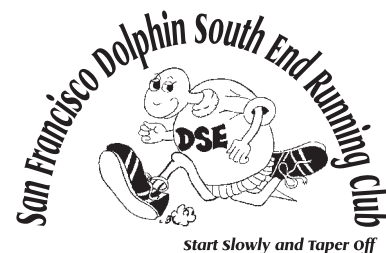


DSE NEWS



40th Year

July 2005

MARIAN'S HOMETOWN 100TH

Marian Lyons

I am a 58 year old African American female and a long distance runner, and I plan to run my 100th marathon July 31, 2005, in my now hometown of San Francisco. I am probably the most successful and prolific senior runner in California. I have qualified for, and run in the Boston Marathon numerous times, and regularly place in my division in both marathons and other distances.

I am a longtime active member of the San Francisco's oldest running club—the Dolphin South End Runners. I have served as an officer and race director. I have been a fixture in the Bay Area running community for decades, and only seem to be getting better with each passing year. I hope I am an inspiration to women of all ages and ethnic backgrounds. My competitiveness and drive have given me longevity in this sport. I like to demonstrate that one person with a purpose can move mountains, make a difference, and help to improve the quality of life.

I grew up in Portland, Oregon, moved to the Bay Area in 1971, and started competing, or entering races, in 1981. Neighbors and friends became supportive and helped along the way. This support will once again show during my 100th.

So help me celebrate my 100th marathon by displaying or wearing the bib that I will provide. See Kevin Lee for details.

I have been training for my 100th, as well as taking care of last minute details to be assured that on race morning everything goes smoothly. You will see a lot more of me, because 99 just won't do!!!

GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

A couple of quick updates on "marathon countdowns" before this month's profiles:

- Greg Brown completed the Ridge Runner Marathon in West Virginia for his 48th of 50 states in which he has now run a marathon. He has two more states to go before completing all 50. This was also Greg's 135th marathon in total.
- Marian Lyons ran the Avenue of the Giants Marathon on May 1 and the Sunburst Marathon in South Bend, Indiana on June 5 for her 98th and 99th marathons respectively. This year's San Francisco Marathon on July 31 will be #100 for Marian. Check the DSE website and the registration table at the July races for more information on this momentous event!

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From the President's Desk

◆ ◆ ◆ ◆ ◆ KEVIN LEE

RESPONDING TO CLUB RALLY CALLS

It is very encouraging to see more and more club members responding to our club rally calls. The 2005 DD Race will have a 100+ volunteer delegation. Our ongoing weekly RD appeal is being answered with only 5 remaining vacant RD positions to be filled. Your continual club support in all club events as a runner and volunteer is what DSE is striving for.

DSE VOLUNTEER APPRECIATION PICNIC

In appreciation for your club volunteership, each club volunteer is automatically eligible to attend the annual DSE Volunteer Appreciation Picnic. Admittance to this picnic is by invitation only. Honestly, how difficult can it be to give back your time by volunteering once a year? If you haven't already done so, volunteer at one of the upcoming races, sign on as a future 2005 RD, host one of the remaining monthly DSE Folding Sessions or ask one of your DSE Officers for a more permanent volunteer assignment before 8/14. I look forward to seeing you at the 2005 DSE Volunteer Appreciation Picnic.

JULY RACE SCHEDULE

It's amazing how quickly time flies. DSE cannot guarantee to slow down time, but if you join DSE every week, DSE promises to take it one week at a time. Can you ever recall there not being a 7/4 Lake Merced Run? This year's race has not been cancelled. It is being held on Sunday 7/3. Join DSE for

Continued on page 2

GREAT ACHIEVEMENTS IN RUNNING

continued from page 1

We are profiling two more runners this month, one less than usual due to the columnist's recent vacation and last minute Double Dipsea duties.

BILL WOOLF

Bill began running around 1975 at the age of 40. He was running about 2 miles a day before work each morning as a way to clear his head. When he retired in 1987 he decided to become more serious about running. His friend Rick Hardina (renowned Double Dipsea clothing designer) persuaded Bill to join DSE. Bill has been a member of DSE ever since and shows up at almost every weekly race, as well as the Saturday morning runs. Bill also spends some time each year in the south of France and has belonged to a French running club for about 15 years. Over the years Bill has completed 10 Dipsea races, 9 Double Dipseas, 24 Bay to Breakers, 19 marathons and a number of half-marathons. He has also run in 11 Courir Pour Une Fleur races in Antibes, France, where for many years he was one of the few Americans to participate. Even though he was always a late finisher, he would often get called to the podium after a race to say a few words in his not so fluent French. Everyone would cheer for him and he would be presented with a trophy. Bill has had a lot of fun with his running and made many friends. He owes much of this to DSE where he learned that running could be much more than simply running.

