

May 2005

## Janet Nissenon

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## GREAT ACHIEVEMENTS IN RUNNING BY DSE MEMBERS

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biathlons. Jeff's proudest running moment was being able to run again after having major back surgery last summer. Another shining memory was receiving an official Top 100 finisher citation from the Bay to Breakers 12K. He ran 42:44 that year and beat the first centipede! The craziest moment (out of several!) that Jeff can recall was agreeing to his father's suggestion to run the San Francisco Marathon on the morning of the race. Jeff had biked 80 miles the day before but still managed to complete the marathon in 3:14. He still has the T-shirt from that race as a memento. Along with Paul, he also hopes to reach 1000 races someday – his count is at 550!

### KATHLEEN LAIL

Kathleen is one of our most talented sub-masters female runners and can usually be found finishing in the Top 5 at most of our weekly races. She began running in high school on the cross country team. Even though she attended St. Mary's in Stockton, 30 miles from her home, she actually began running with the team from Tracy High School, her hometown. She continued to run during college and joined DSE in 1994 after moving to Pacifica. Kathleen has been running with DSE ever since and is grateful for all the wonderful people she has met. The last three years she has taken up the sport of triathlon and has really enjoyed the balance of cross training. She feels that by not "overdosing" on running she has actually become a stronger runner. Kathleen continued running well into the late months of her pregnancy and believes that it helped her have an easier pregnancy and delivery. Running continues to help her stay in touch with herself, keep setting new goals, and maintain her individual identity. Most importantly, running has helped her through some difficult times in her life. Last year Kathleen lost her mother, and she and her husband Josh were laid off their jobs at the same time. Running helped give her the strength and focus to get through such tough times. Kathleen knows that running has given her the opportunity to live more fully in every aspect of her life, and she is thankful to God for not just the perseverance to get through a hard workout but to graciously accept when she can't. Her mantra? SWIM – BIKE – RUN – SWIM – BIKE – RUN, etc.

If you would like to share your running profile with other members, please feel free to contact Janet Nissenson at [jlnissenson@aol.com](mailto:jlnissenson@aol.com). We are looking to feature a variety of runners each month, from different age groups, genders and years and levels of running experience, so even if you have only been running a couple of years or have yet to break 5 hours in a marathon, your story still deserves to be told.

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

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*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](mailto:janecol@earthlink.net)

### Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

### Articles and Photos

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

### Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter

## FROM THE PRESIDENT'S DESK

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DSE will exercise its right to assemble, holding a Practice B2B FUN RUN. There is no DSE Run on B2B Sunday 5/15. DSE will be manning the 1st St. & Howard Drawbridge. On 5/22, DSE returns to its comfort zone, the Dolphin Club for the Ferry Building 4 miler. DSE believes it's time to venture out of your DSE comfort zone. On 5/29, begin by running the Mission Rock 5K, before heading out to the nearby Carnival Parade.

### 2005 SAN FRANCISCO MARATHON UPDATE

If you have been following the trials and tribulations of the annual staging of the SF Marathon, you know it's been an uphill battle for its organizers. Runner's World Magazine has taken over and revamped the race course. Gone is the boring Great Highway loop, replaced with an intriguing out & back GG Bridge/Vista Point loop crossing. Throughout the years, DSE has been very supportive of the SF Marathon. DSE foregoes its weekly DSE Race to man one of the aid stations with DSE volunteers. For more SF Marathon info, link to [www.sfm.com](http://www.sfm.com).

### CLUB PROCEDURES AND OBSERVATIONS

Who am I to say what club procedures should be? I am sure this still applies, "It doesn't matter how we achieve the end results, as long as we get the job done." I don't have a problem with this. I would like to see DSE achieve this in the easiest way possible. From time to time, everything club members take for granted should be revisited. In the coming months, I will be addressing the most important club procedures.

Let's begin with Race Procedures, It's easy, if everyone follows the same procedures: 1) Read/sign race waiver sheet; 2) Pay entry fee; 3) Complete runner's bib: name, age, gender; 4) Correctly attach runner's bib to your front torso; 5) Be courteous, do not talk during race announcements; 6) Run entire race course; 7) Upon finishing race, glance at digital clock; listen for finishing placement; 8) Stay in correct finishing order; 9) Hand in your tear-away bib to stringer; 10) Collect a finisher's ribbon.

# DOUBLE DIPSEA NEWS LETTER

## HARRY CORDELLOS TO SPEAK—June 16th, 7:00 PM at The Sports Basement

Our long time member, Harry Cordellos, “World’s Most Famous Blind Athlete,” will talk Thursday, June 16th at The Presidio Sports Basement. Harry will show his award winning (27 International and National Film Awards) “Survival Run” movie. We’ll watch Harry and his running guide demonstrate teamwork by running the Dipsea Trail! Harry will talk about trail running in the Bay Area. He has written 3 books and will make them available at the presentation.

