 or dsefred@yahoo.com.

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

We can expect rainfall at regular intervals during February. Expect colder than normal temperatures with above normal precipitation. Dry weather is expected the first few days with a weather system moving in at the end of the first week and rain continuing into the second week. Around mid-month we can expect heavy rain with possible flooding. Two more storms are likely in the third and fourth weeks of February.



Club Officers



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ANGELICUS
Walt Stack

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dsepekingduck@juno.com

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Mom114@aol.com

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DOUBLE DIPSEA RACE DIRECTOR
Ken Reed *RunKenRun@aol.com*

DD CLOTHING
Yong Cho *yongdse@yahoo.com*

DD STORAGE Edmund Wong

Happy Birthday!

1	Erika Brickley	9	Louise Chu	19	Sig Berven
	Janine Gallagani		Rick Shea	20	Shawn Nelson
	Debra Sweet	11	Geoff Jones	23	Carolyn Clark
2	Billy Zaparolli	12	Adam Lucas	24	Jenny Gallagher
7	Carlos Zaparolli	13	Charlie Rock		Phil Gallagher
8	Nick Gallagher		Marie Tanjuatco		Allen Hom
	Peter Goorjian	14	Zoe Pleasure		Holly Pillsbury
	Elaine Koga	16	Yuriko Shimoyama		Lou Shapiro
	Kevin Lee	17	Tyler Abbott	25	Gary Bengier
	Virginia Rock		David Stratta		Fran Crawford
	Eric Shackelford	18	Kathleen Lail	26	Shannon Luppino
	Tom Whitnah		Sam Roake	27	Shenay Lorente
				28	Michael Kiser



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

Join our email list

Would you like to stay even more up-to-date on all the DSE News? Join the DSERunnersClub egroupp mail list. Link to **<http://groups.yahoo.com/group/DSERunnersClub/join>**. Simply add your email address and you will periodically receive updates of breaking club news and other running information of interest.



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!