GRANT KOLLING

Grant joined the DSE this past January after running the Walt Stack 5K. He began running as a way to get in shape for soccer in middle and high schools in South Africa in the 1960s, and continued running to stay in shape for adult soccer up until three years ago. He ran a 100-yard race barefoot as a 13-year old and won in 12 seconds flat. From then on, he ran to get in shape for rugby (as a left winger) and was drafted to run the 100 spring and 4x110 relay on his high school track team. Running with spikes this time, Grant improved his time to 10.6 seconds for the 100 in his junior year. Some of his other track times include a 2:07 880, a 5:10 mile and a 21' long jump. Running so much during high school dulled his enthusiasm for running for decades. He began running the Run to the Far Side races about five years ago and learned about the Walt Stack 5K via *Active.com*. The rest is history. Grant hopes to get in more races this year and move up to the 10K and eventually the half marathon. He lives on the Peninsula and works in Palo Alto and would welcome the opportunity to train with a running partner. Grant will be one of our many volunteers along the course at this year's Double Dipsea, and we welcome him to the DSE.

If you would like to have your running profile included in a future newsletter, please email Janet Nissenson at jlnissenson@aol.com.

◆◆◆◆◆ 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

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

a quality Sunday run, and then spend quality time with your family on the Fourth of July. On 7/10, DSE would like you to park it at the Windmill Run. Then run/enjoy this scenic out & back 6.5 miles of GG Park. The 7/17 Daly City Scenic Run has a reputation of being an intimidating run (straight up/straight down). For those not quite up to the challenge or ready for 6.8 miles, a new 5K race has been added. After completing one of Daly City Runs, running the 7/24 Legion of Honor 4.3 miler should be a piece of cake. If it isn't quite so, upon completing this run, you should have burnt off enough calories to eat a piece of cake. There is **NO DSE RUN** on 7/31. Instead DSE will be volunteering at SF Marathon. This is an ideal opportunity to support one of SF's finest races. DSEer Marian Lyons will be running her 100th marathon. Come out and cheer her on.

SAN FRANCISCO MARATHON AID STATION 7/31/05

Here's an update: DSE will be manning Aid Station #6 at Transverse/Crossover Drive & Kennedy Drive near the Saturday Water Fountain Run location. This SF Marathon Aid Station shift is between 5:15–9:15AM. DSE will be asking all volunteers to report by 6 AM. This aid station needs 30 volunteers. Please RSVP with Fred at: 415-595-3459 (cell phone) or dsefred@yahoo.com.

CLUB OBSERVATION

This month I would like to share my thoughts about Club Membership Status. Club Membership is annual with a two-month grace period. Membership confirmation is completed by receiving the monthly club newsletter via snail mail or electronic notification. Please note, if you do not receive your monthly newsletter by the 10th of the month, please contact Richard at 650-349-1193 or diomo@juno.com. Ideally, everyone should mail in their club dues. If you choose to pay your dues at a DSE Race, DSE would like to have a paper trail, so please complete a club renewal or new membership form. If you are processing your membership on race day, wait around for a paper trail receipt for your transaction.

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DSE OLD-TIMERS

A RUNNING STORY—Kay Atkinson

Mike Pechner

The DSE has had more than its share of characters. Walt Stack had a talent for bringing interesting runners into the the group.

One of these was Kay Atkinson. I don't recall but I think she was retired or recently retired when she started running. I met her in Golden Gate Park in the early 1970s when a group of DSE runners met after work every night around 5:00 PM. This group was unofficially called the STOW LAKE JOGGERS. Kay was in her 60s and in fine shape. She was around 5' 2" and probably weighed 110 lbs. I think she worked out, because she was all muscle. I would hug her and there wasn't an ounce of fat on her trim body. She had a great personality and was very eager to meet and talk to new people. She ran a 10K in the mid to high 40s, and along with Dan Sullivan, his wife Gilda, Dan McGill, myself and others trained together to run marathons. She was well travelled and was great to run with because she had a lot to talk about. Now those that know me are aware I was never a fast runner, especially on the shorter distances, so I only ran with Kay on those days when she was running slower after a long training run. She was at every Sunday DSE run and often started out running with Walt but would soon pick up the pace like Ruth Anderson and take off like gazelle.

