40th Year

April 2 0 0 5

# GREAT ACHIEVEMENTS IN RUNNING BY DSE MEMBERS New Column to Debut in May

lanet Nissenson

A new monthly column tentatively titled "Great Achievements in Running" will be making its official debut in the May newsletter. The purpose of the column is to profile three DSE members a month and focus on their past and present running accomplishments. Many of our current "back of the pack" runners and self-timers were, in their heydays, forces to be reckoned with and would have easily placed in the Top 5 in our races today. As I get to know more DSE members, I am constantly in awe of what they have achieved in their running careers.

In addition to the profiles, we will also be listing ongoing DSE member race results and/or milestones (from non-DSE races). For example, if a member ran their first marathon, set a PR (Personal Record) at a particular distance, placed in their age division, etc.

As a "sneak preview" of this column, Kevin Lee, our Club President, has graciously offered to be our first profile. Kevin has been running since 1981, with Bay to Breakers his very first race. He joined DSE in 1987 and has served as an officer for over 11 years (the last 6+ as President). He has completed 22 marathons, with his fastest times at Cal International Marathon.

Kevin's most memorable racing experience was twice attending the Bay Area Chinese Tournament, and winning two gold medals in the 1500 meters. The irony of this special event was the international flavor, as it was basically Taiwanese Chinese athletes versus all Chinese comers. Kevin had to overcome some unforeseen Taiwanese race tactics to win his two gold medals.

And here are a few member highlights that occurred during late February and the month of March:

- Lucy Wing ran her 68th marathon at the Birmingham, Alabama Mercedes Marathon. She took third place in her age group. This was also Lucy's 24th different state in which she has run a marathon.
- Greg Brown completed his 134th marathon at the Little Rock, Arkansas Marathon. This was also the 47th state he has run a marathon in during his

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# From the President's Desk \*\*Note: The properties of the president's Desk \*\*Note: The president's Des

#### IT'S BEEN AN ENJOYABLE 2005 DSE 1ST QUARTER

To truly appreciate the enjoyment of the first three months of DSE 2005, you have to have been there. From day one, despite a chance of precipitation, approximately 65 DSErs came, ran and celebrated the Hangover "FUN RUN." The Walt Stack Commemorative 5K was a huge success. DSErs are still rejoicing about the 2005 DSE Gala and looking forward to the next one. The Waterfront 10M/5K has grown beyond our three-year expectations. Week in, week out, DSE race attendance and membership have grown. Let's not rest on our laurels. Please stay active by running and volunteering at your weekly DSE Race events. At the end of 2005, I hope to come up to you to change a dollar. Hopefully you will comply with an enjoyable exchange.

#### **DISTANCE CLASSIC DECISION**

Last year, DSE & BAUR Runners co-race directed the 2004 12-Hour Distance Classic. I have been informed that BAUR will not be returning as race director. Every DSE Race must have a race director. Here is the scenario: the fate of the 12-Hour Distance will be decided by club membership. If no one steps forward to serve as the 12-Hour Distance Classic RD by April 15, the Distance Classic will revert back to a 6-hour event. Serving as the 12-Hour RD is a very serious obligation. This person will be essentially in charge of the entire race management from beginning

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### 2005 WATERFRONT 10M & 5K RACES

**Janet Nissenson** 

The third running of these relatively new DSE courses was held this year on February 27. It was by far the best attended and most successful so far.

Cloudy skies threatened all morning but fortunately only a very brief, light shower put a damper on the race. Otherwise, the runners had a cool, cloudy and very flat course.

In the 10 mile race, 4 of the top 5 men's places were held by Masters runners, while in the accompanying 5K it was the "youngsters" who held court, with the top 9 men overall all under

age 40. Less than 40 seconds separated the top 3 women in the 10 mile race, while the 5K was a fierce duel between perennial DSE Top 5ers Marie Appel and Amy Sonstein (who was also the Race Director), with only 2 seconds separating them at the finish.

The new race date at the end of February seems to be a good slot for this race—one week before the Napa and Los Angeles Marathons and 3 weeks before Across the Bay 12K. Total attendance for the 10M and 5K combined was 155, with an additional

37 runners who pre-registered on Active.com but were no-shows (for a grand total of 192 paid registrations).

As this race continues to grow in popularity, we are looking to add age division awards in 2006 and possibly offer a T-shirt for sale (separate from the registration fee).

Many thanks go out to all of the dedicated volunteers who worked so diligently as course monitors, at the aid station, at registration and finish line. A longer race like the Waterfront 10M needs a larger number of volunteers and we appreciate everyone who gave up the opportunity to run in order to help out instead.

#### GREAT ACHIEVEMENTS IN RUNNING BY DSE MEMBERS

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quest to run at least once in all 50 states. He expects to accomplish that goal later this year. We will keep a watch on the "state tracker" for Greg as the year progresses.

- Marian Lyons, in one of her first races since breaking a toe before Christmas, ran her 97th marathon at Napa, where she was fourth in her age division. She is planning to reach the 100 marathon mark at the San Francisco Marathon this summer.
- At the Run for the Seals at Marin Headlands, Paul Mosel and Barbara Robben each placed second in the 60-95 age group, while Amy Sonstein (30-39) and Dennis Hassler (60-95) both had Top 10 finishes in their respective divisions.

If you would like to be profiled in a future newsletter, please contact me at <code>jlnissenson@aol.com</code>. Include some or all of the following information: years running, years as a DSE member, how many marathons and/or ultras run, fastest times at particular distances (5K, 10K, marathon), proudest/most memorable running accomplishment, craziest thing you have ever done as a runner (i.e. running a marathon with a stress fracture in your foot, racing in extreme weather conditions, etc.), and other information you consider relevant. Please keep it fairly brief and keep in mind that submissions are subject to minor editing.

I hope to hear from many of you and look forward to sharing your stories with the rest of the membership.

Additionally, please be sure to email the editor at <code>janecol@earthlink.net</code> with results from non-DSE races that you or another DSE member have run in that month. Be sure to note if you placed in your age division. You may find your name listed even if you didn't personally submit anything, as we regularly scan the Internet for local race results.

