40th Year

March 2 0 0 5

VETERAN DSE'ERS CONTRIBUTE TO ANOTHER SUCCESSFUL KAISER 1/2 MARATHON

Kenneth Fong

Another Super Bowl Sunday meant another Pamakids Half Marathon, this time with Kaiser Permanente's name, but with the same old successful formula. Great weather, a beautiful course, and hard working DSE'ers, Pamakids, and RhodyCo. people continue to make this one of the best half marathons in the country. King Pamakid **Ron Dorey** and former RRCA Rep. **George Rehmet** were spotted delivering mountains of store-bought water for Ultima at 5:00 AM. **Diane Okubo-Fong** and **Ken Fong** showed up a bit later to receive the Water/Ultima/Aquafina (the later part due to being lost in pitch black GG Park).

The usual DSE water station early birds **Calvin "BargainMan" Chan** and **Richard "Mileage King" Hannon** started setting up at 7:00 AM. To those who have not worked at this station, the crew sets up about 3,000 cups of water and sports drink in about an hour. Most runners pass by in a 50 minute window, during which another 3000 cups are filled and passed for a total of about 6,000 cups. Two hours after the first runners come by, all the garbage has been swept and bagged, the tables folded, and recyclables are neatly stacked. It is three hours of controlled chaos.

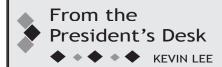
With two separate stations of Ultima and water and only 23 volunteers, the set-up reached full frenzy with the families Ng, Lee and Luppino showing newcomers the ropes. Longtime but rarely seen DSE member Julius Ng showed up with wife Shirley Ng and daughter Jennifer Ng. Track speedster Patrick Lee came with wife Jane Lee, while father/daughter Daryl Luppino and Shannon Luppino represented their family. Regulars Larry "Too Tall" Wuerstle, Jane Colman, Lucy Wing, and Yong Cho passed water and cheered the numerous DSE runners while AC/DC blared in the background. The amazing Harry Cordellos bravely waded into the sea of nearly 6000 runners with Mitchell Sollod, David Saldivar, Gary Davis, and Silvia Rico. Hard working Barbara Bernhart and Rick Nippes poured, passed, and swept until it was a wrap as did the whole dedicated crew.

Numerous other DSE'ers like **Ken Reed** (course), President **Kevin Lee** (course), **Bobby Marty** (course) and **Fred Haber** (announcing) make this the great event that it is. It was a job well done that we can be proud of.

nside *****************

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GIVE AND TAKE

I would like to begin by stating that the DSE Runners Club gives back a lot to its club members—e.g. a diverse year-round race schedule in a variety of locations, several weekly group training runs, a monthly newsletter with race results and informative running articles, annual Gala Dinner with trophies/awards, annual Volunteer Appreciation Picnic, free Kids' Runs, club volunteer outings at some of SF's elite running events and a plethora of running related information. After reading the long list of club events, now I know why DSE club membership is the best deal in this area. You have heard it before and will hear it again: DSE needs continual volunteer contributions from its membership to sustain its existence. Even though the DSE Officers and Coordinators do their fair amount of club volunteer service, they are overwhelmed. With as much as DSE has to offer its members, we are still not receiving support from enough club members. Every club member needs to understand "Give and Take." Too many club members take, but do not give back (volunteer). DSE is appreciative of those who answer the volunteer call. It is disappointing not to see many long-time regular club members and more new club members stepping forward to serve as volunteers. This is your club. You should feel passionate enough to sacrifice (not run) one DSE Race at least once a year. As some of our

Continued on page 2

THE GOOD VERY OLE DAYS

by Ted Vincent

The Kennedy Drive race on February 20 was a DSE throwback, a race in which nobody knew how far we were running or walking. Race day road closures forced the club, at the last minute, to change the course. Theo Jones deserves our applause for sprinting along the makeshift course with the chalk, and for being a fast runner who could zoom back to the start in time to sprint the official race in his usual accomplished style. (He won his age group at the SF Half.)

Ah yes! We needed a course on Sunday. Thanks, Theo. And in the last couple of years our courses have become more than courses, they are minutely measured courses. Our diligent officers have taken us back to the tradition of distance accuracy that marked racing in antiquity. The Roman sports officials kept such detailed records on Chariot racing that, today, you can drive around Rome and occasionally see an obelisk to some racing champ, complete with his records. Unfortunately, many of the records on the obelisks appear gobbledegook. Lost over the centuries is their meaning, as will be 2000 years from now the meaning of a US obelisk stating, ERA 1.25, IP 276, K 352, CG 19....

Between Rome and our modern sport measurers and record tabulators there was about a millennium and a half of unmarked, unnoticed, unapplauded sport. "Race you to yon tree and back," went the challenge. The winner might have set a world record for the 178.6 yards, but who cared. From around 1660 the British have had a sporting world that cared, according to historian Montague Shearman, who writes that from around then there was organized record keeping in England. We on this side of the Atlantic, however, were slow at taking sport seriously. If the United States had had a sporting world when George Washington was a young man we might today speak of the father of our country as our first track and field star. He was reported in the English sporting press having jumped over 22 feet (an amateur world record at that time).

Organized running became big time in the U.S. after the Civil War, and during the 1870s and 1880s the space in the sporting papers devoted to running, jumping and competitive walking nearly matched that for baseball. It was mass participation, it was participation for women as well as men, and for the old as well as the young. There were handicapped races and handicapped jumps. One of the latter was "the stand, one hop, two strides, one hop, two strides and a jump world record. 73,2." Years ago I discovered this world of free form activity while researching baseball history. I wasn't then a road runner, but in talking about my discovery, more than one friend mentioned, "What you describe sounds like the Bay to Breakers." My first race was the 1979 B to B, and it led me to gab with runners who said, "What you describe sounds like the DSE."

Since 1979, our DSE races have retained much informality, but we have advanced beyond the days of the 5 mile courses that are actually 4.6, or an alleged 5K that is actually 5.843K. February 20, 2005, however, was a throwback. In a way, it was a refreshing reminder of those days when we just participated for the thrill of getting exhausted, and beating all our rabbits.

