

June 2005

## Ken Reed

*continued on page 2*

◆ ◆ ◆ KEVIN LEE

## JUNE RACE SCHEDULE

After five months of road running, DSE is switching terrain and inviting everyone to join us on the Dipsea trail. Please see for yourself whether you need more practice at the 6/5 Practice Dipsea 6.8 miler. Please note this is a point to point race with a different Start/Finish. You will need to find your own way back

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## DOUBLE DIPSEA SCHEDULE & UPDATE

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PLEASE help us keep the runners safe, hydrated, and fed. We specifically need:

- 5 course monitors
- 2 aid station workers
- 2 finish line volunteers
- 1 data inputter for results

And what do you get for a few hours of fun working with your DSE fellow runners?

- Double Dipsea T-Shirt
- BBQ Picnic at Stinson Beach after the run and awards ceremony (about 1:00 PM)
- An invitation to the special DSE all Volunteer Picnic this summer
- A great big Thank You!



**All these guys are Volunteering at Double Dipsea 2005:**  
**Mort: Registration; Ron: Aid Station Captain & Sweep;**  
**Jim: Course Monitor Captain lying Y; Wally: Course**  
**Monitor Highway 1;**  
**Ken: RD; Anonymous Radioman**

Sign up today with Janet ([mom114@aol.com](mailto:mom114@aol.com)) or Ken ([runkenrun@aol.com](mailto:runkenrun@aol.com))—call, write or telegraph.



**Enjoying the DSE Volunteer Free Picnic: Ken, Bob, Paul**

## ◆◆◆◆◆ 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](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

continued from page 1

to the start. If you missed out with the Dipsea Race, the 6/12 JFK Mile/GG Park Conservatory 5K race series should heal your running woes. On 6/19, DSE doesn't know a more fitting Father's Day tribute than to run the Walt Stack Trail 10K. On Saturday, 6/25, DSE will be doing a double take by returning to the Mt. Tamalpais Dipsea trail for the Double Dipsea Handicap Race. It's double the pleasure, double the fun and twice as challenging. I encourage all club members to rally behind DSE's signature event as a race participant or volunteer. In appreciation to the 100+ DD Volunteers, on Sunday 6/26, DSE has added the Rockaway Beach 5K FUN RUN with the June Folding Session immediately afterwards.

## 2005 DSE 2ND HALF RACE SCHEDULE

For those who prefer glancing at the DSE Race Schedule six months at a time, the 2005 DSE 2nd Half Race Schedule is available as a race insert. With the entire 2005 DSE Race Schedule available for viewing on the DSE Website, [www.dserunners.com](http://www.dserunners.com), it is very encouraging to report only 10 race director positions need to be filled.

## Meet Me at the Dipsea

*by Harry Cordellos in the DSE News, July 1973*

While training for last year's Double Dipsea with Rudy Stadlbauer and Bill Zimmerman, I found myself too fascinated with the woodsy surroundings to be concerned about tripping over a root or some other obstacle in my path. Suddenly, while thinking of some of the oldtime sing-along tunes, the following words came to mind and they seemed to fall into place as if I had known them all my life....

For those who have never heard our Dipsea song and would like to learn it by the time of the race, here it is. It is sung to the tune of "Meet me at the Fair."

Meet me at the Dipsea-Dipsea,  
Meet me at the race.

Don't tell me the hills are steeper  
Any other place.

Through the poison oak we'll stumble,  
Down in Steep Ravine we'll tumble,  
If you will meet me at the Dipsea-Dipsea,  
Meet me at the race.



# GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

Three more DSE members have agreed to share their running history with us this month.

## BOB THEIS

Bob began running at St. Ignatius High School in San Francisco back in 1946, where he often won his event—the 440. After that he ran off and on for many years but started his serious running in 1977. He had learned about races held on the third Sunday of the month at Terra Nova High School in Pacifica. This is where he met Jim Pommier, who told him about the Dolphin Club. Bob called Walt Stack, joined DSE in 1978 and has been a member ever since (27 years and counting!) At that time he was 50 years old. Bob's PRs were set in his early 50s—a 22:05 5K, 45:12 10K, and 1:42 half marathon. He has completed two marathons, the faster in 4 hours 14 minutes. Some of Bob's proudest running accomplishments include completing the Sri Chinmoy 10 Miller in 75 minutes 20 seconds, and the PA/AAU (now PA/USATF) 25K Championships in 2 hours 6 minutes 23 seconds (Bob has obviously kept excellent records!). Another running memory that comes to mind was the second time he ran the DSE Fort Point Promenade Run. A female runner kept challenging Bob for about three miles on the way back. She caught him at the top of the hill above the tunnel but had nothing left so Bob out-sprinted her to the finish line. While Bob's running has slowed down as the years have passed, his spirit and attitude continue to hold fast and you can find him out there on the course almost every Sunday.