We hope this attracts potential DSE Practice Dipsea and Double Dipsea runners, and illustrates how much fun trail running can be. Bring friends and family to this fun event.

Harry has run 17 Dipsea Races, 8 Double Dipseas, 1 Iron Man, 151 Marathons, 2 50 mile races, and 38 consecutive Bay To Breakers. In his “spare time” Harry water skis (twice a year at Cypress Gardens, Florida), downhill and cross country skis, golfs, bowls, and ice skates. He won the Healthy American Fitness Leader Award, Presidents Council of Physical Fitness; and World Humanitarian Hall of Fame Presidents Award ... and MORE....



Harry Cordellos and Ken Reed  
Photo courtesy of Ken Reed

## DIPSEA TRAIL TRAINING

During April, May and June we will be running the Dipsea Trail on Saturday mornings at 7:00 AM. We invite runners (walkers too!) of all speeds to join in the fun. We will explain the course, show the short cuts, and train for the DSE Practice Dipsea June 5th, and Double Dipsea June 25th. Breakfast at the Dipsea Café is optional.

- Sign up for our email notice that goes out by Tuesday evening the week of the run. The email will let you know the meeting place (usually Old Mill Park, Mill Valley or Mt. Home Inn), what to bring (water, salt, Clif Bars, etc.), and what the course is. Email Ken Reed at [runkenrun@aol.com](mailto:runkenrun@aol.com) or call 415-810-3832 to get on the Tam Trail Trekkers Dipsea training list.

## VOLUNTEERS & RUNNERS NEEDED

- Almost all of our 2004 volunteers have returned to help again. A few plan exotic vacations in places like Italy, Hawaii, or China, SO we still need help. We especially need more course monitors, and aid station workers. You can bring family and friends to help, and all volunteers are invited to attend the FREE picnic after the race... while wearing your Double Dipsea T-Shirt as a reward. Please call or email VIPVP Janet Nissenson at [mom114@aol.com](mailto:mom114@aol.com) or 650-355-7660 to sign up.
- We expect most of our dedicated Double Dipsea addicted runners to return this year, and are hoping to attract many more to the joys of trail running, the DSE, and the Dipsea Trail. You can help by:
  - Spreading the word to runner friends
  - Posting flyers at your Health Club or favorite Sports Store
  - Volunteering
  - Running the Race
  - Purchasing Double Dipsea clothing

*Ken Reed, Double Dipsea Race Director*



# RUNNING HAPPENINGS

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

**April 3, 2005**

**Twin Peaks Loop, 3.63 miles**

**Race Directors:** Hashim Bashruddin & Hilary Fong

**Volunteers:** Robert Brizuela, Tyler Abbott, Shannon Luppino, Richard Hannon, Bob Theis

PL	NAME	AGE	TIME
1.	Mark Janes	29	23:10
2.	Matt Verley	44	23:44
3.	Kennet De Silva	23	25:04
4.	Daryl Luppino	45	25:47
5.	Wayne Plymale	53	25:56
6.	Noe Castanon	34	26:15
7.	Robert Moser	35	26:27
8.	Abelardo Zesati	31	27:32
9.	Francis Dy	32	27:55
10.	Joel Rizzo	39	28:36
11.	Adrian Jue	23	29:24
12.	Paul Mosel	63	29:43
13.	Mindy Ong ①	8	30:24
14.	Keith O. Johnson	67	30:38
15.	Steve Nissenson	56	30:41
16.	Gregory Brown	55	31:26
17.	Sam Roake	69	31:50
18.	Johanna Merriss ②	54	32:04
19.	T. Callan		32:24
20.	Janet Nissenson ③	45	32:40
21.	Jack Bascom	63	32:49
22.	Patrick Lee	57	33:07
23.	Megan Ong ④	12	33:20
24.	Mike Ong	37	33:22
25.	John Weidinger	64	34:37
26.	Elana Urbansky ⑤		34:51
27.	Amy Brewington	32	35:12
28.	Olivia Horgan	31	35:18
29.	Calvin Chan	54	36:37
30.	April Lax	40+	37:21
31.	Suzana Seban	51	37:45
32.	Gary Brickley	52	38:59
33.	Jim Kauffold	67	9:26
34.	Evelyn Martinez	57	44:31
35.	Bruce Oliver	76	44:41
36.	Tim Oliver	39	44:45
37.	Peking Duck	50	46:00
38.	Elaine Koga	63	48:31
39.	Chris Jose	8	53:03
40.	Newman Young	33	59:52