#### ••• • • • 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

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to end. If this is something you can commit to, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653 after 7:00 PM.

#### **APRIL RACE SCHEDULE**

Throughout the month of April, DSE will not be playing a practical April Fools joke on you. First up is that it's Daylight Saving Time again. Please move your clocks forward one hour, DSE hopes to see you on time for the 4/3 Twin Peaks Loop 3.63 miler. Second, DSE hopes you get to the right place at the right time on 4/10. The Great Highway 4 miler's Start/Finish location has been moved to Lincoln Way & Lower Great Highway. The 4/17 Embarcadero Run is now a 10K distance. Last, due to the continuing restoration of Stern Grove, the 4/24 Stern Grove Run has been revised to a 4.43 mile double loop race course.

## LEAVE YOUR BELONGINGS BEHIND AT YOUR OWN RISK

The majority of DSE race participants leave their non-running belongings behind at the registration area during the actual DSE Race. As a goodwill gesture, DSE welcomes this but with the following restrictions: "Since there is no official claim check system, all belongings left behind are done so at each person's risk." The DSE will not be responsible nor be held liable for any missing or unclaimed belongings. In fact, DSE would like to discourage people from leaving their keys behind. Everyone should get in the habit of attaching their keys to their own person.

# WILL THERE BE A DSE 12-HOUR RACE THIS YEAR?

Last year's 12-hour Distance Classic was one of the most successful we've had—perhaps because of the participation of the Bay Area Ultra Runners as co-RDs and volunteers, perhaps because, with the demise of the July BAUR 12-hour run, the Distance Classic was the only 12-hour track race in the Bay Area.

This year, again, there will be no BAUR 12-hour race, so we have the opportunity to repeat our success as the only local 12-hour race. However, all of last year's race directors, from both DSE and BAUR, have decided to retire from the race.

What this means is that, if we are to put on a 12-hour race, **WE NEED A RACE DIRECTOR.** The race lasts from 7:00 AM to 7:00 PM, so the race director needs not only to be on the job for at least 14 hours but also to arrange for an aid station providing food as well as water and to coordinate volunteers for lap-counting. Our previous race directors, George Rehmet and, earlier, Sally Buchmann, have done a fine job but neither has been able to keep it up indefinitely, year after year.

Our officers are in the process of arranging for the DSE races for the 2nd half of the year. The Distance Classic is scheduled for September 25, and Kevin has determined that he must have a race director commitment by **APRIL 15** if we are to have a 12-hour Distance Classic this year.

If you are ready to take on this responsibility and earn the gratitude of ultramarathoners and the DSE, please contact Kevin at dse.pekingduck@juno.com.

### FREE 5K RUN

Spring means that Summer is on the way. Have you met all your New Year resolutions? Perhaps you are just inches from fitting into that summer bathing suit. If so, what are you waiting for?

Starting on Thursday, April 7, 2005, we will be meeting at 6:30 PM for a 5K run in Golden Gate Park. The start and finish are at Spreckels Lake which is located on Kennedy Drive at 36th Avenue. We will be meeting near the water fountain.

Come meet Calvin, Gary, Tom, Lucy, Rick, Ellen and Russell every Thursday through October 27. For more information, call Calvin Chan at 415-370-5572 or email him at *CalWentJogging@aol.com*.



Volunteers get to party as well as work. Calvin, Rose, Neil, Bobby, Lucy, Tom, April, Brie at the Buena Vista Photo by Ken Reed

# DOUBLE DIPSEA ANNOUNCEMENT

Double Dipsea Race Volunteer positions are filling quickly. Don't miss out on this OPPORTUNITY:

- To be of service to the DSE
- To have a fun day with friends
- To eat your fill at the Double Dipsea picnic after
- To get another free Picnic later in the summer
- To wear your Double Dipsea T-shirt with pride
- Help make it a safe fun race for our runners

See Janet or Ken for a choice assignment.

### WE NEED YOU

The DSE News is **YOUR** newsletter. It should represent all of us, not just the officers and editor. There are many ways that you can make your voice heard:

- Send your profile for the new column to Janet Nissenson at jlnissenson@aol.com.
- If you've run a non-DSE race or participated in another running event, send your results to <code>janecol@earthlink.net</code>.
- If you have questions about the club, contact George Sacco at gsgasacco@yahoo.com to have them included and answered in the "Ask the Officers" column.
- If you have opinions about the club, the newsletter, or any other running topic, send a letter to the editor at ianecol@earthlink.net.
- Announcements of events or anything else of interest to DSE members should also be sent to janecol@earthlink.net.
- And especially, if you have a favorite race or running route, local or far away, write about it and share it with your fellow club members. We always welcome articles by DSE members.
- We have quite a few members whom we rarely see and barely know because they live in other parts of the country. We would love to hear from you—who you are, what it is about our club that keeps you even if you are too far away to participate. Or tell us about where you live and what the running scene is like there.



Jim Kauffold handing out race flyers (these were for the Walt Stack 5K but he has also handed out Waterfront 10 flyers) Photo by Ken Reed



Note: The numbers **0 2 3 4 5** next to a runner's name represent the placement of the first five female finishers.