## DINA KOVASH

Dina began running in the early 1980s. She and her husband had been taking a Tai Chi/ShaoLin class for many years in the Golden Gate Park panhandle, and every year thousands of Bay to Breakers runners would engulf them on their way to the beach. One year they decided to run B to B, and once she crossed the finish line, she was hooked. After minimal training, which included numerous DSE races, they decided to do the San Francisco Marathon. One of her most vivid memories is of Walt Stack passing her about halfway though. He recognized her and said, "You'll make it," then continued

on, accompanied by an entourage of people who were hanging on to his every joke. Realizing that she needed coaching, Dina joined the Impala Racing Team and eventually got into ultradistance running. Ultras provided her most rewarding and unforgettable moments, especially completing the American River 50M for the first time. Another of her favorite and most challenging experiences was running the Quicksilver 50K and Silver State 50K only one week apart, with Silver State including a mountain traverse and five miles of snow in the back country! The farthest Dina ever ran/walked was 75 miles in a 24 hour race. These days, after knee problems and corrective foot surgery, she is working her way back into the shorter races. Those long ultra trails have led right back to the DSE.

## THOMAS MCMANUS

Thomas began running with his family with the DSE when he was only 7 years old. His parents didn't want him and his four siblings to sit in front of the television all weekend so they dragged all of them kicking and screaming to the weekly races. For several years they would make the commute (scrunched up into a single car) across the Bay Bridge. At that time the Embarcadero Freeway still existed, and he recalls taking the Broadway exit and passing all the strip clubs on the way to various DSE races! After high school, Thomas didn't run much until just a couple of years ago when he re-joined DSE. Some of his recent race times indicate that the long lay-off didn't hurt very much: 1 mile—5:06, 3.5 miles (Corporate Challenge Race)—21:45, and 10K—39:10. Two of his favorite races were half marathons that sadly no longer exist – the Hayward Half Marathon and the Charge of the Lite Brigade (run across the San Mateo Bridge). Another of his favorite races is the Double Dipsea. Thomas believes that running is a great sport, one that can be done in all types of weather and conditions, so long as one has a pair of running shoes and a place to run. He hopes that his own sons will start running in the Sunday races along with him and his wife Silvia, and have the same sort of fond memories that he has from his own childhood.

## CALISTOGA TO SANTA CRUZ RELAY 2005

For the past few years, DSE has been paying registration fees for one relay team, a women's masters team, to the Calistoga to Santa Cruz Relays. This year DSE's financial outlook is very solvent from a combination of circumstances. Therefore DSE has decided to sponsor a second relay team.

Depending on the response, this second team may be a men's open team or open to males or females of any age, provided they meet certain time criteria. This type of race is very demanding since it basically requires you to run three races in a 24-hour time period. Ideally, participants should be running their races at 8 to 8:25 minutes a mile or faster. With a June 15 pre-registration deadline, please contact Janet at [mom114@aol.com](mailto:mom114@aol.com) ASAP to reserve your place.



Dipsea Clothing For Sale? DD Art Director Rick Hardina, Distribution Captain Lucy Wing, and a "homeless runner" in need of Double Dipsea clothing



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

May 1, 2005

Golden Gate Park 10K

**Race Directors:** Russell & Ellen Breslauer

**Volunteers:** Kevin Lee, Bill Marlow, George Sacco, Anne Single, Don Watson, Lucy Wing, Brie Reybina, Bobby Marty, Patrick Lee, Kennet De Silva