**Race Directors**  
Hashim Bashiruddin and Hilary Fong  
Photo © Paul Mosel

41. Pat Jose 12 59:52

## SELF-TIMERS

Susie Young	34	
Richard Finley	56	
Marcia Martin	52	
Jim Pommier	72	
Richard Hannon	69	
Yong Cho	47	
Fred Haber	45	
Bobby Marty	76	
John Mortell		
Bob Theis	76	
Jane Lee	54	
Marian Lyons	50+	
Ada Thomas	91	
Russielle Ong	34	
Ed Olkowski	62	1:10:13

**April 10, 2005**

**Great Highway Run, 4 miles**

**Race Directors:** Bob Theis & Robert Brizuela

**Volunteers:** George Sacco, Selma Vincent, Richard Hannon, Tom Pang, Shannon Luppino, Tyler & Tim Abbott

PL	NAME	AGE	TIME
1.	Ben Chaffee	24	22:36
2.	Melissa Grunst ①	23	24:34
3.	Andrea Grunst ②	23	24:35
4.	Eduardo Vazkez	32	25:20
5.	Thomas McManus	35	25:25
6.	Jerry Flanagan	39	25:31
7.	Wayne Plymale	53	25:36
8.	Kennet De Silva	23	26:26
9.	Daryl Luppino	45	26:50
10.	Kevin Fry	25	27:01
11.	Guy Murtagh	55	27:43
12.	Derek White	28	28:04
13.	Luis Vargas	47	28:30
14.	Jason Chen	28	28:36

15.	Francis Dy	32	28:40
16.	Theo Jones	66	28:43
17.	Christopher Kraemer	52	28:55
18.	Julio Escobar	28	28:56
19.	Eric Muñoz	21	29:05
20.	Amy Sonstein ③	35	29:06
21.	Jeff Yack	27	29:26
22.	Joel Rizzo	39	29:30
23.	Paul Mosel	63	29:34
24.	Mark Kelley	49	29:42
25.	Patrick Lee	57	29:50
26.	Lina Morris-Khatib ④	40+	30:27
27.	Steve Nissenson	56	30:39
28.	Rick Nippes	57	30:40
29.	Gregory Brown	55	30:46
30.	Russell Breslauer	59	31:00
31.	Kathleen Lail ⑤	37	31:12
32.	Adrian Jue	23	31:27
33.	Tom Smiley	45	32:21
34.	Sam Roake	69	32:26
35.	Jack Bascom	63	32:59
36.	Janet Nissenson	45	33:29
37.	Wyman Wong	35	33:59
38.	Johanna Merriss	54	34:25
39.	Dave Koehn	61	34:27
40.	Bob Morris-Khatib	50+	34:50
41.	Female Runner		34:59
42.	Amina Bryant	32	35:10
43.	Bruce Ito		35:37
44.	Janet Fry	25	35:46
45.	Katherine Moser	35	36:08
46.	Hank Tollissier		36:13
47.	Lan Nguyen		36:49
48.	John Weidinger	64	37:01
49.	Jenny Garaze	29	37:12
50.	Andrea Terhune	32	37:14
51.	Calvin Chan	54	37:27
52.	Erica Benkovich	31	37:32
53.	Peking Duck	50	37:36
54.	Jim Kauffold	67	37:48
55.	Jeff Houston	46	38:11
56.	Steven Kalos	42	38:32
57.	Paul Griffiths	43	38:45

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**Race Directors**  
Bob Theis and Robert Brizuela  
Photo © Paul Mosel

58. Fred Haber	45	38:52
59. Roxanna Pezzy	45	39:05
60. Female Runner		39:07
61. Female Runner		39:19
62. Gary Davis	52	39:20
63. Kay Teiber	65	39:29
64. Jeanie Jones	69	39:35
65. Kristine Wada	29	40:20
66. Jane Colman	61	40:46
67. Evelyn Martinez	57	42:41
68. Elaine Koga	63	59:31

#### SELF-TIMERS

Richard Hannon	69	
Ken Reed	60	
Jim Pommier	72	
Marian Lyons	50+	
Ada Thomas	91	
Elaine Gecht	61	
Bobby Marty	76	
Doerte Murray	64	
Kris Lee		
Jane Lee	54	
Ted Vincent	69	
Ellen Breslauer	57	
Yong Cho	47	
Don Watson	75	
Kathryn vonBlankenberg		
Norman Ching	57	39:04
Brie Reybine		
Lucy Wing		
Mort Weisberg		
Tony Stratta	74	1:14:00
John Sullivan		