February 27, 2005 Waterfront 10 Miler **Race Director: Amy Sonstein** Volunteers: Steve & Janet Nissenson, Kevin Lee, Bobby Marty, Myra Green, Calvin Chan, Ken Reed, Wilhelm Yee, Priscilla & Henry Black, John Gregson, Richard Hannon, Jim Pommier, George Sacco, Yong Cho, Adrian Jue, Alex Dutra

<u>PL</u> <u>NAME</u>	<u>AGE</u>	<u>TIME</u>
<ol> <li>Mike Houar</li> </ol>	49	1:02:58
2. Reto Kreienbuehl	30	1:03:55
3. Andrew Bloch	42	1:06:24
4. Eduardo Vazkez	32	1:06:38
5. Joel Brandt	42	1:08:08
6. Marc Narlesky	44	1:08:42
7. Thomas McManus	35	1:08:47
8. John Sullivan	39	1:08:57
9. Bill Marlow	59	1:09:19
10. Kennet De Silva	23	1:11:26
11. Derek White	28	1:12:32
12. Felix Wong	29	1:13:43
13. Chris Fraser <b>0</b>	41	1:13:56
14. Denise Carney 2	35	1:14:18
15. Susan Johnson <b>3</b>	30	1:14:29
16. Daryl Luppino	45	1:15:45
17. Vincent Giacomini	41	1:16:11
18. Debbie Shetlar 🏼 4	46	1:16:46
19. Theo Jones	66	1:17:54
20. Julie Szymanski <b>6</b>	25	1:18:42
21. Cristina Dell'osso	22	1:18:42
22. Mark McDonough	49	1:19:28
23. Harold Fournier	37	1:19:54
24. Val Castarian	35	1:20:19
25. Timothy Verstynen	26	1:20:53
26. Kelly Clarke	29	1:20:54
27. Paul Mosel	63	1:21:02
28. Ken Coblin	31	1:21:20
29. Deborah Parrott	35	1:21:42
30. Banana Boy 2		1:21:50
31. Edward Fike	38	1:21:58
32. Lina Morris-Khatib	40+	1:23:00
33. Robert Borck	37	1:23:12
34. David Klinetobe	44	1:23:21
35. Michael Marhic	59	1:23:51
36. John Bucher	42	1:24:35
37. Roni Korwitz	49	1:25:32
38. Sam Roake	69	1:26:01



#### **Race Director Amy Sonstein** Photo © Paul Mosel

I have been a member of DSE Runners for a little over two years, and a runner for over 22 years. I first became interested in running when I found out that I was good at it! When my sixth grade class had to run a half-mile for gym class, I found myself finishing not just ahead of the other girls, but beating most of the boys as well! In a 7/8-of-a-mile race in eighth grade I was to second girl to finish in my entire grade, and I found out that the girl who finished first had been training. (So that's how you get better!) I soon began a training program of my own, often running with my Dad, who had been a runner for a few years, and he began taking me to road races. I competed in junior high, high school, and college track and cross-country. When there was no more school to compete for I went back to

Since moving from Philadelphia to Marin County in 2002, my running has been on a mixture of roads and trails. My first race here was to the top of Mt. Tam!

What do I enjoy the most about running? I can't possibly pick one thing. The feeling of exhilaration, the sense of accomplishment, and the drive to push myself harder are all definitely at the top of the list. Not to mention the health benefits. It also doesn't hurt that the running community is the greatest! And I love to compete.

39. Christof Wittig	36	1:26:15
40. Eamon Cooke	62	1:26:38
41. Jennifer Nocar	35	1:26:49
42. Jay Tomas	48	1:27:44
43. Tiffany Long	26	1:28:25
44. Salina Yeung	37	1:28:49
45. Elizbeth Link	31	1:29:09
46. Kathy Dimarino	35	1:29:36
47. Francisco Duarte	34	1:29:42
48. Pam Moser	55	1:29:51
49. Katherine Dowling		1:29:57
50. Martina Chmelanova	29	1:30:12

51. Jeremy Calnan	45	1:30:14
52. Michel Nordben	51	1:30:45
53. Andrew Milan	25	1:31:03
54. Nicole Peters	37	1:32:50
55. Marian Lyons	50+	1:32:55
56. Gregory Brown	55	1:32:56
57. Deborah McElroy	33	1:33:02
58. Leslie White	38	1:33:31
59. Brian Hartley	51	1:34:18
60. Karen Berger	39	1:34:29
61. Fred Haber	45	1:34:32
62. Jim Allen	39	1:34:48
63. Russell Cohen	58	1:35:15
64. Wendy Newman	54	1:36:31
65. Robert Armstrong	35	1:37:00
66. Debbie Martin	40	1:39:49
67. Michele Macauley	38	1:40:03
68. Julie Laird	26	1:40:24
69. Irene Pleasure	40	1:40:54
70. Stacy Milrany	33	1:41:01
71. Holly Clark	34	1:41:02
72. Bob Morris-Khatib	52	1:42:29
73. Lee Tan	45	1:43:22
74. Debbie Hernandez	33	1:44:57
75. Mari Snyder	43	1:45:23
76. Sergio Perez	28	1:46:35
77. Elinor Shin	38	1:46:38
78. Bill Woolf	69	1:48:01
79. Jane Colman	61	1:51:57
80. Chris Brischer	56	1:51:58
81. Hee-Yeon Woo	28	1:55:20
82. Gary Brickley	52	1:55:56
83. Ann Marie Ayres	45	2:10:00
5577		21.0.00
SELF-TIMERS		
Tony Stratta	74	3:32:07
John Guinee		
Robert Brizuela	65	
Mort Weisberg		

# Mort Weisberg

TIME

#### Waterfront 5K

PI NAME

<u> </u>	INAME	<u>AGE</u>	<u> HIVIE</u>
1.	Timothy O'Donnell	24	17:12
2.	Sam Berrin	18	17:31
3.	Stephen Murphy	33	18:35
4.	Brian Benefield	35	21:12
5.	Jeff Holder	34	21:35
6.	Francis Dy	32	21:48
7.	Charlie Gesell	38	21:51
8.	Kevin Fry	25	21:56
9.	Marie Appel <b>1</b>	40	22:15
10.	Amy Sonstein 2	35	22:17
11.	Mark Kelley	49	22:22
12.	Alice Pierce <b>3</b>	28	22:27
13.	Joe Wu	26	23:03
14.	Christopher Kraemer	52	23:48
15.	Patrick Lee	57	23:59
16.	Nick Cadigan	27	25:16
17.	Jim McBride	62	25:26
18.	David Klajic	33	25:39