**** ◆ * * ◆** 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

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 PRESDIDENT'S DESK

continued from page 1

long time volunteers are getting on in the years, we are looking to the younger generations to carry on their many decades of service to DSE. Please see the Volunteer Needed Section, page 9. We are in particular need of volunteers for the Double Dipsea, our signature race and primary fundraiser for this club, and would like to see many more DSE members step forward to help with one of the numerous jobs for that event.

MARCH RACE SCHEDULE

Are you ready to celebrate a little DSE March Madness? How much more excitement can DSE add to the crowd pleasing Rainbow Falls race? The answered awaits us all on 3/6 at the unveiling of the Rainbow Falls 5K. DSE will be celebrating St. Patrick's Day on 3/13. The price of admission will be worth its weight in gold—to see how DSE turns March 13 into a "Lucky Charm." There is no DSE Run on 3/20. DSE'ers have an opportunity to run the "Emerald Nuts Across the Bay 12K." After you run the DSE Easter Roller Coaster 2.92 miles on 3/27, stay for the post-race Easter egg hunt. That way you can enjoy the guilt-free candy and chocolates.

KAISER PERMANENTE 1/2 MARATHON AID STATION 2/6/05

One hand shares with the other; it was nice to return the favor to the Pamakid Runners. I would like to thank all everyone who helped with a volunteer assignment at the Kaiser Permanente races. Special thanks go out to DSE Aid Station Captain Kenneth Fong for his expertise and securing the aid station supplies at 5:30 AM. I heard you served up had enough water and Ultima for 4000+ 1/2 marathoners. Special thanks to Priscilla and Henry Black for doing double duty. After serving as 3.25 mile course monitors, they passed out WF 10 race flyers. Jim Kauffold passed out 500 WF flyers by himself after completing the 5K.

DSE ELECTRONIC NEWSLETTER/DSE EGROUP

The last time I checked, there were some 200+ DSE members with email access. Isn't it time that the majority

Continued on page 9

IT'S getting to be... DIPSEA Season

Ken Reed, Double Dipsea RD

DSE Dipsea Training
DSE Dipsea Lectures
DSE Dipsea Hikes
DSE Practice Dipsea Race June 5th
Dipsea Race June 12th
DSE Double Dipsea June 25th
Quadruple Dipsea Nov 26th

Almost all in the next 4 months.....

We can't make all this happen without the help of our fellow DSE runners and volunteers. For the DOUBLE DIPSEA last year we needed over 111 volunteers to keep 350 - 450 finishers safe and happy!

Please help again this year by either running OR volunteering. The runners can have a fun, safe race with our full participation as DSE members. Positions needed include course monitors, aid station workers, loaders and unloaders, finish line workers, goodie bag and T-shirt workers, and more.

Volunteers receive: A Double Dipsea T-Shirt, a Picnic at Stinson Beach finish area after the race, and an invitation to the Annual DSE Volunteer Picnic this summer. What a Deal!!!

Now a little quiz/game, with a Double Dipsea T-shirt or hat to the 4th person with the most correct answers (the 4th person is usually out of the money):

What year was the 1st Double Dipsea run? (1970, 1968, 1972)

How many finishers? (110, 144, 201)

What year had the most Double Dipsea finishers (488)? (1989, 1996, 2002)

What is the fastest actual running time? (140:11, 144:17, 138:26) and

What 2 people both have the same record! (Butch Alexander, Larry McKendall, Darryl Beardall, or Tony Stratta)

Who is currently the fastest scratch runner and will he break the record this year? (Russ Kiernan, Melody-Anne Schultz, Cliff Lentz)

What red haired seldom shy DSE member won the DSE Practice Dipsea race in 1988? (Kevin Lee, Ted Vincent, Fred Haber) What was his time? (59:55, 1:01:12, 52:50)

Who took 4th Place in the "real Dipsea" in 1950? (Theo Jones, Mort Weisberg, Tony Stratta)

Who was the fastest Female over 60 until Melody-Anne Schultz broke her record a couple years ago? (Joan Ullyot, Sister Marian, Marty Maricle)

Will she win her title back as a 70 year young runner this year?

Stay tuned next month for the winner and correct answers. In the meantime PLEASE sign up to run or volunteer. WE NEED YOU.



4 wonderful Double Dipsea Volunteers at Picnic: John, Mort, Janet, and Peter. We love you! Photos by Ken Reed



Lucy & Yong model last year's Double Dipsea Ts. The shirts are still for sale \$10 at the DSE races, and both ladies are special DD Volunteers this year too.



Note: The numbers **0 9 6 6** next to a runner's name represent the placement of the first five female finishers.

January 30, 2005 Windmill Run, 6.5 miles Race Director: Suzana Seban Volunteers: John Gregson, Mort Weisberg, Richard Hannon, Shannon Luppino, Kevin Lee, and Roxanna Pezzy

| <u>PL</u> <u>NAME</u> | <u>AGE</u> | TIME |
|----------------------------------|------------|-------|
| Stu Gilespie | 21 | 37:19 |
| 2. Andreas Maher | 38 | 38:56 |
| 3. Matt Mullen | 40 | 39:17 |
| 4. Eduardo Vazkez | 32 | 41:17 |
| 5. Mark Janes | 29 | 41:33 |
| 6. Bill Marlow | 59 | 42:15 |
| 7. Thom Fox | 51 | 42:38 |
| 8. Pete Nowicki | 46 | 43:02 |
| 9. Sean Driscoll | 17 | 43;25 |
| 10. Robert Sindeler | 40 | 43:54 |
| 11. Steve Stephens | 61 | 44:17 |
| 12. Guy Murtagh | 55 | 45:31 |
| 13. Derek White | 28 | 45:31 |
| 14. Jim Buck | 62 | 45:38 |
| 15 Felix Wong | 29 | 46:24 |
| 16. Tommy Evans | 20 | 47:04 |
| 17. Daryl Luppino | 45 | 47:07 |
| 18. Francis Dy | 32 | 47:33 |
| 19. Joel Rizzo | 39 | 48:20 |
| 20. Dimitris Sklavopoluos | | 48:23 |
| 21. Mark Kelley | 48 | 48:31 |
| 22. Paul Mosel | 63 | 48:33 |
| 23. Male Runner | | 48:41 |
| 24. R. Woodbury | 55 | 48:48 |
| 25. Amy Sonstein 1 | 35 | 49:03 |
| 26. Theo Jones | 66 | 49:48 |
| 27. Paul Flanagan | 73 | 50:04 |
| 28. David Klinetobe | 44 | 50:51 |
| 29. Rick Nippes | 56 | 50:56 |
| 30. Keith O. Johnson | 66 | 51:20 |
| 31. Lina Morris-Khatib 2 | 40+ | 51:42 |
| 32. Sara Jane Osborne 3 | 36 | 51:59 |
| 33. Allison Groves 4 | 41 | 52:11 |
| 34. Sam Roake | 68 | 53:29 |
| 35. Gerry Heinz | 70 | 53:31 |
| 36. Adrian Jue | 23 | 53:59 |
| 37. Mark Newman | 58 | 54:01 |
| 38. Mark Magers | 46 | 54:03 |
| 39. Tanya B. Finley 6 | 29 | 54:36 |
| 40. James Eales | 45 | 54:48 |
| | | |