**Race Directors**  
Ellen and Russell Breslauer  
Photo © Paul Mosel

PL	NAME	AGE	TIME
1.	Adam Lucas	38	37:57
2.	John Sullivan	39	38:16
3.	Eduardo Vazquez	32	38:27
4.	Ron Gutierrez	37	38:51
5.	Mark Janes	29	38:56
6.	David Parrish	31	40:14
7.	Tom Bennett	46	41:00
8.	Thomas Cunningham	36	41:14
9.	Thomas McManus	35	41:21
10.	E. Rivas	55	41:34
11.	Steve Stephens	61	41:40
12.	Guy Murtagh	55	42:19
13.	Kevin Fry	25	42:53
14.	Daryl Luppino	45	43:03
15.	Sara Jane Osborne ①	37	43:28
16.	Michael Gray	39	44:03
17.	Chris Cooke	23	44:11
18.	Harold Fornier	37	45:20
19.	Brian Muirhead	33	45:32
20.	Nicholas Chim	34	45:53
21.	Alice Pierce ②	23	46:01
22.	Molly Weaver ③	34	46:05
23.	Christopher Kraemer	52	46:14
24.	Amy Sonstein ④	35	46:23
25.	Art Lopez	28	46:39
26.	Gregory Alexander	44	46:42
27.	Theo Jones	66	46:49
28.	Paul Mosel	63	47:12
29.	Eric Muñoz	21	47:24
30.	Mark Kelley	49	48:04
31.	Robert Grey		48:20
32.	Rick Nippes	57	48:23
33.	Keith O. Johnson	67	48:25
34.	Gabriel Brown	24	49:07
35.	Wayne Plymale	53	49:19
36.	Jim Malcolm	33	49:24
37.	Rene Menjivar	47	49:53
38.	Adrian Jue	23	50:00
39.	Patrick Mattimore	55	50:01

40.	Cesar Buenrostro	23	50:09
41.	Noe Castanon	34	50:53
42.	Sean Kelly	40	50:58
43.	Thomas Smiley	47	51:12
44.	Helen Chan ⑤	28	51:33
45.	Richard Drechsler	51	51:52
46.	Peter Salkowski	41	52:09
47.	Jeff Brennan	33	52:15
48.	Gregory Brown	55	52:27
49.	Karla Martinez	35	52:32
50.	Sam Roake	69	53:10
51.	Johanna Merriss	54	53:45
52.	Jim Allen	40	53:50
53.	Olivia Horgan	31	53:59
54.	Jack Bascom	63	54:17
55.	Greg Maddox	37	54:47
56.	Thura de Lopez	40	55:13
57.	Brittany Holley	24	56:31
58.	Fred Haber	45	56:45
59.	Brian Fry	24	56:51
60.	Katherine Moser	35	57:08
61.	Lisa Dickinson	34	57:12
62.	Phillip Andeira		57:33
63.	Janet Fry	25	58:16
64.	Kia Macpherson	42	58:51
65.	Laura Bertagnolli	35	59:15
66.	Roberto Verdeses	47	59:16
67.	Tom Britton	39	59:19
68.	Eddie Sanchez	27	1:00:17
69.	Jim Kauffold	67	1:00:18
70.	Gary Brickley	52	1:00:36
71.	Peter Trawin	39	1:01:00
72.	Lynette Trawin	35	1:01:01
73.	John Weidinger	64	1:01:23
74.	Susan Herder	40+	1:01:30
75.	Rafael Aguado	28	1:01:31
76.	Adam Keil	26	1:01:32
77.	Kay Teiber	65	1:01:39
78.	Andrew Larouriere		1:01:54

79.	Don McBirney	44	1:02:36
80.	Jeff Houston	46	1:02:39
81.	Michelle Rivera	36	1:04:00
82.	Louise Cochran	33	1:04:01
83.	Traci Peterson	24	1:04:54
84.	Jane Colman	61	1:09:03
85.	George Sacco	67	1:09:19
86.	Sonya Mankasky	29	1:09:34
87.	R C Kinzly	29	1:09:35
88.	Kristin Livingston	23	1:09:43
89.	Heather Sanders	30	1:10:30
90.	Maura McCarthy	24	1:10:30
91.	Ellie Odenheimer	26	1:11:06
92.	Joanne Campbell	30	1:11:07
93.	Nicole Pitnal	24	1:12:02
94.	Claire Sims	23	1:14:08
95.	Alexis McDermott	24	1:14:37
96.	Lea Scott	29	1:20:04
97.	Laurie Katz		1:20:05
98.	Kim Ward	35	1:20:08
99.	Christine Kantz	39	1:20:29
100.	Staci Bainbridge		1:20:29
101.	Lisa Walker	44	1:21:11
102.	S. Meek	34	1:21:13
103.	Matt Smith		1:22:18
104.	Alicia Livingston	23	1:22:19