But I am getting ahead of my story. Walt recruited women into the DSE and promoted their inclusion into our club. This not only increased our membership but also gave women a way to show off their running abilities. Now Walt was not one to be politically correct as we know it today, but he certainly was not a racist or a sexist, in fact just the opposite. He was way ahead of his time in diversity training and thought of women as equals. However, Walt called it the way he saw it, often in language that was saltier than the seas he sailed on for many years! Anyway, Kay, along with one other woman who'll have her own chapter in an upcoming RUNNING STORY, could hold her own when talking to Walt. Her colorful language and her ability to swear was second to none but Walt. In fact, if anyone could either match his colorful language or even his drinking, it was Kay who was up to the task and more. Walt liked that and they were great friends.

Alas, Kay got colon cancer in the late 70s and didn't survive it. I remember her coming back to the Park after surgery and starting to run all over again. I was finally able to keep up with her, but then the cancer spread which sidelined her for good. Those that remember her, like me, will recall a dynamic woman who enjoyed running. Like Buck Swannack, Kay certainly belongs in the DSE Hall of Fame.

More About Buck Swannack

Patrick F. Cunneen

Just some tidbits regarding Buck. I believe Buck began one of the first if not the very first swim/run/bike triathlons in Northern California. This is from the the DSE News, November 1975:

"The Great DSE Turkey Triathlon will start on Sunday, November 9th at 9:00 sharp. The first part will be a seven mile bike sprint from the Dolphin Club through Fisherman's Wharf (run over a few tourists) and out the Embarcadero to the S. P. Depot on 3rd and Townsend and return. Leave your bike with a roomie, pal, wife, whatever and run to the Presidio Gate and back (4 miles round-trip), then swim the half mile Cove (no flippers, wet suits or inner tubes). This ought to separate the wheat from the chaff."

The last part of the article says "\$2 entry fee Pays for the Turkeys." He gave them to division winners. "Rain or shine—see you there. P.S. You might have your pals standing by with some hot chocolate, rum, brandy etc."

This race went on for a few years but was discontinued mainly because of the treacherous course along the Embarcadero. which used to have curved railroad tracks into the piers which caused too many accidents. One year the "Man" Dave Scott won the affair. He is arguably one of the greatest triathletes ever. He even commented on colorful Buck in one of his publications. Buck and Paxton Beale would do most anything to win—they loved to compete but because of their large body size were not swift. One year at "Eppies [a restaurant] Great Race" in '76, which is a bike, row and swim triathlon in Sacramento, Buck picked up one of the best kayak men around (also a DSEer), Don Sommer, and myself. We entered the Senior Division. We picked up a 2nd. I still have the award. Both of them are now deceased.

But I digress. The race awards depends on your water person entirely. You could have Armstrong on the bike and Frank Shorter running but if you didn't have a super top waterman you wouldn't be up there. Buck knew that and that is why we got a second place. The race still continues I think but with restrictions on the type of craft that you use on the river. That is another great story involving DSEer (Man of the Year) Pax Beale. One last Buck story, though I could ramble on for a long time about good old Buck. We were in a early day triathlon up in Angwin, California, when Buck's borrowed new bike was not shifting properly and he got so pissed off he tossed it off a bridge into the water. True story. Buck also a formidable temper.

From the DSE News—January 1980

DSE Gala Mistress of Ceremonies: Kay Atkinson, born May 23, 1917, native of San Francisco. In January 1974 Kay started running, joined the DSE four months later, and has "been hooked" ever since. She has run Pikes Peak 5 times, winner first place in her division for the last 3 years, and is one of the founders/originators of the Peak Busters, the women's group

each year that run "the Peak." She attends Skyline College 2 nights a week for her Physical Fitness Class, plays golf weekly and for this year of 1979, Kay ran 2,000 miles, 7 marathons, one 24-hour run, and one 50 miler. She suffered no injuries and '79 and appeared in the news media and T.V. for her 50 miler. The DSE honors the fact that Kay is one of our outstanding runners.



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

May 22, 2005

Kids' Race

Race Director: George Rehmet

Volunteer: Daryl Luppino

PL	NAME	AGE	TIME
1.	Clifford Macfarlane	12	3:13
2.	Cristina Medrano	8	4:14
3.	William Misener	9	4:30
4.	Shannon Luppino	9 1/2	5:24
5.	Isaac Carter	4	6:09
6.	Sebastian Medrano	4 1/2	6:10

SELF-TIMER

Jacok Lail 16 months

May 29, 2005

Mission Rock 5K

Race Director: Dina Kovash

Volunteers: Robert Brizuela, George Sacco, Mort Weisberg, John Gregson, Kevin Lee, Bobby Marty, Lisa Watada