19. Justin Anderson	31	25:39
20. Donald Brown	53	26:14
21. Douglas Solinsky	28	26:14
22. Raul Escatel	30	26:14
23. Jack Bascom	63	26:15
24. Sundri Khalsa 4	30	26:22
25. Laurie Linscheid 6	33	26:26
26. Female Bandit		26:38
27. Stephen Cramer	53	27:06
28. Greg Gaffney	46	27:19
29. Luis Carreno		
	43	27:59
30. Sajid Khan	22	28:06
31. Pablo Toledo	34	28:26
32. Salman Alam	22	28:27
33. Calvin Chan	54	28:41
34. Steven Kalos	41	28:46
35. Renee Marquett	24	29:00
36. Martha Chambers	48	
		30:14
37. Mary Grace Chamber		30:15
38. Craig Halliwell	34	30:30
39. Paul Souza	35	30:31
40. Javid Vigeuaot	40	30:31
41. Michael Longwich	60	30:38
42. Male Runner	00	30:49
43. Patricia Haines	EE	30:59
	55	
44. Michelle Hammill	36	31:47
45. Maggie Magallon	35	31:48
46. Al Berrin	61	32:12
47. Natalie Bosworth	35	32:27
48. Karen Haus	34	32:28
49. Betty Kang	27	32:40
50. Hollis Bathen	26	32:41
51. Elana Urbansky	28	32:43
52. Mary Stewart	27	33:15
53. George Sacco	67	33:46
54. Don Watson	75	35:41
55. Stella Dunn	28	36:16
56. Bobby Coucoules	26	36:16
57. Female Runner		37:01
58. Male Runner		37:35
59. Sherrie Carreno	42	
	42	38:10
60. Mona Burlingame	38	39:04
61. Ralph Haines	57	39:25
62. Bob Theis	76	41:15
63. James Eales	45	43:25
64. Liese Rapozo	77	47:58
65. Wally Rapozo	76	48:02
66. Devon Bodrog	28	49:00
67. Peter Bodrog	29	49:00
68. Leslie Brown	52	49:00

March 6, 2005 Rainbow Falls 5K Race Director: Sam Roake **Volunteers:** Kevin Lee, Liese and Wally Rapozo, George Sacco, Selma and Ted Vincent, Anne Single, Mort Weisberg, Robert Brizuela, Richard Hannon, **Brierly Reybine** 

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
1.	Adam Lucas	35	18:09
2.	Herb Phillips	64	18:16
3.	Mark Janes	29	18:20
4.	Eduardo Vaskez	32	18:41
5.	Thomas McManus	35	18:51
6.	Tyler Abbott	40+	19:18
7.	Sandro Sartori	40	20:00
8.	Ken Fine	36	20:02
9.		23	20:08
	Mark Ford	40+	20:12
11.	Ernie Rivas	54	20:16
12.	Felix Wong	29	20:55
13.	Wayne Plymale	53	21:16
14.	Kevin Fry	25	21:18
15.	Claire Heitkamp <b>1</b>	33	21:32
16.	Paul Kalisz	21	21:51
17.	Willy Franklin	35	21:58
18.	Ted Weatherly	27	22:04
19.	Alfredo Cortez	27	22:14
20.	Francois Lariviere	43	22:25
21.	Patrick Walter		22:36
22.	Keith O. Johnson	66	22:44
23.	Sara Jane Osborne 2	36	23:12
24.	Paul Mosel	63	23:17
	Eric Muñoz	21	23:21
26.	Christopher Kraemer	52	23:23
27.	Patrick Lee	57	23:35
28.	Lina Morris-Khatib 6	40+	23:36
	Jim Zittel	41	23:41
30.	Male Runner		23:44
31.	Adrian Jue	23	23:52
	Gerry Heinz	70	23:53
33.	Steven Cunita	38	24:02
	Gene Paige	31	24:02
	Steve Nissenson	56	24:03
	Kathleen Lail 4	37	24:26
	Russell Breslauer	59	24:28
	Rick Nippes	57	24:33
	James Eales	45	24:40
40.	Robert Grey	25	24:45



**Rainbow Falls Race Director Sam Roake** Photo © Paul Mosel

41. Peter Royce	70	24:47
42. Lisa Lisanti 6	25	24:48
43. Matt Lim	31	24:50
44. Olivia Horgan	31	25:16
45. Thomas Smiley	50+	25:26
46. Mark Keller	49	25:29
47. Stuart Ruth	68	25:32
48. Emily Kao	28	25:42
49. R. Long	29	25:49
50. Carolyn Garriott	41	25:52
51. Johanna Merriss	54	25:54
52. Adam Anderson	28	26:12
53. Janet Nissenson	45	26:18
54. Wendy Newman	54	26:22
55. Katherine Moser	35	26:35
56. Bob Morris-Khati	b 52	26:47
57. Kimberly Prates	25	27:03
58. Tony Wasserman	60	27:07
59. Sarah Robert	27	28:03
60. Alexis Morer	21	27:27
61. Susan Blair	46	27:39
62. Gerald Martin	53	27:40
63. Suzana Seban	51	27:49
64. Maryam Farzad	31	27:52
65. Susan Chen	35	27:53
66. Pam Teng	29	27:55
67. Mary Barlow	28	28:01
68. Fred Haber	45	28:01
69. Richard K. Le	30	28:03
70. Gary Bengler	50	28:20
71. Wyman Wong	35	28:30
72. Lucy Wong	42	28:43
73. Carrie Tayloe	28	28:46
74. Greg Robinson	29	28:50
74. Greg Robinson 75. Don Brown	62	
		28:51
76. Calvin Chan	54	29:05
77. Jim Kauffold	67	29:23
78. Kay Teiber	65	29:48
79. Barbara Robben	70	30:08
80. Gary Brickley	52	30:16
81. Bill Woolf	69	30:54
82. Joanne Desmond	37	31:09
83. Susan Herder	40+	31:10
84. Amina Bryant	31	32:08
85. Jane Colman	61	32:31
86. Annie Chang	26	32:38
87. Viva Chu	20	
		32:39
88. Eddie Sanchez	2.0	32:42
89. Angel Wong	30	32:51
90. George Sacco	67	33:11
91. Tim Oliver	39	33:23
92. John Weidinger	64	33:28
93. Don Watson	75	33:39
94. Bruce Oliver	76	36:28
95. Elaine Koga	63	41:44
96. Lucy Wing	48	41:46
97. John Gregson	73	42:37
98. Robert Ross	73 41	
		50:00
99. Lupita Yee	43	1:10:00
	continuea	l on page 6