Race Director Suzana Seban Photo © Paul Mosel

I have been a DSE member since last summer (that's about 8 months). I have been running since the end of 1996 when I set a goal to run the following Bay-to-Breakers (key word "run")... and I did, the whole way! After that I continued running on and off, with and without running mates, and doing just 2 races each year (B2B and Far Side). I had tried to running as an exercise about 3-4 times in my adult life, but each time I gave up after a few weeks or months, for various reasons: it was too boring; was hard to do in NY, where it was too hot or too cold; and I was too busy with the rest of my life. When I tried it last time, I felt I needed some exercise, since I wasn't getting the exercise of carrying babies around any more, and running seemed like a good option again. So, with a little advice from my brother, I tried it, and this time it stuck! I enjoy the great feeling of exhilaration when I finish a run or a race; the fun (or occasionally serious) conversation with runningmates, during (and after) the run; and the great SF views!

| 59 | 55:04 |
|----|--|
| 31 | 55:12 |
| | 55:33 |
| 58 | 55:36 |
| | 55:54 |
| 34 | 55:58 |
| | 55:59 |
| 40 | 56:05 |
| 63 | 56:28 |
| 39 | 57:11 |
| 70 | 57:23 |
| 29 | 57:32 |
| 30 | 57:40 |
| 54 | 58:02 |
| 51 | 58:32 |
| | 31 58 34 40 63 39 70 29 30 54 |

| 56. | Bob Morris-Khatib | 52 | 1:00:54 |
|------------|---------------------------------------|-----|---------|
| 57. | Kenneth Fong | 43 | 1:01:05 |
| | Patrick Regan | 37 | 1:01:22 |
| | Lorrie Kalos | 44 | 1:01:31 |
| 60. | Susan Herder | 40+ | 1:01:33 |
| | Fred Haber | 45 | 1:02:01 |
| | Jim Kauffold | 67 | 1:02:08 |
| | Kennet De Silva | 23 | 1:02:20 |
| | Carl Anderson | 44 | 1:03:27 |
| | Norman Ching | 56 | 1:03:57 |
| | Calvin Chan | 54 | 1:04:31 |
| | Dennis Hassler | 71 | 1:04:53 |
| | Kay Teiber | 65 | 1:05:39 |
| | | 25 | 1:10:08 |
| | Meghan Rhodes | | |
| | Kathleen Williams-Hove | | 1:10:17 |
| | Mary Ann Treadaway | 50 | 1:10:17 |
| | Lisa Liu | F-0 | 1:11:01 |
| | Marcia Martin | 52 | 1:11:46 |
| | Bruce Oliver | 76 | 1:12:29 |
| | Barbara Robben | 70 | 1:13:14 |
| | Jane Colman | 61 | 1:13:15 |
| | Marieanne Kohlmann | | 1:13:46 |
| | Joanne Desmond | 37 | 1:13:47 |
| 79. | Paul Griffiths | 43 | 1:22:30 |
| CEI | F-TIMERS | | |
| <u>JLL</u> | Tony Stratta | 74 | 2:07:50 |
| | Yong Cho | 47 | 2.07.30 |
| | Robert Brizuela | 65 | 59:00 |
| | Denise Kalos | 43 | 39.00 |
| | | old | |
| | Neil Mahoney | | |
| | Christine Paradis | 50 | |
| | Brie Reybine | 6.0 | |
| | Richard Hannon | 69 | |
| | Bill Woolf | 69 | |
| | Ellen Breslauer | 57 | |
| | Mort Weisberg | | |
| | Gary Davis | 52 | |
| | Lucy Wing | 48 | |
| | Ken Reed | 59 | |
| | Tom Boyd | 59 | |
| | Elaine Gecht | 61 | |
| | Phyllis 'Saida' Nabhan | 58 | |
| | Qui Curritt | | |
| | John Mortell | | |
| | Bobby Marty | 76 | |
| | Jim Pommier | 72 | |
| | Wally Rapozo | 76 | |
| | Richard Finley | 56 | |
| | Liese Rapozo | 77 | |
| | Kathryn vonBlankenl | | |
| | , , , , , , , , , , , , , , , , , , , | 0 | |

Wendy Newman

February 13, 2005
Golden Gate Bridge Vista Run
5.04 miles
Race Director: Megan Nguyen
Volunteers: Richard Finley, George
Sacco, John Gregson, Richard Hannon,
Letty Garbirsch, Shannon Lupppino,
Kevin Lee, Bobby Marty