PL	NAME	AGE	TIME
1.	Nick Toda	18	16:55
2.	Ben Ewers	35	17:33
3.	John Sullivan	39	17:52
4.	Frederic Suquet	28	18:07
5.	Andrew Chan	18	18:25
6.	Andrew Bloch	42	18:44
7.	Eduardo Vazkez	32	19:10
8.	Tom Bennett Jr.	46	19:19
9.	David Toppenberg	40	19:27
10.	Mark Forde	45	19:33
11.	Kevin Fry	25	19:34
12.	Noe Castanon	34	20:04
13.	Jason Chen	28	20:18
14.	Daryl Luppino	45	20:28
15.	Jonathan San Juan	35	20:32
16.	Pete Nowicki	46	21:08
17.	Eric C. Muñoz	21	21:09
18.	Tyler Abbott	44	21:11
19.	Brad Spielman	37	21:11
20.	Joel Rizzo	39	21:11
21.	Roger Chandler	33	21:12
22.	Male Runner		21:23
23.	Cammie Dingwall ①	40+	21:25
24.	Wayne Plymale	53	21:29
25.	Jodan Mapp	33	21:41



Race Director Dina Kovash
with assistants **George Sacco,**
Bobby Marty, and **Mort Weisberg**
Photo © Paul Mosel

26.	Jeffrey Kwan	27	21:50
27.	James Eales	45	22:04
28.	Mark Kelley	49	22:08
29.	Jim Misener	44	22:11
30.	Paul Mosel	63	22:23
31.	Francois Lariviere	43	22:28
32.	Keith O. Johnson	67	22:34
33.	David Klinetobe	44	22:35
34.	Amy Sonstein ②	35	22:36
35.	Chris Domine		22:49
36.	Patrick Lee	57	22:54
37.	Lucy Wing ③	48	23:03
38.	Hashim Bashruddin	48	23:13
39.	Mike Moelter	38	23:36
40.	Thomas Smiley	46	23:40
41.	Lina Morris-Khatib ④	40+	23:54
42.	Molly Welker ⑤	34	24:20
43.	Steve Hui	50	24:39
44.	Sam Roake	69	24:42
45.	Richard Drechsler	51	25:26
46.	Jim McBride	62	24:47
47.	Carolyn Kwok	23	24:51
48.	Hilary Fong	46	24:57
49.	Russell Breslauer	60	25:02
50.	Michael Nordben	51	25:11
51.	Rick Tan	37	25:26
52.	Peter Royce	70	25:55
53.	Male Runner		26:21
54.	Thura de Lopez	40	26:31
55.	Janet Nissenson	45	26:36
56.	Bob Morris-Khatib	53	26:57
57.	Suzana Seban	51	27:15
58.	Male Runner		27:44
59.	Janet Fry	26	27:59
60.	Nina Kanter	28	28:14
61.	Jason Wong	29	28:22
62.	Gary Brickley	52	28:45
63.	Vivian Kwok	26	29:20
64.	Gary Davis	53	29:47
65.	Brooklyn Spronviero	25	30:31
66.	Barbara Nelson	40	31:07
67.	Roxanna Pezzy	40+	31:23
68.	George Sacco	67	31:26

69.	Tom Kutrosky	70	31:57
70.	Peter Glover	39	32:56
71.	Calvin Chan	54	32:57
72.	Fred Haber	45	32:57
73.	Christine Lamkin	36	33:00
74.	Judy Hu	27	33:10
75.	David Callahan	33	33:11
76.	Tom Unger		33:27
77.	Olivia Rose Losee-Unger	10	33:29
78.	Marcia Martin	52	34:05
79.	Jane Colman	61	34:05
80.	Steve Nissenson	57	34:06
81.	Bruce Oliver	77	34:34
82.	Judith Jarosz		42:22

SELF-TIMERS

Ada Thomas	91
Marian Lyons	50+
Brie Reybine	
Kennet De Silva	23
Tony Stratta	75 59:20
Yong Cho	47
Bob Kovash	66
Norman Ching	50+
Ellen Breslauer	57
Doerte Murray	64
Don Watson	76
Jim Pommier	72

FROM THE PRESIDENT'S DESK

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CLUB BENEFITS

Besides receiving the monthly club newsletter, club members automatically receive discounts to the DSE Races, DSE Events, 10% discount to local running stores (e.g. MetroSports, New Balance, Sports Basement, Fleet Feet, etc.) For a complete list, click onto www.dserunners.com and link to the "Members" section. To receive the most updated club information, join the DSE Egroups at <http://groups.yahoo.com/group/DSERunnersClub/join>. For more club information, click onto www.dserunners.com.