RAINBOW FALLS 5K
continued from page 5

Elaine Gecht

Ada Thomas

Annabel Marsh

commuted from page 5		
SELF-TIMERS		
Jean Barish	60	
Wally Rapozo	76	
Liese Rapozo	77	
Tom Boyd	59	
Jack Bascom	63	
Bob Kovash	66	
Dina Kovash	66	
Mort Weisberg		
Robert Brizuela	65	46:00
Richard Finley	57	
Robert Finley	56	
Doerte Murrray	64	
Neil Mahoney	old	
Yong Cho	47	
Jim Pommier	72	
Jane Lee	54	
Richard Hannon	69	
Ellen Breslauer	57	
Ken Reed	59	

March 13, 2005 St. Patrick's Day Run, 4 miles Race Directors: Neil Mahoney & Myra Green **Volunteers:** Janet Nissenson, Kevin Lee, Bobby Marty, Calvin Chan, George Sacco, Annie Single, Brierly Reybine, Stuart Ruth, Lucy Wing, Ken Reed, Mort Weisberg, Robert Brizuela, Jim Kauffold

61

91

81



#### **Brie Reybine with Co-Race Director Neil Mahoney** Photo © Paul Mosel

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
1.	Adam Lucas	38	24:44
2.	Pete Nowicki	46	25:06
3.	Eduardo Vaskez	32	25:21
4.	Thomas McManus	35	25:28
5.	Mark Janes	29	25:35
6.	Joe Lange	33	25:47
7.	John Sullivan	39	25:36
8.	Male Runner		25:58

9. Male Runner		26:05
10. Kennet De Silva	23	26:09
11. Steve Stephens	61	26:15
12. Peter Delahunt	41	26:20
13. Dylan MacNiven	26	26:26
14. Breton Veach	26	26:48
15. Daryl Luppino	45	27:58
16. Kevin Fry	25	28:13
17. Wayne Plymale	53	28:30
18. Theo Jones	66	28:40
19. Amy Sonstein <b>1</b>	35	29:42
20. Mark Kelley	49	29:47
21. Paul Mosel	63	29:59
22. Jeff Brennen	33	30:15
23. Stephanie Cicero 2	33	30:19
24. James Eales	45	30:29
25. Joel Rizzo	39	30:34
26. Jeff Cuatto	31	30:40
27. Jason Chen	27	30:55
28. Ruth Lyons 🔞	53	31:13
29. Jack Bandy	22	31:16
30. David Kleintobe	44	31:17
31. Jay Tomas	48	31:20
32. Kathleen Lail 4	37	31:22
33. Allison Groves 6	41	31:28
34. Ed Lange	61	31:28
35. No name		31:35
36. Lina Morris-Khatib	40+	32:10
37. Brett Summers	31	32:13
38. Gregory Brown	55	32:20
39. Steve Nissenson	56	32:30
40. Julia Pastor	32	32:32
41. Rick Nippes	57	32:41
42. Odilo Lima	60	32:55
43. C. Zaparolli	52	32:55
44. Roni Kornitz	F 7	34:02
45. Patrick Lee	57	34:04
46. Janet Nissenson	45 37	34:47
47. Patrick Regan	45	34:48 34:49
48. Thomas Smiley 49. Martyn Griffiths	43	35:02
50. Bob Morris-Khatib	52	35:12
51. Kenneth Fong	43	35:26
52. Michael Sovik	39	35:38
53. Mark Magers	4l6	35:49
54. Kristin Heckman	30+	36:10
55. Tom Heckman	36	36:11
56. Thina de Lopez	40	36:41
57. Johanna Merriss	54	36:42
58. Tony Wasserman	60	36:52
59. Jim Kauffold	67	36:57
60. Katherine Moser	35	37:00
61. Suzana Seban	51	37:39
62. Fred Haber	45	37:46
63. Rebecca Denson	23	37:47
64. Megan Straum	24	37:48
65. Mary Barlow	28	37:48
66. Seth Welsh	= 0	37:37
67. Katie Cabral	53	38:12
68. Stefanie Berucey		38:22

69. Olivia Horgan	31	38:29
70. Amy Brewington	32	38:38
71. Calvin Chan	54	38:44
72. Tom Sanders	36	39:34
73. Jeanie Jones	69	39:50
74. Joni Fausone		40:23
75. Gary Brickley	52	40:54
76. Kay Teiber	65	41:00
77. Esther Yas	32	41:01
78. Cindy Bernhardt	J_	42:04
79. Gary Davis	52	42:09
80. John Weidinger	J <b>_</b>	642:24
81. Suzy Starke	33	43:06
82. Jeff Houston	46	44:46
83. George Sacco	67	45:12
84. Joanne Desmond	37	49:58
85. Susan Herder	40+	49:59
86. Steve Aitkins	40	55:45
87. Judith Jarosz	10	56:08
88. Elaine Koga	63	59:20
oo. Elame Roga	03	33.20
SELF-TIMERS		
Christopher Kraemer	52	
Ed Olkowski	62	1:12:40
Dina Kovash	66	
Tom Boyd		59
Tony Stratta	74	1:11:25
Jack <sup>'</sup> Bascom	63	35:21
John Lindberg		71
Robert Brizuela	65	50:00
Mort Weisberg		
Yong Cho	47	
Jim Pommier	72	
Elaine Gecht	61	
Doerte Murray	64	
Bob Theis	٠.	
Roxanna Pezzy	old	
Ada B. Thomas	91	
AGG D. HIOHIGS	٠.	
Vida/ Dua		

#### Kids' Run Volunteers: Neil Mahoney, Ken Reed, Janet Nissenson, Kenneth Fong, Jeff Houston

Isaac Carter	
L. Nicholas	6
Dakota Tomas	7
Emilio Gutierrez	7
Oswaldo Gutierrez	7
William Misener	9
Moises Gutierrez	4
Shannon Luppino	9
Alejandra Fernandez	
Brenda Gutierrez	10
Siera Tomas	10
Britney Zaparolli	
Ruairi (Rory) Delahunt	4
Scott Thomas McManus	3
Billy Zaparolli	