Bobby Marty with Race Director Megan Nguyen Photo © Paul Mosel

| <u>PL_NAME</u> | <u>AGE</u> | TIME |
|-----------------------------|------------|-------|
| 1. Kendall Manlove | 25 | 32:18 |
| 2. John Mintz | 38 | 32:37 |
| 3. Thomas McManus | 35 | 33:28 |
| 4. Eric Dowming | 34 | 34:07 |
| 5. Steve Stephens | 61 | 35:15 |
| 6. Andrew Lacourliere | 31 | 35:20 |
| 7. Kennet De Silva | 23 | 35:41 |
| 8. David Weinstein | 44 | 36:10 |
| 9. Jim Tesar | 43 | 36:12 |
| 10. Matt Verley | 44 | 36:39 |
| 11. Daryl Luppino | 45 | 37:18 |
| 12. Guy Murtagh | 55 | 37:30 |
| 13. Jim Buck | 62 | 38:08 |
| 14. Troy Mayfield | 41 | 38:54 |
| 15. Theo Jones | 66 | 39:32 |
| 16. Francis Dy | 32 | 39:52 |
| 17. David Klinetobe | 44 | 40:03 |
| 18. Keith O. Johnson | 66 | 40:14 |
| 19. Matthew C. Upton | 29 | 40:25 |
| 20. Mark Kelley | 48 | 41:06 |
| 21. Shannon Sobeck 1 | 23 | 41:07 |
| 22. King Wayman | 55 | 41:24 |
| 23. Lina Morris-Khatib 2 | 40+ | 41:45 |
| 24. Paul Mosel | 63 | 42:02 |
| 25. Eric Park | 59 | 42:15 |
| 26. Steve Nissenson | 56 | 42:24 |
| 27. Kathleen Lail ❸ | 36 | 42:32 |
| 28. Melinda Sharkey 4 | 28 | 42:56 |
| 29. Gregory Brown | 55 | 44:21 |
| 30. Johanna Merriss 6 | 54 | 44:25 |
| 31. Steve Braggs | 39 | 44:33 |
| 32. Todd Carsese | 27 | 44:42 |

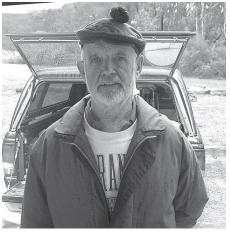
| I. | | |
|-----------------------|----|---------|
| 33. Sam Roake | 68 | 44:45 |
| 34. Jack Bascom | 63 | 44:56 |
| 35. Sam Rodriguez | 45 | 45:34 |
| 36. Rod Hall | 56 | 45:47 |
| 37. Patrick Lee | 57 | 46:16 |
| 38. Anne Brennan | 39 | 46:36 |
| 39. Janet Nissenson | 45 | 46:42 |
| 40. Thomas Smiley | 50 | 47:42 |
| 41. Martin Glickfeld | 49 | 48:59 |
| 42. Amanda Bragg | 37 | 49:29 |
| 43. Bob Morris-Khatib | 52 | 50:14 |
| 44. Jim Kauffold | 67 | 51:19 |
| 45. Suzana Seban | 51 | 52:29 |
| 46. Maryam Faread | 31 | 52:35 |
| 47. Fred Haber | 45 | 52:36 |
| 48. Calvin Chan | 54 | 53:22 |
| 49. Jeff Houston | 46 | 53:42 |
| 50. Sarah Singer | 28 | 53:55 |
| 51. Marcia Martin | 52 | 55:21 |
| 52. Gary Brickley | 50 | 59:36 |
| 53. George Sacco | 67 | 1:04:11 |
| 54. Bruce Oliver | 76 | 1:06:16 |
| 55. Barbara Robben | 70 | 1:06:16 |
| | | |
| SELF-TIMERS | | |
| Wally Rapozo | 76 | |
| Liese Rapozo | 77 | |
| Bob Theis | 76 | |
| Gary Davis | 52 | |
| Doerte Murray | 64 | |
| Ken Reed | 59 | |
| Richard Hannon | 69 | |
| Bill Woolf | 69 | |
| Wendy Newman | 54 | |
| Yong Cho | 47 | |
| Brie Reybine | 77 | |
| Robert Brizuela | 65 | 1:13:16 |
| Tom Boyd | 59 | 1.13.10 |
| Tony Stratta | 74 | 1:39:20 |
| TOTTY Stratta | /4 | 1.39.20 |

February 20, 2005 Kennedy Drive 8K Race Director: John Gregson Volunteers: George Sacco, Calvin Chan, Kevin Lee, Selma Vincent, Richard Hannon, Theo Jones, Edmund Wong, Bobby Marty, Ken Reed

| <u>PL</u> | <u>NAME</u> | <u>age</u> | <u>TIME</u> |
|-----------|--------------------|------------|-------------|
| 1. | Dirk Leu | 35 | 31:09 |
| 2. | John Mintz | 38 | 31:28 |
| 3. | Wayne Plymale | 53 | 31:53 |
| 4. | Brent Pelkey | 26 | 32:56 |
| 5. | Kennet De Silva | 23 | 33:01 |
| 6. | Jerry Flanagan | 39 | 33:13 |
| 7. | Ernie Rivas | 54 | 33:26 |
| 8. | Anne Ekem ① | 36 | 33:54 |
| 9. | Helge Haldorsen | 50 | 34:42 |
| 10. | David Saldivar | 48 | 36:16 |
| 11. | Theo Jones | 66 | 36:26 |
| | | | |

| 12. Sara Jane Osborne 2 | 36 | 36:37 |
|----------------------------|-----|-------|
| 13. Paul Mosel | 63 | 36:49 |
| 14. Keith O. Johnson | 66 | 37:30 |
| 15. George Rehmet | 36 | 37:42 |
| 16. Tyler Abbott | 40+ | 37:55 |
| 17. James Eales | 45 | 38:14 |
| 18. Mark Magers | 46 | 38:30 |
| 19. Kathleen Lail 3 | 37 | 38:38 |
| 20. Gerry Heinz | 70 | 38:43 |
| 21. Lucy Wing 4 | 48 | 38:59 |
| 22. Vincenzo Scalisi | 38 | 39:22 |
| 23. Sam Roake | 69 | 39:27 |
| 24. Greg Rosenberg | 40 | 39:28 |
| 25. Steve Nissenson | 56 | 39:39 |
| 26. Mark Kelley | 49 | 40:07 |
| 27. Patrick Lee | 57 | 40:21 |
| 28. Carmel Granger 6 | 40 | 40:34 |
| 29. Rick Stiller | | 40:36 |
| 30. Alex Dutra | 26 | 41:14 |
| 31. Jeremy Williams | 35 | 41:40 |
| 32. Gregory Brown | 55 | 41:54 |
| 33. Jim McBride | 62 | 42:01 |
| 34. Fred Haber | 45 | 42:16 |
| 35. Janet Nissenson | 45 | 42:55 |
| 36. Wendy Newman | 54 | 43:13 |
| 37. Mick Lavelle | 52 | 43:48 |
| 38. Rod Hall | 56 | 43:55 |
| 39. Jack Bascom | 63 | 44:24 |
| 40. Bill McCarty | 42 | 44:54 |
| 41. Marlys Wari ng | 37 | 45:10 |
| 42. Bob Morris-Khatib | 52 | 45:33 |
| 43. Phil Gallagher | 54 | 46:55 |
| 44. Suzana Seban | 51 | 47:30 |
| 45. Jim Kauffold | 67 | 48:27 |
| 46. Bob Bean | 63 | 48:31 |
| 47. Jeanie Jones | 69 | 48:36 |
| 48. Barbara Robben | 70 | 49:52 |
| 49. Bill Woolf | 69 | 50:15 |
| 50. Marcia Martin | 52 | 50:34 |
| 51. Gary Brickley | 52 | 51:14 |
| 52. Gary Davis | 52 | 51:16 |
| 53. Paul Griffiths | 43 | 55:11 |
| | | |