June 5, 2005

Practice Dipsea, 6.8 miles

Race Director: John Blankenship

Volunteers: Kevin Lee, Bobby Marty,
Janet Nissenson, Steve Nissenson, Yong
Cho, Ken Reed, Brie Reybine



Race Director John Blankenship
Photo by Steve Nissenson

PL	NAME	AGE	TIME
1.	Adam Hersh	33	51:19
2.	Stephen Donahue	27	51:19
3.	Brian Purcell	48	53:38
4.	Glen Redpath	39	56:32
5.	George Dombroski	37	57:05
6.	Adam Lucas	38	59:23
7.	Mark Janes	29	59:25
8.	Sissel Berntsen-Heber ①	41	1:00:28
9.	Marc Kristiansen	27	1:04:54
10.	Will Aarsheim	36	1:05:16
11.	Brad Smith	52	1:05:37
12.	Geoff Baylor	48	1:06:30
13.	Kevin McPeck	37	1:06:32
14.	Rob Main	46	1:07:25
15.	Male Runner		1:07:28
16.	Dimitris Sklavopoulos	60	1:08:21
17.	Kaylin Mordock ②	32	1:08:23
18.	Kevin Finn	43	1:09:32
19.	Mark Huffman	47	1:10:17
20.	Anna Slatter ③		1:10:37
21.	Michael Edelstein	46	1:11:39
22.	Martin Gutierrez	38	1:11:45
23.	Jerry Flanagan	39	1:11:47
24.	Matthew Fabry	32	1:11:49
25.	Tyler Scott	29	1:11:53
26.	Sean Duffy	38	1:13:01
27.	Doug Berg	45	1:13:02
28.	Male Runner		1:13:03
29.	Carl Bricca	48	1:13:04
30.	Michael Soltesz	48	1:13:15
31.	Thompson Lange	44	1:13:21

32.	Michael Alley	44	1:13:32
33.	George Forman	59	1:14:39
34.	Andres Stinchfield	28	1:14:40
35.	Peter Solvern	45	1:15:43
36.	Jim Murray	45	1:15:49
37.	Lisa Dyson ④	38	1:16:11
38.	Anthony Ducomb	55	1:16:29
39.	Amy Sonstein ⑤	35	1:17:17
40.	Eduardo Vazkez	32	1:17:19
41.	Patrick Wong	25	1:18:13
42.	Hans Schmid	65	1:18:18
43.	Jeff Hanak	38	1:19:08
44.	John Dugan	53	1:19:27
45.	Colby Allerton	36	1:19:28
46.	Male Runner		1:19:31
47.	Christian Wong	25	1:19:56
48.	Todd Stevenot	42	1:20:02
49.	Linda Lamson	45	1:20:34
50.	Valerie Savre	36	1:20:44
51.	Francis Dy	37	1:20:53
52.	Lisa Carroll	36	1:20:55
53.	Keith O. Johnson	67	1:20:57
54.	Barry Spitz	56	1:21:08
55.	Daniel Pienti	43	1:21:23
56.	Jason Andrews	14	1:21:34
57.	Rita Purcell	9	1:22:31
58.	Lee Blaine	69	1:23:26
59.	Agent Orange	47	1:23:40
60.	Alizah Rotman	14	1:23:53
61.	Ethan Rotman	45	1:23:54
62.	Lonner Holden	51	1:24:17
63.	Mary Ann Saltonstall	47	1:24:19
64.	David Klinetobe	44	1:24:41
65.	Carolyn Garriott	42	1:24:47
66.	King Wayman	35	1:24:48
67.	Mitchell Sollod	66	1:24:52
68.	John Stauffer	53	1:25:27
69.	Everett Austin	51	1:25:33
70.	Mick Lavelle	52	1:25:37
71.	Tara Alliger	27	1:25:51
72.	Dillon Knowlton	13	1:26:27