#### SELF-TIMERS

Nadir Rahman	31	
Tony Stratta	74	1:56:20
Doerte Murray	64	
Priscilla Black	73	
Henry Black	71	
Jim Pommier	72	
Roxanna Pezzy		
Kris Lee		
Marcia Martin	52	
Yong Cho	47	
Richard Hannon	69	
Bob Cantwell	72	1:14:48
Robert Brizuela	65	1:25:00
Carolyn Clark		
John Lang		
Jane Lee		
Wally Rapozo	76	
Liese Rapozo	77	
Richard Finley	57	
John Mortell		
Ted Vincent	69	
Bob Theis	76	
Elaine Gecht	61	
Christine Lamkin		



May 22, 2005

Ferry Building 4 Miles

**Race Director: Ted Vincent**

**Volunteers: Roxanna Pezzy, Bobby Marty, George Sacco, Selma Vincent, Mort Weisberg, John Gregson, Kennet De Silva, Kevin Lee, Shannon Luppino**



**Race Director Ted Vincent**

Photo © Paul Mosel

PL	NAME	AGE	TIME
1.	John Sullivan	39	24:23
2.	Thomas McManus	35	25:31
3.	Wayne Plymale	53	25:36
4.	Andrew Bloch	40+	25:40
5.	Eduardo Vazquez	32	25:52
6.	Guy Murtagh	55	26:29
7.	Tom Bennett Jr.	46	26:48
8.	Darryl Luppino	45	27:56
9.	Clifford Macfarlane	12	28:17
10.	Jason Chen	28	28:17
11.	Abelardo Zesati	31	28:43
12.	Jim Misener	44	29:16
13.	Joel Rizzo	39	29:25
14.	Eric Muñoz	21	29:31
15.	Amy Sonstein ①	35	29:33
16.	Thomas Stephens	50	29:55
17.	Jodan Mapp	33	29:57
18.	Theo Jones	66	30:01
19.	Colby Allerton	36	30:08
20.	Gregory Brown	55	30:28
21.	Lee A. DeVillers	38	30:42
22.	David Klinetobe	44	30:46
23.	Adrian Jue	23	31:11
24.	Rick Nippes	57	31:13
25.	Paul Mosel	63	31:17
26.	Ed Lange	61	31:25
27.	Hashim Bashruddin	48	31:31
28.	Mark Magers	47	31:31
29.	Jennifer Wenner ②	33	31:36
30.	Patrick Lee	57	31:44
31.	Kathleen Lail ③	37	31:53

32.	Michael Moelter	38	31:55
33.	Rene Menjivar	48	32:42
34.	John Stauffer	53	33:07
35.	Brian Fry	24	33:07
36.	Sam Roake	69	33:52
37.	Danja Platt ④	42	33:54
38.	Richard Drechsler	51	34:04
39.	Sheldon Gersh	59	34:11
40.	John Weidinger	64	34:21
41.	Russell Breslauer	60	34:25
42.	Patrick Moore	30	34:28
43.	Jack Bascom	63	34:43
44.	Jim McBride	62	35:26
45.	Janet Nissenson ⑤	45	35:50
46.	Sandra Seiki	54	35:51
47.	Greg Gatenby	47	35:53
48.	Brandon Roberts	25	35:56
49.	Mary Barlow	29	36:06
50.	Peter Royce	70	36:32
51.	Lan Nguyen	26	37:26
52.	Jeanie Jones	69	38:08
53.	Gary Bengier	50	38:17
54.	Tony Wasserman	60	38:19
55.	Brooklyn Sproviero	25	38:42
56.	Ken Loders	46	38:48
57.	Kay Teiber	65	40:05
58.	Nina Kantner	28	40:07
59.	Jason Nordby	28	40:07
60.	Isabelle McDowell		41:29
61.	Jeff Houston	47	41:36
62.	Sandra Weiss	32	42:27
63.	Calvin Chan	54	42:40
64.	Amanda Moore	29	42:41
65.	Cecile Hughes	35	43:38
66.	George Sacco	67	44:59
67.	Suzy Starke	37	45:01
68.	Joanne Desmond	38	45:20
69.	Yong Cho	47	47:52
70.	Fred Haber	45	47:52

#### SELF-TIMERS

Marian Lyons	55	
Robert Brizuela	65	56:00
Brie Reybine		
Jim Pommier	72	
Doerte Murray	64	
Gary Davis	53	
Hilary Fong		
Bill Woolf	70	
Bob Theis	76	
Richard Hannon	69	
Tom Boyd	59	
Steve Nissenson	56	
Ellen Breslauer	57	
Tony Stratta	74	1:24:20

## WHERE DO WE LIVE?

*Ted Vincent*

DSE members are fog freaks. We want to live with dark dripping clouds over our heads. That is the finding of a statistical study of where members live. And the same conclusion was drawn in a study of 1986 membership that was made for the DSE News back then.