continued on page 6



Race Director John Gregson Photo © Paul Mosel

KENNEDY DRIVE 8K

continued from page 5

| 54. Jane Colman | 61 | 55:50 |
|------------------------|-----|---------|
| 55. Lina Morris-Khatib | 40+ | 58:07 |
| 56. Don Watson | 75 | 58:20 |
| 57. Bruce Oliver | 76 | 1:03:34 |

SELF-TIMERS

| Tom Boyd | 59 |
|------------------------|----|
| Mort Weisberg | |
| Richard Hannon | 69 |
| Yong Cho | 47 |
| Wendy Watson | 58 |
| Ken Reed | 59 |
| Elaine Gecht | 61 |
| Priscilla Black | |
| Henry Black | 71 |
| Ted Vincent | 68 |
| Phyllis 'Saida' Nabhan | 58 |
| Liese Rapozo | 77 |
| Wally Rapozo | 76 |
| Bob Theis | 76 |

KIDS' RUN

Race Director: George Rehmet

| Cullen Phillip | s 8 | 1:59 (L) | |
|---------------------------------|------------|----------|--|
| Lilla Rose Osk | oorne 2 | 2:23 (S) | |
| *Tim Abbott | 14 months | 2:30 (S) | |
| *Jakob Lail | 1 year old | 2:51 (S) | |
| * With help from Dad | | | |
| L: long course; S: short course | | | |

NOTE: Race results from the Waterfront 10M and 5K will be published in the April DSE News.

CLASSIC STU-PEDS by Stu Ruth



DSE Members Run the Kaiser 1/2 Marathon and 5K

Half Marathon Results

| <u>PL.</u> | NAME | TIME | AGE GROUP | A.G. PL. |
|------------|--------------------|---------|-----------|----------|
| 10 | Chikara Omine | 1:15:27 | M20-24 | 1 |
| 335 | Bob Bowman | 1:33:58 | M50-54 | 16 |
| 582 | Theodore Jones | 1:39:49 | M65-69 | 1 |
| 849 | Jason Langkammerer | 1:44:47 | M30-34 | 132 |
| 855 | Allison Groves | 1:44:50 | F 40-44 | 18 |
| 1089 | Paul Mosel | 1:48:39 | M60-64 | 11 |
| 1213 | Rene Menjivar | 1:50:26 | M45-49 | 111 |
| 1275 | Gregory Brown | 1:51:20 | M55-59 | 19 |
| 1411 | Everett Austin | 1:53:31 | M50-54 | 58 |
| 1581 | Gary Aguiar | 1:56:07 | * | |
| 1617 | Keith Johnson | 1:56:31 | M65-69 | 4 |
| 1639 | Sam Roake | 1:56:47 | M65-69 | 5 |
| 1688 | Kazumi Shimoyama | 1:57:24 | M35-39 | 263 |
| 1693 | Carolyn Dingwall | 1:57:27 | F 40-44 | 68 |
| 1775 | Jay Tomas | 1:58:46 | M45-49 | 153 |
| 2033 | Peter Royce | 2:02:41 | M70-95 | 3 |
| 2061 | Michael Sovik | 2:03:08 | M35-39 | 298 |
| 2080 | Kat Powell | 2:03:25 | F 50-54 | 30 |
| l | Vanee Pho | 2:03:29 | F 30-34 | 151 |
| 2299 | Lina Morris-Khatib | 2:07:22 | F 40-44 | 123 |
| 2552 | Wendy Newman | 2:11:49 | F 50-54 | 44 |
| 2677 | Mort Weisberg | 2:14:07 | M65-69 | 11 |
| 2816 | Kay Teiber | 2:18:10 | F 65-69 | 2 |
| l | Dennis Hassler | 2:25:38 | M70-95 | 8 |
| l . | Brenda Austin | 2:26:08 | F 45-49 | 98 |
| l . | Bob Morris-Khatib | 2:26:56 | M50-54 | 137 |
| l | Irene Pleasure | 2:27:08 | F 40-44 | 197 |
| l | Joanne Desmond | 2:28:00 | F 35-39 | 253 |
| l | William Woolf | 2:28:55 | M65-69 | 15 |
| | Margie Whitnah | 2:29:33 | F 55-59 | 18 |
| 3317 | Marcia Martin | 2:41:44 | F 50-54 | 81 |

5K Results

| <u>PL.</u> | <u>NAME</u> | <u>TIME</u> | <u>AGE GROUP</u> | <u> A.G. PL.</u> |
|------------|--------------------|-------------|------------------|------------------|
| 16 | Andrew Bloch | 19:23 | M40-59 | 8 |
| 18 | Victor Rodriguez | 19:35 | M40-59 | 9 |
| 27 | Kennet De Silva | 20:27 | M19-39 | 8 |
| 69 | Julius Schillinger | 24:18 | M40-59 | 23 |
| 177 | Patrick Regan | 27:43 | M19-39 | 60 |
| 208 | Lorrie Kalos | 28:28 | F 40-59 | 16 |
| 216 | Grant Kolling | 28:38 | M40-59 | 50 |
| 265 | Janet Fry | 29:50 | F 19-39 | 53 |
| 307 | Harry Cordellos | 30:38 | M60-95 | 4 |
| 321 | Denise Kalos | 30:52 | F 40-59 | 24 |
| 395 | Jane Colman | 32:10 | F 60-95 | 3 |
| 496 | Jay Brignon | 33:38 | M40-59 | 97 |
| 526 | Kevin Murano | 34:19 | M19-39 | 126 |
| 553 | Barbara Robben | 34:39 | F 60-95 | 4 |
| 606 | Bruce Oliver | 35:21 | * | |
| 607 | Jim Kauffold | 35:22 | M60-95 | 9 |
| 740 | Bobby Marty | 37:32 | M60-95 | 16 |
| 1056 | Liese Rapozo | 47:58 | F 60-95 | 15 |
| 1145 | Wally Rapozo | 51:18 | M60-95 | 26 |
| 1357 | George Teiber | 58:29 | M60-95 | 31 |
| | | | | |

^{*} Gary Aguiar and Bruce Oliver were listed in the wrong age groups.