73.	Timothy Knowlton	54	1:26:33
74.	Sammy Aucella	15	1:28:11
75.	Mike Laramie	68	1:29:53
76.	Jim Sunsert	44	1:30:41
77.	Corinne Grant	47	1:31:04
78.	Karen Jaber	47	1:33:49
79.	April Lax	40+	1:33:56
80.	Jack Bascom	63	1:34:15
81.	Fred Haber	45	1:34:33
82.	Mary Barlow	29	1:34:38
83.	Bob McPhul	40	1:34:41
84.	Gary Brickley	52	1:37:22
85.	Glenn Unsicker	72	1:37:25
86.	Ken Sharpe	55	1:39:23
87.	Patrick Cunneen	71	1:40:57
88.	Thomas Smiley	46	1:41:06
89.	Steve Bedillon	57	1:41:32
90.	Abigail Otto	13	1:42:59
91.	Sheldon Halsted	13	1:43:00
92.	Jim Kauffold	67	1:43:02
93.	Jeff Houston	47	1:43:06
94.	Louise Otto	44	1:43:10
95.	Patrick Moore	30	1:45:25
96.	Suzana Seban	51	1:46:29
97.	Marcia Martin	52	1:47:39
98.	Alex Duncan	10	1:48:49
99.	Cameron Robach	10	1:48:50
100.	Jill Robach	41	1:48:51
101.	Laura Robertson	47	1:48:58
102.	Dennis Hassler	71	1:49:08
103.	Lynne Stevens	59	1:49:28
104.	Jon Ory	49	1:53:20
105.	Gary Davis	53	1:55:51
106.	Bob Towler	65	2:03:10

SELF-TIMERS

Bobby Marty	76	
Doerte Murray	64	
Robert Brizuela	65	2:33:00
Joanne Desmond	38	2:02:15
Susan Herder		



Race Director John Blankenship instructs Practice Dipsea runners at the start
Photo by Steve Nissenson

June 12, 2005

JFK Mile

Race Directors: Mark Janes and Olivia Horgan

I never ran seriously before I became a DSE member three years ago. I was running sporadically in the park to stay in shape when I came across a DSE race. I started coming out for the races and was hooked.

It's a great way to enjoy the most beautiful city in the world. After running, I feel great all day. As I continue to train, it is nice to feel strong during races.

Mark Janes

I've been running off and on for ten years or so; I first started in college as a way to get exercise. I've been a DSE member for about three years.

I like the simplicity of running. I run because I like being outside, feeling strong, and the great feeling I get after the run is over! It's a wonderful stress-reliever.

Olivia Horgan

PL	NAME	AGE	TIME
----	------	-----	------

Women 20-29

1.	Karen Ekberg	29	12:53
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Women 30-39

1.	Sara Jane Osborne	37	6:07
2.	Catherine Filippene	38	6:52
3.	Christine Lamkin	36	8:47

Women 40-49

1.	Jody Heyman	44	6:01
2.	Janet Nissenson	45	8:17

Women 50-59

1.	Suzana Seban	51	8:10
2.	Wendy Newman	54	8:15
3.	Phyllis Nabhan	58	10:37
4.	Bobbie Washington	54	12:54

Men Under 19

1.	Armen Melikian	15	6:06
2.	Clifford MacFarlane	12	6:24
3.	Jared Cilia		7:12
4.	Kyle Cilia		7:29

Men 20-29

1.	Chris Kalos	28	6:57
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Men 30-39

1.	Eduardo Vazkez	32	5:29
2.	Joel Rizzo	39	6:27
3.	Josef Springer	33	6:51
4.	Josh Lite	30	7:26

Men 40-49

1.	Samuel Harvell	42	5:27
2.	Fred Haber	45	6:40
3.	Roni Kornitz	49	7:18

Men 50-59

1.	Stearcy Barnett	58	5:44
2.	Dan Ramos	55	6:02
3.	Wayne Plymale	53	6:12
4.	Christopher Kraemer	52	6:26
5.	Patrick Lee	57	6:38
6.	Gregory Brown	55	6:49
7.	Eric Park	59	7:00

Men 60-69

1.	George Sacco	67	9:50
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Men 70+

1.	Bill Woolf	70	8:56
2.	Bob Theis	76	12:03



Race Directors Mark Janes & Olivia Horgan
Photo © Paul Mosel

June 12, 2005

Conservatory 5K

Race Directors: Mark Janes and Olivia Horgan

Volunteers: Bobby Marty, George Sacco, Janet Nissenson, Steve Nissenson, Mort Weisberg, Richard Hannon, Richard Finley, Paul Mosel, Don Watson, Yong Cho, Kevin Lee, Greg Brown, Wayne Plymale

PL	NAME	AGE	TIME
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1.	Andy Apfelbaum	41	17:45
2.	Kendall Manlove	25	17:58
3.	John Sullivan	39	18:38
4.	Peter Delahunt	41	19:16
5.	Eduardo Vazkez	32	19:35
6.	Michael Glenn	41	19:40
7.	Julie McGee ①	23	19:43
8.	David Frith	54	19:57
9.	Mark Forde	45	20:10
10.	Chris Cilia		20:44
11.	Noe Castanon	34	21:09
12.	Sara Jane Osborne ②	37	21:15
13.	Robert Grajeda III	14	21:42
14.	Alyssa Renee Grajeda ③	15	21:45
15.	Stearcy Barnett	58	22:12
16.	Ezra Finkle		22:22