The 1986 study was based on a mailing list of 640 addresses. The present study comes from of a March 2005 membership list of 519 names.

The fog fetish is evident when we narrow the studies to the members in the Bay Area. That excludes 68 far-out-of-towners in 1986 (10.6% of the total), and 39 in 2005 (7.5%).

Of the remaining names on the lists: In 1986, 145 of 572 lived in one of the 4 zip codes bordering Golden Gate Park and the panhandle (that is 25.3%). In 2005 the percent living beside the foggy park wasn't as high, 18.3%, or, 88 of 480. However, between 1986 and 2005 members moved to pack in the socked-in zip codes along the coast south of Golden Gate Park. While the zips of the Sunset, Lake Merced, Daly City and Pacifica were already pretty well populated in 1986 (58 members, 10.1%), in 2005 the number of members in these zips rose to 81, 16.8% of the total in the Bay Area.

The Golden Gate Parkers, combined with the Frozen Beach Crowd to the South, totaled 203 members, 35.5% in 1986, and 169, 35.1% in 2005.

Actual numbers of DSEers was down almost everywhere in 2005, and keep in mind that the first list was of all members, whereas 1986 counted only addresses for mailings. This decline in mind, where did we hold our own in membership?

Among the better showings this year were SF zips 94115 and 94109, the sort of foggy districts of the Fillmore and Aquatic Park. They had 42 members, 8.7%, compared with 32 members in 1986, or, 5.6% of that year's total. An adjacent zip had the largest decline in DSE members between '86, and '05. The 94123 Marina zip had 22 DSEers in 1986, 3.8%. In 2005 that zip shows 4 members, .08%. Apparently, the rich Marina-ites are in a worse bind than the rest of us when it comes to paying our raised \$3 race fees.

*continued on page 6*

# DSE AT THE RACES

## Fifty Plus 8K, Stanford, March 13

<u>NAME</u>	<u>TIME</u>	
Gene French	33:36	16th overall male finisher
Jim McBride	40:51	8th in 60-64
Kat Powell	43:47	6th overall female finisher
Janice Rensch	50:04	3rd in 55-59

## Mercury News 10K, San Jose, April 10

<u>NAME</u>	<u>TIME</u>	<u>AGE GROUP</u>	<u>AGE</u>	<u>A.G. PL.</u>
Kat Powell	54:04	50-59	54	3

## Zippy's 5K, San Francisco, May 8

<u>NAME</u>	<u>TIME</u>	<u>AGE</u>
Mark Janes	17:54	29
Adam Lucas	18:42	38
Russ Kiernan	20:13	67
Wayne Plymale	20:48	53
Jim Misener	21:58	44
Amy Sonstein	22:18	35
Lucille Wing	23:36	48
Hilary Fong	25:27	46
Gregory Brown	25:32	55
Kat Powell	26:12	54
Barbara Robben	30:35	71
Tim Oliver	33:00	39
Bruce Oliver	35:16	77
Dina Kovash	40:36	66