March 27, 2005
Easter Roller Coaster Run, 2.92 miles
Race Directors: Keith O. Johnson &
Marcia Martin
Volunteers: Roxanna Pezzy, George
Sacco, Marian Lyons, Richard Hannon,
Bobby Marty, Kevin Lee, Jeff Houston



Race Directors Keith O. Johnson and Marcia Martin

#### Photo © Paul Mosel

<u>PL NAME</u>	<u>AGE</u>	TIME
1. Chris Phipps	35	17:21
2. Andrew Apfelbaum	41	17:41
3. Mike Fanelli	49	18:11
4. Mark Janes	29	18:26
5. Eduardo Vazkez	32	18:36
6. Serafin Sánchez	45	19:11
7. John Combs	57	19:24
8. John Mintz	38	19:40
9. Kennet De Silva	23	20:12
10. Steve Stephens	61	20:18
11. Kevin Fry	25	20:48
12. Daryl Luppino	45	20:57
13. Guy Murtagh	55	21:23
14. Jim Misener	44	21:52
15. Wayne Plymale	53	21:57
16. Male Runner		22:01
17. Paul Moser	63	22:03
18. Amy Sonstein <b>①</b>	35	22:07
19. Francis Dy	32	22:14
20. David Klinetobe	44	22:24
21. Dan Zwick	54	22:27
22. Joel Rizzo	39	22:33
23. Christopher Kraemer	52	22:55
24. Pete DeLosReyes	51	22:59
25. John Sullivan	37	23:25
26 Michael Sweet	35	23:25
27. Bruce Burnam	47	23:31
28. Lucy Wing 2	48	23:47
29.Crystal Virata 8	19	23:49
30. Jeff Brennan	33	24:00
31. Steve Nissenson	56	24:16
32. Kendra Rosa 🏼 4	22	24:29
33. Roni Kornitz	49	24:30
34. Tom Smiley	45?	24:55
35. Gregory Brown	55	25:02
36 Karla Martinez 6	35	25:04

## DSE Members Run Emerald Nuts Across the Bay 12K

03	L Mellibers IX	all Lillera	id Muts Across t	iic D	uy izit
<u>PL.</u>	NAME	TIME	<u>AGE GROUP</u> <u>AGI</u>	E A	4.G. PL.
44	Cliff Lentz	43:49	M40-44 40		11
66	Tyler Abbott	46:07	M40-44 44		13
94	Eduardo Vazkez	47:45	M30-34 32		17
107	Mark Janes	48:19	M25-29 29		20
202	Russ Kiernan	51:40	M65-69 67		1
232	James Flanigan	53:01	M55-59 55		8
263	Daryl Luppino	53:55	M45-49 4!		26
1					
310	Bob Bowman	55:10	M50-54 50		17
340	Wayne Plymale	55:57	M50-54 53		20
396	Fiona McCusker	57:34	F 40-44 40		22
425	Amy Sonstein	58:26	F 35-39 35		21
457	Paul Mosel	59:17	M60-64 63		11
472	Sara Jane Osborne	59:38	F 35-39 36		24
626	Richard Nippes	1:02:37	M55-59 57		26
646	Roni Kornitz	1:03:03	M45-49 49		60
683	Rene Menjivar	1:03:47	M45-49 48		63
700	Mitchell Sollod	1:04:07	M65-69 65		6
762	Peter Royce	1:05:17	M70-74 70	)	1
817	Marian Lyons	1:06:21	F 55-59 57	7	9
933	Kat Powell	1:08:16	F 50-54 54	1	12
972	Kazumi Shimoyama	a 1:08:56	M35-39 38	3	99
1069	Anne Brennan	1:10:37	F 35-39 39	9	55
1120	Olivia Horgan	1:11:28	F 30-34 31	1	86
1446	Irene Pleasure	1:17:25	F 40-44 40		90
1456	Barbara Robben	1:17:40	F 70-74 70		1
1643	Gary Brickley	1:21:12	M50-54 52		99
1659	Dennis Hassler	1:21:37	M70-74 7		4
1770	Jay Brignon	1:24:03	M60-64 60		42
1793	Jane Colman	1:24:34	F 60-64 6		12
1845	Philip Wiseman	1:26:53	M65-69 65		12
1995	Don Watson	1:33:28	M75-79 75		1
2116	Elaine Koga	1:43:13	F 60-64 63		18
2110	статте кода	1,45,15	F 00-04 03	· · · · · · · · · · · · · · · · · · ·	
		25:19	61. Dennis Hassler	71	31:57
	U	25:29	62. Jane Colman	61	31:59
1		57 25:36	63. Evelyn Martinez	57	32:46
40. R	ussell Breslauer 5	59 25:45	64. James Stratta	43	33:42
41. Ju	lius Schillinger 5	58 25:47	65. George Sacco	67	34:29
42. Ja	net Nissenson 4	15 26:14	66. Jamila Khan	17	35:34
43. Pa	atrick Regan 3	26:36	67. Gisela Sahler-Zwic	k 45	35:37
44. Fe	emale Runner	26:52	68. Valerie Vitullo	31	39:19
45 M	lary Barlow 2	28 27:20	69. Elaine Koga	60+	43:06
	•	31 27:40	O		
	,	14 27:53	SELF-TIMERS		
l		25 28:04	Kris Lee	38	
1	,	27 28:11	Jane Lee		
1		3 28:22	Tom Boyd	59	
1	O	32 28:50	Bob Morris-Khatib		
		31 28:52	Tony Stratta	74	1:03:30
	/	31 28:53	Bob Kovash	66	1.05.50
1		31 28.53 32 29:50	Dina Kovash	66	
1	,				
1		54 29:58	Neil Mahoney	old	
1		16 30:23	Don Watson	75 64	
	0	30:24	Doerte Murray	64	
1		30:49	Richard Hannon	69	
1	/	31:49	Henry Black	71	
bU. JII	m Kauffold 6	31:50		ontinue	d on page 8

## ♦ • • Notices • • •

#### **Ohana RRCA**

Hello DSE,

We are blessed to run, walk and live in San Francisco; it's arguably the greatest city in the world. It is incredibly beautiful, but its people are what make this city great. San Francisco is years ahead of the rest of the country, embracing the future, accepting all and supporting the rights of all.