**April 17, 2005**

**Embarcadero 10K**

**Race Director: Brierly Reybine**

**Volunteers: Richard Finley, George Sacco, Bobby Marty, Selma and Ted Vincent, Richard Hannon, Kennet De Silva, Mort Weisberg, Stu Ruth**

PL	NAME	AGE	TIME
1.	Jonathan Reid	36	35:26
2.	John Sullivan	39	39:24
3.	Tom Knauer	42	39:42
4.	Eduardo Vazkez	32	40:03
5.	Adam Lucas	38	40:56
6.	Kip Dynamite	26	41:01
7.	Pete Nowicki	46	41:17
8.	Tommy Harp	35	41:22
9.	Bill Marlow	59	41:27
10.	Thomas McManus	35	42:00
11.	Andreas Wolf	31	42:22
12.	Tom Bennett Jr.	46	44:01
13.	Guy Murtagh	55	44:37
14.	Harold Fournier	37	44:40
15.	Derek White	29	44:42
16.	Catie Getches ①	28	44:44

17. Abelardo Zesati	31	45:14
18. Jim Misener	44	46:15
19. Matthew Upton		46:40
20. Cammie Dingwall ②	40+	47:01
21. Shin Do	29	47:03
22. James Abraham	35	47:22
23. Alice Pierce ③	23	47:36
24. Joel Rizzo	39	47:37
25. Paul Mosel	63	47:49
26. David Klinetobe	44	48:03
27. Theo Jones	66	48:10
28. Christopher Kraemer	52	48:46
29. Mara Segal ④	25	48:57
30. Monika McCool ⑤	58	49:30
31. Kathleen Lail	37	49:52
32. Sherry Dino	28	50:04
33. Steve Nissenson	56	50:14
34. Rick Nippes	57	50:28
35. Thomas Smiley	45	50:46
36. Adrian Jue	23	51:38
37. Sam Roake	69	51:43
38. Christine Maeda	26	51:47
39. Caroline Lew	30	52:18
40. Martha Chmelanova	29	52:34
41. Megan Peck	21	53:00
42. Tom Price	58	53:36
43. Marla Rivas	24	53:40
44. Peking Duck	50	54:25
45. Tom Chang		54:48
46. Janet Nissenson	45	54:58
47. Laura Bertagrolli	35	56:08
48. Mark Bertagrolli	35	56:08
49. Alicia Newell	26	56:32
50. Kobie Mahiri	28	56:32
51. Gayle Nakahodo	34	56:32
52. Jim Allen		56:49
53. Hank Pellinne	52	57:43
54. Victor Chang		57:47
55. Kim Merritt	40	57:47
56. Karen Traversi	41	58:50
57. Male Runner		59:07



**Race Director Brierly Reybine**

Photo © Paul Mosel

58. Julia Kim	26	59:08
59. David Bates	43	59:51
60. Kelly Morgan	35	59:58
61. Lana Schumacher	33	1:00:02
62. Bobby Coucoules	27	1:00:20
63. Katy Mclean	26	1:00:21
64. Erin Walker	24	1:00:27
65. Kay Teiber	65	1:00:40
66. James Smith	52	1:00:50
67. Debra Schmitt	40	1:02:13
68. Linda Forster	42	1:02:19
69. Paul Zeidman	35	1:02:24
70. Jim Kauffold	67	1:02:25
71. Alvin Autry	44	1:02:36
72. Gary Brickley	52	1:02:41
73. Paul Griffiths	43	1:03:00
74. John Weidinger	64	1:03:32
75. Jenn Koerner	29	1:03:34
76. Jeff Houston	46	1:03:47
77. Jo-Ann	53	1:04:07
78. Fred Haber	45	1:04:14
79. Mari Gutierrez	24	1:05:25
80. Rhoda Chang	24	1:05:55
81. Susan Kenya?	32	1:05:56
82. Michael McCool	66	1:05:57
83. Peg Spellman	34	1:05:58
84. Kris Bondi	34	1:10:50
85. Cara Zeidman	37	1:12:33
86. Bruce Oliver	76	1:12:39
87. Pamela Hall	55	1:17:07

#### SELF-TIMERS

Ted Vincent	69	
Marian Lyons	50+	
Ada Thomas	91	
Kathryn vonBlankenburg		
George Sacco	67	
Elaine Gecht	61	
Bob Theis	76	
Richard Hannon	69	
Gary Davis	52	
John Mortell		
Norman Ching	58	1:00:40
Lucy Wing		
Bob Kovash	66	
Dina Kovash	66	
Aaron Low	44	
Tom Boyd	59	
Jack Bascom	63	55:07
Tony Stratta	74	1:51:06