## Bay to Breakers, San Francisco, May 15, 12K

<u>PL.</u>	<u>NAME</u>	<u>TIME</u>		
143	Eduardo Vazquez	47:47	3894 John Gregson	*1:14:48
148	Tom Knauer	48:03	4263 Wendy Newman	1:16:06
196	Wayne Plymale	49:26	4578 Steven Scotten	1:17:13
233	David Moulton	50:38	4860 Suzana Seban	1:18:10
410	Michael Gama	55:07	4980 Kevin Fry	1:18:30
462	Bob Bowman	55:42	4990 Janet Fry	1:18:31
658	Paul Mosel	58:21	5071 Gary Brickley	1:18:45
675	Noe Castanon	58:08	5220 William Woolf	1:19:13
689	Joel Rizzo	58:16	5636 Gerald Flynn	1:20:31
858	Richard Nippes	1:00:01	5905 Susan Herder	1:21:15
992	William Galvin	1:01:03	5919 Joanne Desmond	1:21:17
1230	Julius Ng	1:02:41	6640 Harry Cordellos	1:23:32
1325	Adrian Jue	1:03:10	8904 John Sullivan	1:30:15
1462	Jack Major	1:04:02	9342 Tony Stratta	*1:31:36
1479	Marian Lyons	1:04:07	9431 Lucy Wing	1:31:56
1507	Mitchell Sollod	1:04:18	10215 Schuyler Horn	1:34:29
1536	Jenny Test	1:04:33	10331 Peter Royce	1:34:51
1832	Robert Archibald	1:06:30	10364 Arthur Tan	1:34:57
1907	Sam Roake	1:06:39	11010 George Sacco	1:37:18
2102	Hashim Bashiruddin	1:07:37	11160 Edwin Dunn	1:37:51
2217	Christopher Kraemer	1:08:13	11403 Margie Whitnah	1:38:39
2421	Kazumi Shimoyama	1:09:12	12712 John Blankenship	1:44:26
2586	Mark Kelley	1:09:47	12963 Mort Weisberg	1:45:35
2760	John Stauffer	1:10:33	13077 Jim Peters	1:46:04
2766	Hilary Fong	1:10:35	13882 Ted Vincent	1:49:25
3190	Anne Brennan	1:12:14	13984 Allen Hom	1:49:53
3499	Conrad VonBlankenburg	1:13:27	14899 Carol Hankins	1:54:42
3698	Valerie Stratta Trenev	1:14:03	14970 Kenneth Fong	1:55:00
			15936 Irene Pleasure	2:00:35

## WHERE DO WE LIVE?

continued from page 5

Marked member decline is noted among those who have to come over the bridges. The Marin cities of Mill Valley, San Rafael, Novato and Tiburon had 22 members in 1986 (3.8%) and only 7 members in 2005 (1.2%). The East Bay cities of Berkeley, Albany, Oakland, Piedmont and Alameda had 47 (8.7%) of the 1986 total, but they had only 34 (7.1%) in 2005.

The Daly City/Pacifica increase is probably just part of a general move south of the San Francisco border. Brisbane, South San Francisco and San Bruno increased from 18 (3.1%) in 1986, to 21 (4.4%) of the 2005 total.

The 1986 members were spread over more states, including Alaska, but none lived abroad. The current roster has Steve Dull from Powell River, up on the beautiful and foggy British Columbia shoreline.



Double Dipsea photos courtesy of Ken Reed

15665	Bob Marty	1:58:51
15969	John Imrie	2:00:46
16488	Lynne Vogel	2:03:51
17011	Tom Boyd	2:07:39
17202	Elaine Gecht	2:08:55
17406	Ellen Breslauer	2:10:29
17502	Russell Breslauer	2:11:14
17611	William Misener	2:11:57
17623	Jim Misener	2:12:00
18421	Laura Tapia	2:14:30
19890	Lynda Mackesey	2:26:35
19922	David Mackesey	2:26:51
20799	Gloria McKay	2:34:25
23101	Barry Sacks	2:53:06
26464	David Gemigniani	3:24:59
27992	Judy Golding	3:44:21

\* Early start

Editorial apologies if I missed your name or gave you the place and time of someone else with the same name.

The Dolphin South End Running Club Presents The

# *JFK Mile & Conservatory 5K*

Date: Sunday, June 12, 2005

Location: Kennedy Drive, near the Conservatory of Flowers,  
Golden Gate Park, San Francisco

Schedule of Events: Women's Mile - 8:30am  
Men's Mile - 8:45am  
5K - 9:05am

Awards: Medals 3-deep in 10-year age divisions for the Mile races  
Ribbons to Top 5 Overall Male/Female runners for the 5K  
Finisher ribbons to all participants

Fees: DSE Members: \$3 for one race or \$5 for both  
Non-members: \$5 for one race or \$8 for both

Register: On-line at [www.active.com](http://www.active.com)  
Race day registration begins at 7:30am

Information: [www.dserunners.com](http://www.dserunners.com)  
415-978-0837      [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com)



# ◆◆◆ Opinions ◆◆◆

## A thank you

Kevin, Janet, and Fred,

I wanted to let you know that I did the B2B yesterday...and achieved my personal best (1:18 - starting from the actual start!), and was hardly tired or exhausted at the end, and found the whole run much easier overall (compared to my previous/early runs—this is my 8th in 9 years).