17.	Joel Rizzo	39	22:27
18.	Rich Stiller	60	22:49
19.	Wayne Plymale	53	22:51
20.	Rick Nippes	57	23:00
21.	Paul Mosel	63	23:01
22.	Chris Domine		23:04
23.	Adrian Jue	23	23:10
24.	Ed Lange	61	24:14
25.	Michael Moelter	38	24:17
26.	Hashim Bashruddin	48	24:31
27.	Thomas Smiley	45	24:37
28.	Carlos Olguin		24:45
29.	Gregory Brown	55	24:49
30.	Sam Roake	69	25:05
31.	Kathleen Lail ④	37	25:08
32.	Hilary Fong ⑤	46	25:13
33.	Steve Nissenson	57	25:17
34.	Russell Breslauer	60	25:30
35.	Christopher Kraemer	52	25:31
36.	Roni Kornitz	49	25:43
37.	Pete Guenther	43	25:54
38.	Sheldon Gersh	60	25:58
39.	Mary Barlow	29	26:06
40.	Susan Herder	40+	26:07
41.	Chris Kalos	20	26:30
42.	Jesse Springer		26:31
43.	Grant Kollong		26:59
44.	Bob Morris-Khatib	53	27:05
45.	Lan Nguyen	26	27:20
46.	Claire Keane	29	27:38
47.	Wendy Newman	54	27:43
48.	Suzana Seban	51	28:09
49.	Ed Kurtzman	41	28:19
50.	Gary Brickley	52	28:29
51.	George Glenn	65	28:49
52.	Jane Welch	53	28:57
53.	Steven Kalos	42	29:33
54.	Jeff Houston	47	29:40
55.	Lina Morris-Khatib	40+	30:36
56.	Bill Woolf	70	30:50
57.	Tim Oliver	39	31:00
58.	Calvin Chan	54	31:16
59.	Bob Bean	62	32:09
60.	George Sacco	67	33:10
61.	Christine Lamkin	36	33:34
62.	Fred Haber	45	33:36
63.	Christian Dirls	35	34:17
64.	Bruce Oliver	76	35:00
65.	Jane Lee	50+	43:07

SELF-TIMERS

Richard Hannon	69
Doerte Murray	64
Lucy Wing	
Ellen Breslauer	
Lee Welch	

KIDS' RACE

Clifford MacFarlane	12	3:07
William Misener	9	4:39

Dylan Moser	5	4:47
Julia Moser	3	5:36
Sebastian Medrano	4 1/2	6:14
Isaac Carter	4	6:15

June 19, 2005

Walt Stack Trail 10K

Race Director: John Gregson

Volunteers: George Sacco, Bobby Marty, Selma Vincent, Mort Weisberg, Richard Hannon, Adrian Jue, Helen Kauffold, Rene Menjivar, Don Watson

PL	NAME	AGE	TIME
1.	John Sullivan	39	38:36
2.	Eduardo Vazquez	32	40:06
3.	Matt Lucero	23	40:27
4.	Pete Nowicki	46	40:34
5.	Roy A. Clarke	49	40:36
6.	Ed Tischbern	46	42:02
7.	Jerry Flanagan	39	42:23
8.	Tom Bennett	46	42:45
9.	Buzz Brown	44	43:06
10.	Thomas McManus	35	43:11
11.	Darryl Luppino	45	43:18
12.	Jeff Goff	45	44:06
13.	Noe Castanon	34	44:38
14.	Jim Buck	62	45:25
15.	Brad Spielman	37	45:40
16.	Sunanda Minarikova ①	31	47:04
17.	Francis Dy	32	47:20
18.	Joel Rizzo	39	47:42
19.	David Klinetobe	44	48:10
20.	Seth Schalet	42	48:15
21.	Anthony Sellitto	40	48:17
22.	Diane Swick ②	43	48:28
23.	Dana Goff ③	37	48:35
24.	Paula Abajian ④	27	49:13
25.	Paul Mosel	63	49:29
26.	Patrick Lee	57	49:43
27.	Ed Lange	61	49:54
28.	Jennifer Reiserer ⑤	34	50:49
29.	Robert Gray		51:06
30.	Lisa Lisanti	26	51:17
31.	Abelardo Zesati	31	51:23
32.	Kris Caraba	28	51:26
33.	Sean Lamb	31	51:45
34.	Fred Haber	45	52:10
35.	Colleen Brown	44	52:15
36.	Nancy Kauffold	34	53:17
37.	Roni Kornitz	49	53:25
38.	Sam Roake	69	53:57
39.	Michael Nordberg	51	54:01
40.	Jack Bascom	63	54:34
41.	Male Runner		54:47
42.	Poitier Choi	44	56:23
43.	Joanna Merriss	55	56:44
44.	Wendy Newman	55	57:46
45.	Suzana Seban	51	59:25
46.	Bob Morris-Khatib	53	59:40
47.	Jim Kauffold	67	59:52