**April 24, 2005**

**Stern Grove Run, 4.43 miles**

**Race Director: Andrew Bloch**

**Volunteers: Steve Nissenson, George Sacco, Kennet De Silva, Theo Jones, Marcia Martin, Mort Weisberg, Yong Cho, Shannon Luppino**



**Race Director Andrew Bloch**

**Photo © Paul Mosel**

PL	NAME	AGE	TIME
1.	Mark Janes	29	27:20
2.	John Sullivan	39	27:43
3.	John R. Mintz	38	27:49
4.	Pete Nowicki	46	27:50
5.	Eduardo Vazkez	32	27:52
6.	Thomas McManus	35	28:31
7.	Wayne Plymale	53	29:30
8.	Kevin Fry	25	29:45
9.	Damon Volente	33	29:50
10.	Steve Stephens	61	30:07
11.	Tom Bennett Jr.	46	30:38
12.	Guy Murtagh	55	31:00
13.	Daryl Luppino	45	31:01
14.	Eric Muñoz	21	33:23
15.	David Klinetobe	44	33:25
16.	Paul Mosel	63	33:27
17.	Christopher Kraemer	52	34:07
18.	Adrian Jue	23	34:31
19.	Lina Morris-Khatib ❶	40+	35:11
20.	Mark Magers	47	35:25
21.	Randy Cobb	49	35:25
22.	Colby Alleron		35:37
23.	Keith O. Johnson	67	35:39
24.	Thomas Smiley	45	36:18
25.	Peking Duck	50	36:54
26.	Hank Dellisse	52	36:59
27.	Heather Patterson ❷	28	37:00
28.	Gregory Brown	55	37:26
29.	Johanna Merriss ❸	54	37:28
30.	R. Drehscher	51	37:36
31.	Olivia Horgan ❹	31	37:53
32.	Jose Springer	33	37:56

33.	Russell Breslauer	60	38:20
34.	Janet Nissenson ❺	45	38:36
35.	Sam Stevenson		38:41
36.	David Bates	43	39:24
37.	Jack Bascom	63	39:26
38.	Chris Kalos	28	40:15
39.	Patrick Regan	37	40:34
40.	Lorrie Kalos	44	40:35
41.	Jamie Martinez	41	41:10
42.	Kenneth Fong	43	41:17
43.	Mort Weisberg		41:17
44.	Bob Morris-Khatib	52	41:39
45.	John Weidinger	64	42:34
46.	Paul Griffiths	43	42:40
47.	Fred Haber	45	42:48
48.	Jim Kauffold	67	42:54
49.	Jayne Mulkey	22	42:59
50.	Jeanie Jones	69	43:18
51.	Patrick Lee	57	43:51
52.	Gary Brickley	52	44:50
53.	Kay Teiber	65	45:57
54.	Calvin Chan	54	46:25

55.	Jeff Houston	46	47:11
56.	Whit Stipe	39	47:12
57.	Jane Colman	61	50:09
58.	George Sacco	67	52:49

#### SELF-TIMERS

Sam Roake	69
Jane Lee	
Don Watson	75
Ken Reed	60
Bob Theis	76
Marcia Martin	52
Doerte Murray	64
Ellen Breslauer	57
Kris Lee	
John Gregson	73
Elaine Gecht	61
Wally Rapozo	76
Liese Rapozo	77
Lucy Wing	
Tony Stratta	1:25:40
Neil Mahoney	

## **DSE AT THE RACES**

### **Brickyard Run, Martinez, April 10, 4 miles**

NAME	TIME	AGE GROUP	AGE	A.G. PL.
Keith Johnson	32:16	M 60-69	67	2
Gary Aguiar	37:47	M 40-49	49	20
Patrick Cunneen	43:32	M 70-79	71	4
Tim Oliver	46:31	M 30-39	39	9

### **Brickyard Run, Martinez, April 10, 8 miles**

NAME	TIME	AGE GROUP	AGE	A.G. PL.
George Rehmet	56:41	M 30-39	38	5
Jim Flanigan	58:38	M 50-59	55	2
Cammie Dingwall	1:03:05	F 40-49	41	3
Barbara Robben	1:29:00	F 70-99	70	1
Bruce Oliver	1:37:53	M 70-99	76	1

### **HP Up and Running 10K, Cupertino, April 17**

PL.	NAME	TIME	AGE GROUP	AGE	A.G. PL.
175	Wayne Plymale	40:39	M 50-54	53	15
190	Russ Kiernan	41:25	M 65-69	67	1
277	Sara Jane Osborne	45:00	F 35-39	37	16
286	Bob Bowman	45:25	M 50-54	50	23
344	Amy Sonstein	48:02	F 35-39	35	19
474	Gregory Brown	52:45	M 55-59	55	15
523	Kat Powell	54:41	F 50-54	54	5
524	Kazumi Shimoyama	54:41	M 35-39	38	51
661	Barbara Robben	59:39	F 70-74	71	2
785	Patricia Baker	1:09:20	F 40-44	44	45