I love the DSE and the weekly DSE events. Not simply because they are affordable, it's the camaraderie. Unfortunately I do not attend enough DSE Sundays because as President of Ohana RRCA, I find myself drowning in chores, always behind and never catching up. I just filled out some forms for RRCA and listed myself as President, Membership Contact and Newsletter Editor. Yes it is too much, but have to do what I can when there is no one else. My niece Wanda has offered to take care of membership and if I can entice someone to do the Newsletter thing, I will feel like I died and went to heaven.

Ohana offers events for worthy charities and does its best to not conflict with our Parent club, the DSE. We offer two Saturdays and a Monday that do not conflict with DSE and our Christmas Classic, which the DSE supports (no DSE run that day). When something like the April 30 event Walk America, which is not pre-listed, comes down on Ohana's Ocean Beach Run, we have to move, not only because we support their efforts but also because their course is in our way. Wouldn't you know it, the best minus tide is the same day as the Double Dipsea, so we moved the OB to Saturday, June 11 (Ken mentioned something about a contract on me???). We instruct our members to go to the weekly DSE runs, also join the DSE and use the DSE practice runs. We do want members for Ohana, but would rather that they are also members from all the Bay Area clubs. We want them to support their original club and join Ohana for the good we do. Hopefully they would in turn attract support from their clubs, so that we can all come together and do more for the community. It makes no difference to me which club conducts events like these, I support them because they do well for charity and I hope that people support these People Events for the good they do, in spite of how they feel about this old fool.

Ocean Beach 5K & 6 Mile, Saturday June 11, 8:15 AM, for the American Red Cross Bay Area Chapter

**Freedom Road 10K & 2 Mile** 8 AM, Monday, July 4, 2005 (not an Ohana Event), runs & walks for the Constitution and Bill of Rights

**Gift of Life 5K & Concourse Mile**, 8 AM, Sunday, September 4, 2005, for the Gift of Life House (Transplant Recuperation)

**San Francisco Classic 5K & 10K**, 8 AM, Sunday, October 9, 2005 (not an Ohana Event) for public education.

**Dolores Runs Mile & 5K**, 8:30 AM, Saturday, October 22, 2005, for Dolores Street Community Services

**San Francisco's Run & Walk for the Hungry**, Mile & 5K, 8 AM, Thursday, November 24, 2005 for the SF Food Bank

**Christmas Classic 5K & Miracle Mile**, 8 AM, Sunday, December 18, 2005, for the Heart of America bone marrow donor registry

Please check with www.PeopleEvents.org occasionally or send a self-addressed stamped envelope to Ohana, 528 Larch Ave, South San Francisco, CA 94080-1612 for entries or information, or call 650-291-8531.

Bill Dake, DSE Member

## Ruth Anderson 50K/50M/100K

#### **Needs Volunteers and Runners**

Coming up this month we have the chance to participate in an ultramarathon in our own back yard—the Ruth Anderson runs take place at Lake Merced on Saturday, April 16. There aren't many road ultras, especially here in California, and this one offers the advantage of an asphalt path with no cars and no steep hills. Runners can choose among the 50K, 50 mile, and 100K distances.

Volunteers are especially welcome. Come and participate for as little or much time as you would like, any time between 5:00 AM and 7:00 PM.

To run or volunteer, contact RD Steve Jaber at *sjaber@pacbell.net* or by phone at 415-388-3904 (home) or 415-385-3729 (mobile).

#### CORRECTION

Two DSE members were inadvertently left out of last month's report on the Trinidad—Clam Beach Run. John Lang ran the 5 3/4 mile race in 1:14:40 and Jim Pommier ran the 8 3/4 mile race in 1:58:25.

EASTER ROLLER COASTER RUN continued from page 7

Priscilla Black	73
Fred Haber	45
Yong Cho	47
Gary Davis	52
Phyllis "Saida" Nabhan	58

#### Kids' Run

us ituii		
Jackie Oropeza	12	3:40
Sarah DelosRey	es 8	3:49
Britney Zaparzo	olli 4	4:19
Shannon Luppii	no 9	4:37
Jose Oropeza	11	4:37
Isaac Carter	4	5:56
Billy Zaparzolli	3	6:30
Michaela K. Schi	llinger 2	6:40
Ariana Miller	10	7:41
Adina Sweet	2	7:52
Tim Abbott	15mo.	17:00

# New Member Outreach Committee

Janet Nissenson

Anyone who has worked as a Race Director or a volunteer at the registration desk can tell you firsthand how hectic things can get on a race morning. Not only are you assisting runners with their registration but answering a multitude of questions as well—i.e. where are the restrooms. where is the start/finish line, is there a course map, etc. It is very difficult to also effectively help any potential new members with the information that they need. We are also missing out on a key opportunity to attract new members who might be out for a casual run along our race course area, in particular in heavily trafficked areas such as the Marina Green, Golden Gate Park and Fishermans Wharf.