I credit DSE and the Sunday runs, and the Saturday training runs with the fact that I am in a much better (running) shape than in the past.

Thanks and Keep up the good work!

Suzana Seban - a satisfied customer

## The more things change...from the DSE News, June 1977

There are some differences of opinion as to the best way to get a legible list of the finishers in a DSE race. We want to keep the organization as simple as possible, so that the number of helpers can be kept low in relation to the number of runners. One way to do this is to require that everyone be able to print their own name legibly on the sign-in sheet. Another way is to corral enough volunteers to be able to handle the inevitably long lines and to make sure that all names are spelled correctly.

It would seem that since the DSE does

not require either a medical exam or an AAU card, it is not too much to ask, as a condition of entry, that every participant be able to print his or her own name legibly (and without dripping sweat all over the paper). It should be obvious which ones haven't yet mastered this simple skill from the misspellings in the results of the last two races. Our new typists did their best, but until they get more familiar with the names, they will just have to type them the way they are written.

## A Running Story, Part Two

by Mike Pechner

The DSE has been truly blessed by an incredible assortment of famous runners and notable people. All were characters in their way and some were unforgettable. On that list was Buck Swannack. I first met Buck sometime in the early 1970s at one of the DSE runs along the Embarcadero. The first impression I had when I saw him was, "How could this huge HULK of a man run?" I said to myself, "ARE YOU KIDDING ME?" Well I soon learned that HE COULD run and very well at that. You see, Buck was a career bona-fide U.S Marine Corps Staff Sgt. Enough said. Buck was the embodiment of what the Corps stands for and what it means to anyone that has had any contact with the Marine Corps. Buck was as tough as anyone I ever knew. He did all the local marathons, and of course the Marine Corps Marathon run in Washington, the Dipsea and the Double Dipsea. The tougher the race, the better he performed. The hotter it was, the faster he ran.

I remember one Double I ran in 1982, one of the hottest temperature-wise in the short 30-year history of the run established by our founder Walt Stack. Anyway, I was in pretty good shape and did the Stinson to Mill Valley segment in about 90 minutes. Even though the last part is downhill and in the shade, I got to the Bus Depot and I was just flat out of gas. Buck was right on my heels coming down the steps. I almost collapsed at the water station at the Depot. Other runners were hydrating themselves and still others were lying on the ground trying to regain their strength. Anyway, Buck comes in right behind me and turned right around and headed for Old Mill Park and up the steps passing runners like they were anchored in concrete. . It took me 10 minutes to recover at the Depot before I headed out under a blazing sun. The temperature now was well into the 80s. Needless to say, my return trip took me nearly two hours. Back at the Beach, Buck looked fresh as a daisy as I stumbled across the finish line. He asked what happened to me. All I could say it that the heat got to me. The hot weather took its toll with only a little more than half finishing the race. For Buck, it was another walk in the park, just another training run, and probably a lot easier than running with a full pack and gear in combat boots with 50 greenhorn Marines in 100° heat in at Camp Pendleton.

Buck didn't talk much but he let his running talk for him. Those that knew him know he was a giant of a gentle man and underneath that rough exterior was a true gentleman. This story does not have a happy ending as Buck succumbed to liver cancer about 10 years ago, a life cut too short by a dreadful disease. Semper Fi. Buck, we miss you.

## From the Archives

### Buck's Banter . . . .

*In the 1970s Buck Swannack had a regular column in the DSE News. This is from May 1971.*

Well, gang, after stumbling, fighting, crawling and sometimes running the Bay to Breakers race, I got to thinking it over and the only good thing about it was Jim Lenneman's 'B to B' party, where the cuisine was great and the beer never stopped. As I came out of Golden Gate Park on the coast highway and stopped with 1000 other sheep, I head a couple of guys talking about a great party. "Man, you don't havta bring anything except a thirst and a smile!"

Then, Walt Stack (the Lenny Bruce of the Sweet Set) invited everybody he saw while he was swimng, running, bicycling, and carrying hods. Meanwhile, Jim had invited some of his DSE and Dolphin friends to have a few beers and hot dogs at his mother-in-law's house. Jim's mother-in-law has a great sense of humor, wonderful hospitality, and a hell of a lot of patience.