### **News Channel 46 5K (Big Sur), Carmel, April 24**

PL.	NAME	TIME	AGE GROUP	AGE	A.G. PL.
157	Marie Appel	22:04	F 40-44	40	11
169	James Misener	22:37	M 40-44	44	22
248	Tyler Abbott	25:35	M 40-44	44	34
383	Barbara Robben	29:48	F 70-74	71	2
683	Dina Kovash	44:41	F 65-59	66	6

# ***The Dolphin South End Runners Present The Practice Dipsea 6.8M Race***



If you didn't get into the official Dipsea Race, you can still experience the thrill of the 600+ steps, Muir Woods, Cardiac Hill and all the other Dipsea Trail landmarks.

**Date & Time:** Sunday, June 5, 2005, 8:00am

**Start:** Old Mill Park, Throckmorton & Cascade, Mill Valley

**Finish:** Stinson Beach parking lot

[NOTE 1: no transportation back to start; carpool or arrange a ride back; Golden Gate Transit Bus #63 leaves Stinson Beach at 9:45 and 11:45 AM for return trip to Shoreline & Almonte in Mill Valley; \$4 fare. NOTE 2: The Practice Dipsea Race has no course markings except prior to exiting onto Stinson Beach. It is advisable to carry a water bottle and refuel at the Muir Woods water fountain]

**Race Entry Fee:** \$5 (includes finisher ribbon)

**Awards:** Special ribbons to Top 5 Overall Male/Female runners

Register online at [www.active.com](http://www.active.com) through 6/3/05 or race day beginning at 7:00 AM.

For more information: [www.dserunners.com](http://www.dserunners.com); [dserunclub@aol.com](mailto:dserunclub@aol.com)  
Race Hotline: 415-978-0837

## ◆◆◆ Notices ◆◆◆

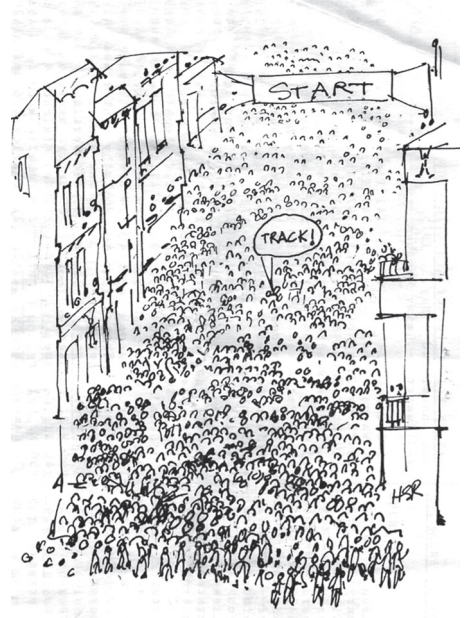
### RACE TEAMS

Hello, DSE Friends! I have received numerous replies noting their interest in forming a training group and/or race team! ALL are encouraged to join since ability is not an issue. Whether you're a novice or pro, whether you're running your 100th marathon or your first race, whether you're looking to improve your 6 minute mile pace or 10 minute mile pace, you get the idea. I will help set you up with members of similar ability. What I am asking for is dedication and a realistic goal that you want to achieve. This huge undertaking requires a lot of effort, time, and dedication to work. I am willing to invest my time in this endeavor, if everyone interested will help me out as well. Some ideas I would love to discuss involve the mission, objective, sponsorships, uniforms, workshops, etc. I believe that with all the years and experience DSE veteran members have to offer to newer members, there is much knowledge and wisdom to pass along. That said, I have never formed a team, and therefore, I am really nervous and excited about where and how to begin. I welcome and value each and every question and comment emailed to me or in person. I want this team to be about YOU and what you want to accomplish with other members on this team. An existing myth circulating around is that DSE feels like the oldest club in San Francisco. It may be the oldest running club in existence in SF, but it's also full of young people and people young at heart. Let's step up to the plate and not make this club feel generations behind for many years down the road. Take advantage of this opportunity!

Adrian Jue  
toojue@yahoo.com

## CLASSIC STU-PEDS

by Stu Ruth



From the DSE News, May 1975

## ◆◆◆ From the Archives ◆◆◆

### 30 years ago in the DSE News

While Ted Wurm was loping across the Golden Gate Bridge in the April 26th six-miler, certain memories stirred up and he recalled his first 'race' across the bridge almost 38 years previously.