Women's History Month—How Women in Sports Has Changed in the Past Decades

Since 1987, March has been designated as National Women's History Month. 1987 is, coincidentally, the same year that I began running and racing on a regular basis. As a 27-year-old working mother with a 3-year-old daughter, running was brand new to me and I welcomed the challenges it

presented.

Growing up in San Francisco during the 1960s and 1970s, there were few opportunities for girls to participate in sports. Physical activity during elementary school was limited to playing games at recess. Organized sports teams were only available then to 7th and 8th graders, and then only volleyball and basketball. Unfortunately, I wasn't good enough at either sport to make the team.

High school wasn't much better. I attended a very small (400 students) and very financially strapped all-girls Catholic school. Our sole athletic facility was the gym, which also did duty as the cafeteria, assembly hall and I think they had art class there in the afternoons, too. Only the freshmen took P.E. class

due to limited facility availability. We had no other athletic facilities – no pool, track, tennis courts, or even a grassy field. Here, too, school sports teams consisted solely of volleyball and basketball.

My non-participation in sports was also somewhat influenced by culture. I come from a family of Italian immigrants and in their old-fashioned ways of thinking, girls simply didn't do things like run races or play sports or get sweaty. As a girl, I was allowed to take ballet and tap classes, "acceptable" physical activities for a female. It wasn't until I was an adult and trying to find an alternative to the aerobics classes that now bored me to tears that I began running. Almost 20 years later, I am still at it, albeit quite a bit slower than in my prime but still trying to make improvements and set new goals for myself. A few years ago, at the ripe old age of 42, I was "recruited" to run on a women's community college cross country team, where the average age of our team members was 35. It was somewhat of a bizarre experience lining Janet Nissenson

up at the start with a pack of skinny girls young enough to be my daughter, and who wore matching hair ribbons in their ponytails to boot. My "collegiate career" ended abruptly during the first meet of my "sophomore" year when I sustained a broken bone in my foot.

Nowadays, the opportunities for women in sports are widespread and becoming more so all the time. Girls and young women have so many different sports and activities available to them now that simply weren't offered when I was their age—soccer, tennis, golf, water polo, wrestling, softball, etc. And it is especially dismaying to see how few women in their teens and 20s participate in the weekly DSE races. This is truly a golden age for women in sports. To be 20 years younger and be able to take advantage of all those missed opportunities would be amazing. If you have daughters, granddaughters, nieces, goddaughters, or even young female neighbors or daughters of friends, please do your utmost to encourage them to take advantage of all these wonderful opportunities available to them.

Age-Division Awards Update

The first year of our age-division awards has been very well received by DSE members. For 2005, in order to include even more deserving members in the program, we are making the following additions.

For the Men's divisions only, the 50-59, 60-69 and 70+ age divisions will now be subdivided into five-year categories. These were our most competitive and best-attended divisions in 2004. The new divisions will be: 50-54, 55-59, 60-64, 65-69, 70-74 and 75+.

If additional age divisions continue to increase in participation, then consideration will be given to expanding them for 2006. For 2005, however, all other divisions will remain in the 10-year spans.



It is a serious type that volunteers at the Double Dipsea BUT the fun begins at the PICNIC later:

Bobby Marty, Transportation;
Neil Mahoney, Lost and Found;
Yong Cho, Clothing sales.

Photo by Ken Reed

Walt Stack Commemorative 5K Proceeds

With all receipts and expenses for the Walt Stack Commemorative 5K race now tallied, the DSE Officers are pleased to announce that a portion of the race proceeds will be donated to the American Red Cross for the Tsunami Relief Fund. We will be donating \$250 from the club for this worthy cause.

♦ • • Notices • • •

American Cancer Society Relay for Life

My full-time job is Community Development Management—I plan the Relay For Life for the American Cancer Society. Here is a little blurb about it. My goal would be to introduce Relay For Life to our DSE members since we have events all over the Bay Area.

The American Cancer Society Relay For Life is an overnight team event that raises awareness of cancer in the community and raises funds to fight cancer.

Throughout Relay For Life, teams of friends, families and co-workers commit to keeping at least one member walking the track...because cancer never sleeps.

Relay For Life is the American Cancer Society's signature activity. It began in 1985 in Tacoma, Washington, when Dr. Gordon Klatt walked for 24 hours to raise money for the American Cancer Society. He raised \$27,000 that first year, and Relay For Life was born.

To participate, recruit friends, family, co-workers, and neighbors to join you in a Relay team. Each team member raises money in the weeks leading up to the event. Then, on Relay Day, members of the team take turns walking around the track over 24 hours. The goal is to have someone on the track at all times.

Relay For Life day is full of fun, fellowship, and festivities. People camp out and create a community party atmosphere together. It's a great team builder for businesses, religious congregations, and other organizations.

Cancer touches all of us.

Each Relay For Life starts with the Survivors' Lap.

Cancer survivors invited from the community walk in this celebration of survivorship, while the rest of the participants cheer them on. It's testimony to the fact that so many people today do survive cancer.

The most inspirational part of Relay is the Luminaria Ceremony. This is a chance to honor cancer survivors, and to remember those who have lost their battle with the disease.

A Luminaria is a small bag filled with sand, with a small candle that makes it glow. Each Luminaria bears the name of a person who has battled cancer. At dusk, we light all the candles along the path. They burn into the night and light the way for the walkers — creating a path of hope.