While the majority of us were fighting it out in the herd, the 'Golddust Twins' (Pax and Ken) had been stopped by the law six times, lost a pedal and a tire, but had made Portland after departing Pier 35 in 39 hours....

There were 102 men, women and children from the DSE gang who finished the Bay to Breakers.



# STU-PEDS CLASSIC AND NEW

by Stu Ruth

February 1973



July 1974

## ◆◆◆ 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 or gift certificates from Starbucks.

- 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. Good news—all DD volunteers are in place except for **7 course monitors** and **4 aid station volunteers**. 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.



June 2005

# ◆◆◆ 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 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.

## **Sun June 12 JFK Mile**

START/FINISH: Kennedy Dr./Bowling Green Dr., GG Park

STARTING TIME: Women's mile at 8:30 am; Men's mile at 8:45 am

### **Age Division Awards**

COURSE DESCRIPTION: Run westbound on Kennedy Dr. Turnaround at 10th Avenue. Return same way to finish.

## **Sun June 12 Golden Gate Park Conservatory 5K**

START/FINISH: Conservatory of Flowers, John F. Kennedy Dr., Golden Gate Park

STARTING TIME: 9:05 AM

### **Top 5 Men/Women Place Ribbons**

### **\*\*\*KIDS RUN 1/2 MILE at 9:45 AM**

COURSE DESCRIPTION: Run westbound on Kennedy Dr., left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, right back onto Kennedy Drive. Return eastbound to Conservatory of Flowers finish.

## **Sun June 19 Walt Stack Trail 10K**

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

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

COURSE DESCRIPTION: Run along Aquatic Park walkway on Jefferson up & over Fort Mason Hill. Continue along Marina Blvd. right across Little Marina Green, through the parking lot, onto the Crissy Field/Golden Gate Promenade. Stay on straightaway. Turnaround at Warming Hut/Fort Point Fishing Pier. Return the same way to finish.

## **SAT June 25 Double Dipsea Handicap Race, 13.7 miles**

START/FINISH: Stinson Beach

HANDICAP STARTING TIME: 8:15 AM First Wave!

COURSE DESCRIPTION: Out and back course follows the Dipsea Trail on Mt. Tamalpais

REGISTRATION FEES: \$30, after 6/21 and race day \$40; [www.Active.com](http://www.Active.com) online registration. See DD Race flyer

## **Sun June 26 FUN RUN—Rockaway Beach 5K**

START/FINISH: Rockaway Beach parking lot in Pacifica, at Dondee and San Marlo Ways.

STARTING TIME: 10:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd., right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path, crossing through the Taco Bell parking lot to rejoin path. Turnaround at Pedro Point shopping center. Return same way to finish.

# ◆◆◆ Unofficial Training Runs ◆◆◆

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





New ♦ ♦ ♦  
♦ ♦ ♦ Members

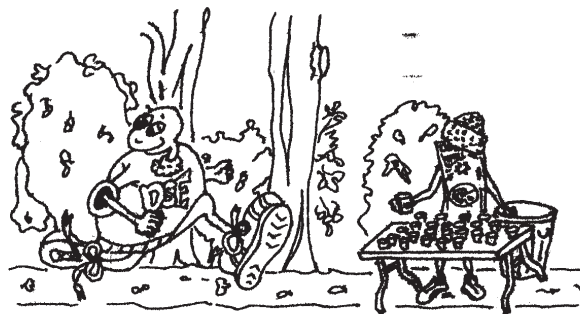
3	Gail Igawa	19	Marie Noel Appel
6	Kevin Fry		Gregory Brown
7	Keith Brock		Terri Lavelle
	Jane Colman	21	Alice Pierce
	Marcia Martin	22	Benjamin Berven
8	Sheldon Gersh		Stephen Boesch
11	Michael O'Sullivan	24	Janice Rensch
	Brierly Reybine	25	Colby Allerton
13	Anthony Delaney		Carol Morales-Burnham
14	Thomas Vidosh		Doris Segner
15	Richard Drechsler	26	Carol Hankins
16	Paul Griffiths	27	Lou Bristol
17	Kathleen Cabral	28	Bob Kovash
	Jeremy Elsener	29	Mick Lavelle
18	Kelly Cunneen	30	John Lindberg

SAN MATEO  
Colby Allerton



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

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!