It was on Thursday, May 27, 1937, opening day of the bridge. First day was reserved for pedestrians only and the toll was a nickel, collected in borrowed streetcar fare boxes. Gathering for several hours in the pre-dawn darkness, 5000 people were waiting at the San Francisco side when the gates opened at 6 am. Ted has walked over from his home near USF and was near the head of the crowd.

Being a member of the St. Ignatius High track team, Ted started running the second he was past the toll taker, camera in hand and two rolls of film in his pockets. One guy in track clothes was ahead and stayed in the number one spot all the way. Papers the next day reported the winner to be Don Bryant, a member of the S.F.J.C. track team (Wurm was 2nd) and the first person southbound was Bob Miller, a Tamalpais High trackster, whom Bryant and Wurm met three-quarters of the way across.

Ted walked on to Sausalito, then returned across the bridge in early afternoon. Tablecloths were spread in the middle of the roadway while families enjoyed picnic lunches. There were hot dog stands at mid-point. Kids on roller skates dodged among the crowds. Crowds? It was estimated that 200,000 had walked on the bridge that day (the counting system broke down under the overload!). They left a huge mess of litter behind, but it was all cleaned off when the first auto started across at noon the next day. And there were "sore feet" all over town, according to news reports.

*From the DSE News, May 1975. Apparently the April six-miler across the Bay Bridge was not a DSE race; it took place on a Saturday, the day before the Practice Bay to Breakers, and there were no results listed in the newsletter.*

*Results were posted for a 4 mile race starting at the Polo Field the previous week, with 307 finishers, some of whom are still active DSE members today, and for the Bay to Breakers Practice Run with 338 runners.*

*Many thanks to previous DSE member Jim Gault for the donation of his collection of DSE News issues from the 1970s and 1980s.*



# A RUNNING STORY

DSE Weatherman, Mike Pechner

I am 58 years old, and compared to 91 year old Ada Thomas and 74 year Tony Stratta, I am one of the younger runners in the DSE. I started running in Junior College in 1966 and have about 40 years and a lot of miles on my knees and legs. I have been largely injury free during that time. After the 1982 Double Dipsea and the old Golden Gate YMCA Marathon, I was having some knee pain which got progressively worse. I couldn't run anymore and I went to Kaiser and they found that I had a torn meniscus (cartilage) in my left knee. So I had successful surgery in early 1983 by Dr. Brevis and Dr. Stone. They cut the torn tissue and left a moon shape piece in so I wouldn't develop arthritis. They said the surgery would last me 20 years. Anyway it healed and I did the Pike Peak Ascent in August, 1983. I went on to complete 12 marathons, beginning in 1976 or 77 with the old Pacific Sun Marathon with Jim Skophammer. I did the Woodminister for many years, countless Dipseas, Practice Dipseas, the Double Dipsea, the Bay to Breakers, Bridge to Bridge, and hundreds of DSE races. Two years ago last October, after the Dipsea, I experienced more pain in the knee and sought help from an excellent Orthopedic Surgeon, Dave Contraes at John Muir (Shadelands) Medical Center. I had a mouse flap, whereby the remaining cartilage was getting caught between the bones and was responsible for the sharp pains. I rehabbed the knee and I was back to running for while before I got PLANTAR FASCIITIS in January of last year. It was very painful. I struggled with it thinking of Walt Stack's saying that Mother Nature and Father Time would take care of it. I did 17 miles of the 31 mile Ridge to Bridge walk with Harry Cordellos in April and the practice and regular Dipsea in 2004 with great discomfort. I went back to Dr. Contraes in September, and he gave me an anti-inflammatory drug and orthotics which cured it up in about 6 weeks. In mid-October, my 81 year Mother took my brother and me to New York to visit her old neighborhood for probably the last time. I think I was still favoring my heel which put undue strain on the knee and at the same time I developed osteo-arthritis

## ◆◆◆ Volunteers Needed ◆◆◆

### RACE DIRECTORS NEEDED FOR SUNDAY RACES

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

If you can help, please contact George at [gsgasacco@yahoo.com](mailto: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 Jul 10 Windmill Run, 6.5 miles S/F Kennedy Dr. & Great Hwy, GG Park
- Sun Aug 21 Golden Gate Park Cross-Country 5K, S/Upper Speedway Meadows, F/Lower Polo Field paved track
- 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 23 Stern Grove Run, 4M, S/F 33rd Avenue & Wawona St.
- Sun Oct 30 Rainbow Falls 5K, S/F Transverse & Kennedy Drives, Golden Gate Park.
- Sun Nov 6 Great Highway Run, 4M, S/F Lincoln Blvd. & Lower Great Highway grass
- Sun Nov 13 Embarcadero 10K, S/F Dolphin Club
- Sun Nov 20 Golden Gate Park Conservatory 5K, S/F Conservatory of Flowers GG
- Sun Dec 4 Ferry Building Run, 4M, S/F Dolphin Club
- Sun Dec 11 Ballpark 5K, S/F Terry Francois & Illinois Streets (near Mariposa)