Every Relay For Life is a tobacco-free, alcohol-free event. Relay For Life is also a chance for us to 'walk the talk' and show the community how easy it is to follow our cancer prevention guidelines.

Gregory J. Rosenberg, Chief Running Officer Running with the BDawg, LLC 424 Collingwood Street, San Francisco, CA 94114 415-310-2053 www.cancer.org 1-800-acs-2345

WE NEED YOUR INPUT!

Most DSE members go on interesting runs that are not DSE races. Many of us travel to exotic (or at least out of town) locations to run or race. A few have been traveling all over the country to run a marathon in every state.

Your fellow runners are interested in what you have to say about your experiences. It's useful to get reviews of destination races for when we are making our own travel plans. *Please*, tell us about your notable runs, whether at home or away, in an article for the DSE News. Letters to the Editor are also always welcome.

Send newsletter contributions to the editor at *janecol@earthlink.net*.

Walk to D'Feet ALS

I just came across this announcement for a walk scheduled in Napa on May 21 which is a fundraiser by the ALS Association and benefits people who are suffering from this disease.

Perhaps some club members would be interested to participate or tosupport it with a donation:

http://walk.fightals.com/site/TR.

Regards, Barbara Bernhart

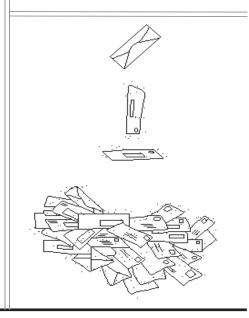
Wanted: The Running Saga of Walt Stack

An acquaintance in England, a very agile man of 70, has been looking for this book for a very long time. We are willing to pay \$\$\$ for the book, or a photocopy of the book. This man too is an inspiration as to his fitness level and commitment. If there is anyone out there who has the book and is willing to give it up or photocopy it we would be most appreciative.

I have contacted the publisher and many other sources to no avail.

Thank you so very much.

Sincerely, RB Alexander PeaceWrk@aol.com 1 800-445-8585



FROM THE PRESDIDENT'S DESK

continued from page 2

of you switched over to the electronic letter? Even though I still have slow dial-up internet service, I am ready to switch over. I see the benefits of electronic newsletters: no more wasted time looking for misplaced hard copy; save a tree/paper; same day folding session readability. If you wish to switch over, please forward your email address to diomo@juno.com (cc to dse.pekingduck@juno.com). The DSE News will still be available on hard copy. If you wish to stay more updated with DSE News, receive weekly race results, etc. please join the DSE Runners Club egroup by linking to http://groups.yahoo.com/group/ DSERunnersClub/join.

2005 BAY TO BREAKER VOLUNTEER REGISTRATION INFORMATION

As you are aware, the annual B2B volunteer information changes every year. DSE will again be offering its volunteer services at 1st Street & Howard Drawbridge. Without specific volunteer information, I can only imagine last year's "30 volunteers per intersection" is still in effect. Therefore, I suggest you process your 2-page B2B Volunteer Registration Packet ASAP. All B2B Volunteer applications are due by 4/25/05. Copies can be downloaded from the DSE Website, www.dserunners.com, or picked up at the weekly DSE Races.



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 George at gsgasacco@yahoo.com or 415-695-2951. 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 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 |
| Sun Jul 10 | Windmill Run, 6.5 miles S/F Kennedy Dr. & Great Hwy, GG Park |
| Sun Jul 17 | Daly City Scenic Runs, 6.8M & New 5K, S/F Colma School, East |
| | Market & Hillside Drive, Daly City |
| Sun Jul 24 | Legion of Honor Run, 4.3 miles S/F Legion of Honor, Upper parking |
| | lot above 36th Avenue & Clement St. |

DOUBLE DIPSEA VOLUNTEERS NEEDED—6/25/05

The DD Race is DSE's signature race. It is very important that the club members rally together to get behind this race. If you are not running the race, being a DD volunteer is the next best thing. 100 DD volunteers are needed in the following positions: Course Monitor, Aid Station, Finish Line, Scoring, Registration, Set-Up and Post-race Breakdown. We can really use your help, please contact Janet at mom114@aol.com or 650-355-7660 or Ken at RunKenRun@aol.com or 415-810-3832. Along with DSE's heartfelt thanks, all DD Volunteers will receive the souvenir DD T-shirt and free pass to the post-race DD Volunteer Picnic.

Annual Trek to Trinidad

by Jane Colman

For the nineteenth year in a row, Neil Mahoney led a group of DSE members and friends up the coast for a weekend of fun in beautiful Trinidad and the Trinidad-Clam Beach Run on February 5.

There used to be one race, a scenic 8.75 miles which started with about 10K on hilly roads and then swooped down to the beach for a river crossing and about 2.5 miles on low-tide hard-packed sand, and featured a welcome bonfire at the end. As more runners have entered, the race has expanded to four different races ranging from 3 miles to half marathon. This year, members of the DSE-andfriends group all ran, with representatives in every race.

In the 3M race, Neil and friend Neal Pierce walked the course together and

still managed to place in their age groups (Neil 2nd and Neal 1st). Jeremiah Susan, Neil's cousin's grandson, also completed the race, as a self-timer.

The largest group of DSE runners tackled the 5.75M race, in which Gene French (5th overall) and Elaheh Nakhai (DSE member John Guinée's granddaughter) won their age groups, Jim Kauffold and Shirley Pierce were 2nd in theirs, Doerte Murray 3rd, and Janice Rensch 5th. (Jim then flew back to San Francisco to run in the Kaiser 5K and hand out WF10 flyers the following morning).

Dave Barta (who came down from Oregon with Ali and Elaheh Nakai), Brie Reybine (who won her age group), and Anne Single ran the traditional 8.75M race, and Ali Nakhai ran the half marathon on a course considerably more challenging than the one so many people ran in San Francisco the following morning.

While the race is the centerpiece of the weekend, one of the highlights has always been the post-race party at the home of Neil's cousin Gwyneth. With some help from her friends, she would welcome a horde of sweaty runners into her kitchen and serve seemingly endless pans of home-baked hucklebuckle. Although Gwyneth has passed away, her friends are still carrying on the tradition.