With this in mind, we are forming a New Member Outreach Committee and are hoping to have at least 5–8 people on this committee. The committee members would be responsible for:

- On a rotating basis (dependent on how many committee members volunteer), man a table (or section of the registration table) on race mornings that would include the following assortment of flyers:
  - o New member applications
  - o Current race schedules
  - o Copies of past newsletters
  - o List of weekly training runs
  - o DSE club brochure
  - o Flyers for upcoming DSE events (i.e. Double Dipsea, Distance Classic, etc.)
- Be available to answer questions from potential new members and also be a "club ambassador" to promote the club and encourage new people to sign up.
- You would need to arrive no later than 8:15am on the day you are assigned and work up until race time. You would be free to run the race and then return to the table for a few minutes after you finish, probably up until the awards ceremony.
- You would need to set out and then put away the various flyers. These will be brought to the race each week



#### 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 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 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 Aug 7	Memorial Run, 4.5 miles, S/F Spreckles Lake, GG Park
Sun Aug 21	Golden Gate Park Cross-Country 5K, S/Upper Speedway Meadows,
_	F/Lower Polo Field paved track
Sun Sep 4	Potrero Hill Run, 4 miles S/F 17th St. & Arkansas
Sun Sep 11	Kennedy Drive 8K, S/F Southside of Polo Field, GG Park
Sun Sep 18	Ft. Pt. Promenade Run, 7.13 miles S/F Dolphin Club
Sun Sep 25	Distance Classic & Polo Field 5K Loop S/F Southside of Polo Field
Sun Oct 9	Rockaway Beach 5K, S/F Rockaway Beach parking lot, Dondee &
	San Marlo Ways in Pacifica

#### 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.

by the equipment manager and updated on a regular basis.

If you would be willing to help out on this committee, please contact Janet Nissenson at *mom114@aol.com* or 650-355-7660. You would be assigned races based on your availability. Serving on this committee will also satisfy the volunteer requirement to receive a Mongo Trophy at year end.

Making a good first impression on new and potential members is very important. Even if you are unable to help out on this committee, please try to reach out to new members at the weekly races and make them feel welcome.

## CLASSIC STU-PEDS by Stu Ruth



# ♦ ♦ ♦ 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 changed without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) 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 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!**

<u>COURSE DESCRIPTION</u>: 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.

#### Sun Apr 10 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 minipark entrance prior to SBC Park. Return same way to Jefferson Street wooden post finish.

#### Sun Apr 24 Stern Grove Run, 4.43 M

START/FINISH: 33rd Avenue & Wawona St.

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early. COURSE DESCRIPTION: Run west on Wawona to 34th Ave., left onto Crestlake St., left onto Sloat Blvd. Left to 19th Ave., left/downhill on Wawona back to start (33rd Ave.). Run second loop at 34th Ave. & Wawona, drop down through barricade to Stern Grove, travel through 2nd barricade, right uphill, exit Stern Grove, left back onto Crestlake & 21st Ave., complete same upper perimeter loop of Stern Grove, run to 33rd Ave./Wawona finish.

#### Sun May 1 Golden Gate Park 10K

START: Transverse & Kennedy Dr. FINISH: Middle Drive, GG Park

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

<u>COURSE DESCRIPTION</u>: Run eastbound on Kennedy Dr., right on Bowling Green Dr., right on M L King Drive., complete half clockwise Stow Lake loop via East Stow Lake Dr., run downhill, left back onto Kennedy Dr., left onto Bernice Rogers Road, left on MLK, left/uphill to Middle Dr. finish.

#### Sun May 8 "FUN RUN" - Practice Bay to Breakers (The Right to Assemble), 7.46 miles

START: Howard & Spear St. FINISH: Great Highway, between Fulton St. & Lincoln Way

STARTING TIME: 8:00 AM START!

<u>COURSE DESCRIPTION</u>: Run west on Howard St., right on 9th St., left onto Hayes, left on Divisadero, right onto Fell St., continue through GG Park via Kennedy Dr., left onto Great Highway pedestrian finisher's path.

#### Sun May 15 NO DSE RUN - Join DSE at Bay to Breakers Drawbridge

MEETING PLACE: Ist & Howard Sts.

**REPORTING TIME: 6:00 AM** 

#### 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.
- ◆ Thursday at 6:30 PM (April— October) 5K in Golden Gate Park. Meet at the Spreckles Lake water fountain located at Kennedy Drive at 36th Avenue. For more information contact Calvin at 415-370-5572 or calwentjogging@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 April 28, 2005

TIME: 7:00 PM

PLACE: Joanne Desmond

1006 Steiner St. #205

(between Golden Gate & McAllister)

San Francisco 94115

415-823-5300

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 *dsefred@yahoo.com*.





New month, new weather: following the rains of March we will have pleasant mild sunny days with the usual coastal fog and low clouds.

The dry weather will continue till about mid-month. We expect rain around the 17th or 18th, more cold rain around the 20th, and some rain in the final week.

Like March, April should be dry the first half, wet the second half.

## Club •• ◆ ••• Officers



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

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## Happy Birthday! \*\*\*\*\*\*\*\*\*\*\*\*\*

- 1 Al Barrin Jerry McGowan
- 2 Diane Okubo-Fong
- 3 Lynne Vogel
- 5 Sandy Baumgarten Pat Magee
- 6 Aaron Brickley
  Lori Ferguson
  Anya Durgerian
  Richard Hippard
  Maria Morales
  Ken Reed
- 8 Edwin Dunn
- 9 Nicole Garriott
  Ed Mahler
  Wendy Newman
  Terry Stageberg
  Phillip Wiseman

- 11 Patrick Regan
- 12 Gary Aguiar
- 13 Robert Miller
- 14 Victor Rodriguez
- 17 Matt Dillingham Francis Tanjuatco Jeffery Urbina
- 18 Norman Ching
- 20 Sean Lavelle Britney Zaparolli
- 21 Michael Antonini Robert Hayden Russell Breslauer
- 26 Sandra Seiki
- 27 Jean Barish Bob Morris-Khatib Pat Wellington
- 30 Julian Finley
- No Date Becky Yih



EL CERRITO
Christopher Kraemer
Finn Kraemer
Susan Kraemer

Pacifica Ed Lange

San Anselmo Eamon Cooke

San Francisco
Sam Berrin
Joanne Desmond
Vincent Giacomini
Max Glasson
Meg Glasson
Richard Glasson
Susan Glasson

Ruth Grace

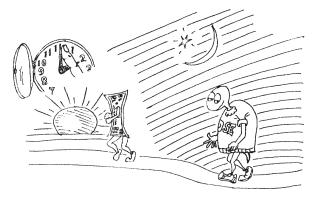


San Francisco
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#### DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to <a href="http://groups.yahoo.com/group/DSERunnersClub/join.">http://groups.yahoo.com/group/DSERunnersClub/join.</a>

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!