### 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](mailto:mom114@aol.com) or 650-355-7660 or Ken at [RunKenRun@aol.com](mailto: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.

in all of my joints. Bottom line is, I am not running for the first time in 40 years. I will probably walk the Dipsea next month and hope that the downhill doesn't further damage the knee. Nevertheless, I am not happy about these turn of events, but I can cycle as much as I want, and I can walk and hike on level ground. I am going to let the knee heal and try running again later this year. But for now, I'll watch from the sidelines. Next step is an artificial knee which will prevent me from returning to the sport I love. Our beloved former President and 1984 Olympics Race Marathon Director, Col. Len Wallach, has been through some of the same problems I have had, but at 74, is still running. So maybe there is light at the end of the tunnel. As Walt would say, "keep breathing."



Volunteering at Bay to Breakers



Saturday morning Double Dipsea training run

# ◆◆◆ 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.

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

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## **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.

COURSE DESCRIPTION: 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 (Right to Assemble), 7.46 miles**

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

STARTING TIME: **8:00 AM START!**

**Note: You will need to find your own way back to the start. Fun Run is non-sanctioned, no course markings and no entry fee. Advisable to carry water bottle!**

COURSE DESCRIPTION: 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**

## **Sun May 22      Ferry Building 4 miles**

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

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 Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Turnaround is 2 feet beyond the south side of Ferry Building courtyard. Return the same way to the wooden post Jefferson finish line.

## **Sun May 29      Mission Rock 5K**

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois, left on Illinois; Turnaround at the “Freeway/Stop” sign prior to 25th Street. Return the same way back to the finish.

## **Sun June 5      Practice Dipsea Run, 6.8 miles, 8 AM START!**

START: Old Mill Park Throckmorton Ave., Mill Valley; FINISH: Stinson Beach

**Note: You will need to find your own way back to the start. Take the GG Transit, carpool or run both ways.**

**No Course Markings. No Aid Stations. Advisable to carry water bottle!**

STARTING TIME: Runners at 8 AM. Walkers are encouraged to start early.

ENTRY FEE: \$5

COURSE DESCRIPTION: Course follows the Dipsea Trail on Mt. Tamalpais.

# ◆◆◆ 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](mailto: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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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](mailto: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](mailto:dsefred@yahoo.com).





1	Arthur Tan
2	Brenda Austin
3	Don Watson
	Jenny Test
	Susan Glasson
4	Katherine Moser
5	ZaZa Berven
	Sandra Zaparolli
6	Peter Aguiar
8	April Blaine
9	Alice Dingwall
	Carolyn Dingwall
	Richard Finley
	Robert Finley
10	Jeff Houston
	Joanne Desmond
11	Paul David Brucker
12	Herman Escajadillo
	Olivia Horgan
13	Richard Glasson
15	Ken Klein
	Bruce Oliver

17	Laura Elsener
	Elaine Mah
	Denise Vidosh
18	Cory Dillingham
	Ryan Dillingham
	Gary Davis
19	Suzana Seban
	Patrick Mattimore
	Sam Berrin
20	Heidi Lavelle
21	Marcus Johnson
	William Woolf
	Linda Antonini
22	Tom Knauer
23	Janet Fry
24	Steve Nissenson
	Tony Stratta
25	Letty Garbisch
	Lee Blaine
28	Ceis Wildin
31	Annabel Marsh

DOVER, DE  
John "Hitman" Harper

PETALUMA  
Guy Murtagh

RICHMOND  
Thomas Callan

SAN PABLO  
Noe Castanon  
Kevin Cuevas  
Lauren Tapia

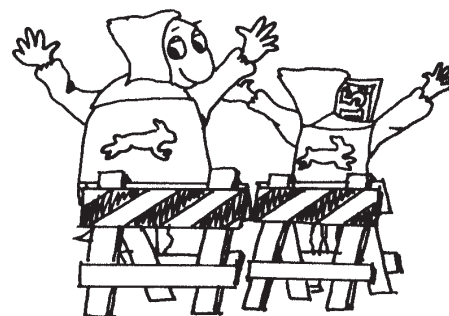
SAN FRANCISCO  
Kristine Lee  
Evelyn Martinez  
Arthur Tan



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

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to [\*\*http://groups.yahoo.com/group/DSERunnersClub/join.\*\*](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](mailto:diomo.juno.com)**. He will notify you when each newsletter is available for download from **[www.dserunners.com](http://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!