Although Don and I haven't been to the Trinidad-Clam Beach Run for several years, it is one of our favorite races, and Neil always makes the entire weekend a treat. If you have never been there, consider putting it on your calendar for 2006.

◆ ◆ ◆ Monthly Running Schedule ◆◆◆

- All race entries are payable at the event by cash only. (Sorry, no checks!!)
- All races are \$3 for members and \$5 for non-members unless otherwise noted.
- Kids (under 12) are free. Teens (12–17) pay \$1. 3)
- Race dates and times are subject to changed without notice. Check the DSE hotline at 415-978-0837 for any changes.
- Race Day registration beings at 8:15 unless otherwise noted.

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

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.

No Run—opportunity to enter "Emerald Nuts across the Bay 12K" Sun Mar 20

Sun Mar 27 Easter Sunday Roller Coaster Run, 2.92 miles

START/FINISH: West end of Mountain Lake Park 12thAve. & Lake St.

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 running path. At fork in road, take dirt

trail uphill on West Pacific Avenue. Turn right on Presidio Avenue, turnaround at gate entrance (Pacific Street). Return down paved pedestrian path, left back onto West Pacific Avenue, return to finish.

Sun Apr 3 Twin Peaks Loop, 3.63 miles

START/FINISH: Portola Drive & Twin Peaks Blvd.

STARTING TIME: Runners at 9:00 AM. NOTE: SET YOUR CLOCKS AHEAD! DAYLIGHT SAVINGS TIME BEGINS TODAY! COURSE DESCRIPTION: Run up and down Twin Peaks Blvd. staying on left hand side, uphill to Clarendon Ave. onto Laguna Honda, uphill onto Woodside Ave., past gas station, head straight back to finish line.

Great Highway Run, 4M

START/FINISH: Lincoln Way & Lower Great Highway grass path

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

COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path. Counter clockwise turnaround at Sloat Blvd. Return northbound to Lincoln Way, right onto Lower Great Highway grass finish.

Sun Apr 17 Embarcadero 10K

START/FINISH: Dolphin Club (Jefferson & Hyde Sts.)

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic), which turns onto Embarcadero (sidewalk). Turnaround at south side of Townsend/Embarcadero at mini-park entrance prior to SBC Park. Return same way to Jefferson Street wooden post finish.

Unofficial ** Training

- 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.

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 500 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and miles (between 2-6 miles).

DSE members automatically receive a one year subscription to the DSE Newsletter and become members of the Road Runners Club of America.

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 by either personal check or money order. Please make check to the DSE and mail it to Richard Finley at the address shown below.

Membership applications can be downloaded from the DSE website, www.dserunners.com, or contact Richard Finley at diomo@juno.com or write to 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: Thursday March 31, 2005

TIME: 7:00 PM

PLACE: Katherine & Robert Moser

61 Aquavista Way (near Twin Peaks, cross street is Marview)

San Francisco 415-642-1986 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 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 Fred Haber, Folding Session Coordinator at 510-540-7824 or <code>dsefred@yahoo.com</code>.

Weather ◆◆ ◆

◆ ◆ ◆ Report ◆ ◆ ◆

Meteorologist Mike Pechner

The overall forecast for March is for wetter and cooler weather than normal.

Expect rain in the first few days of the month, locally heavy. There should be a break in the second week of March, with rain returning just before mid-month and a period of heavy rain developing around the 15th or 16th and continuing into the third week. We'll have generally dry weather the last 10 days, except for a day or two of rain at the end of the month.







PRESIDENT ANGELICUS Walt Stack

PRESIDENT

Kevin Lee 415-751-9653 dsepekingduck@juno.com

SR.VICE PRESIDENT Janet Nissenson 650-355-7660 Mom114@aol.com

2ND VICE PRESIDENT George Sacco 415-695-2951 gsgasacco@yahoo.com

SECRETARY Roxanna Pezzy rpez0@allstate.com

TREASURER

Steve Nissenson 650-355-7660 Swifth20@aol.com

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ DSE Runners

P.O. Box 210482 San Francisco, CA 94121-0482 Hotline: 415-978-0837

Website/Membership Application: www.dserunners.com

WEBMASTER: Natalie Nissenson sparklethenfade@aol.com ASSISTANT: Stephen Boesch

DSE Coordinators

MEMBERSHIP Richard Finley diomo@juno.com

EQUIPMENT Bob Marty

CLOTHING MANAGER
Calvin Chan 415-681-0105
calwentjogging@aol.com

LOST & FOUND Neil Mahoney

FOLDING SESSION

KIDS' RACE DIRECTOR

George Rehmet

georgerehmet@ yahoo.com

DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com

DD CLOTHING

Yong Cho yongdse@yahoo.com

DD STORAGE Edmund Wong

| 1 | Richard Nippes | 18 | Steven Kalos |
|----|------------------------|----------------|-------------------|
| | Jim Stratta | 19 | Mark Ashton |
| | Tony Wasserman | | Cevie Penda Touré |
| 2 | John H. Weidinger | 21 | Leslie Okamoto |
| 5 | Michael Donohoe | $\parallel 22$ | Edward Kuebrich |
| 6 | Donald W. Boyd | 23 | Sara Jane Osborne |
| | Jay Brignon | $\parallel 24$ | Carolyn Garriott |
| | Rochelle Green | | Ed Kinchley |
| | Don Spencer | $\parallel 27$ | Sidney Austin |
| 8 | Kathryn vonBlankenburg | | Marian Lyons |
| 11 | Suzanne Brock | | Matt Withers |
| | Michael Gama | $\parallel 29$ | Mark Ford |
| 15 | Lourdes Gregson | | Keith Johnson |
| 16 | James O'Donnell | 31 | Michael Lavelle |
| | ounce o Bonnen | 11 | |

New ◆◆ ◆ ◆ ◆ ◆ Members

BELMONT Helen Kauffold Hensl Lise George Massey

Daly City Gail Igawa Kevin Murano

EL GRANADA Marnie Kelley

REDDING King Wayman

San Francisco
Catherine Arman
Maryam Farzad
Marianne Kohlmann
James O'Dea
Patrick Regan
Greg Rosenberg

Address Not Listed
Anne Brennan



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

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup 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 *diomo.juno.com*. He will notify you when each newsletter is available for download from *www.dserunners.com*.





Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!