Race Director John Gregson

Photo © Paul Mosel

48.	Lina Morris-Khatib	40+	1:00:25
49.	Gary Brickley	52	1:00:27
50.	Kath McLean	27	1:00:33
51.	Katherine Moser	36	1:01:36
52.	Peking Duck	50	1:03:31
53.	Steven Kalos	41	1:04:05
54.	Lorrie Kalos	44	1:04:10
55.	Betina Chan	27	1:04:24

56.	Stephanie Alvarez	34	1:05:11
57.	Rick Nippes	57	1:05:33
58.	Bill Woolf	70	1:06:02
59.	Dennis Hassler	71	1:06:43
60.	Traci Peterson	24	1:06:59
61.	Susan Swisher	55	1:07:27
62.	Joanne Campbell	30	1:08:02
63.	Brian Fuj	24	1:08:03
64.	Kay Teiber	65	1:09:07
65.	Jane Colman	62	1:10:12
66.	Calvin Chan	54	1:10:29
67.	Bruce Oliver	76	1:17:17

SELF-TIMERS

Dina Kovash	66	
Tony Stratta	75	2:07:20
Doug Brown	54	
Robert Brizuela	65	1:56:00
Yong Cho	47	
Richard Hannon	69	
Gary Davis	53	
Bob Theis	76	
Ted Vincent	69	
Bob Kovash	66	
Wally Rapozo	76	
Liese Rapozo	77	
Marian Lyons	50+	
Hashim Bashruddin	48	

DSE AT THE RACES

Bolder Boulder 10K, May 30

NAME	AGE	TIME
Jim Kauffold	67	1:01:25

Marin Memorial 10K, Kentfield, May 30

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
34	Cliff Lentz	40	7	M40-44	34:23
153	Tyler Abbott	44	27	M40-44	39:45
186	Russ Kiernan	67	1	M65-69	40:54
208	Guy Murtagh	55	7	M55-59	41:38
275	Wayne Plymale	53	22	M50-54	44:47
279	Jeff Bedolla	51	24	M50-54	44:56
326	Sara Jane Osborne	37	22	F 35-39	47:21
334	Amy Sonstein	35	23	F 35-39	47:30
335	Paul Mosel	63	10	M60-64	47:32
347	Richard Nippes	57	15	M55-59	47:54
435	Hilary Fong	46	12	F 45-49	53:49
445	Julius Schillinger	58	29	M55-59	54:46
478	Kat Powell	54	10	F 50-54	57:00
514	Barbara Robben	71	1	F70-74	1:02:59
515	Steve Kalos	42	71	M40-44	1:03:11
521	Jane Colman	61	10	F 60-64	1:04:31
551	Elaine Koga	63	15	F 60-64	1:18:01
553	Don Watson	76	3	M75-79	1:19:45
	Elaine Gecht	61			

Marin Memorial Day 2.5 Mile, Kentfield, May 30

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
82	Denis Kalos	43	6	F 40-44	21:51

continued on page 8

Lake Chabot Trail Challenge Half Marathon, Castro Valley, June 5

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
100	Tyler Abbott	44	20	M40-44	1:54:36
225	Gary Aguiar	50	22	M50-54	2:25:43
260	Patricia Baker	44	16	F 40-44	3:08:59

Lake Chabot Trail Challenge 5K, Castro Valley, June 5

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
35	James O'Donnell	46	4	M40-49	25:13
100	Bruce Oliver	77	3	M70-99	34:42
101	Tim Oliver	39	7	M30-39	35:07

The Dipsea Race, Mill Valley, June 5

PL	NAME	AGE	CLOCK TIME	RACE/PLACE	ACTUAL TIME
1	Russ Kiernan	67	46:44	invitational/1	1:03:44
5	Cliff Lentz	40	49:32	invitational/5	51:32
11	Steve Stephens	61	51:27	invitational/11	1:04:27
60	Christine Lopez	42	57:07	invitational/60	1:07:07
72	Mike Lopez	47	57:49	invitational/72	1:01:49
109	Tyler Abbott	44	59:44	invitational/109	1:02:44
244	James Flanigan	55	1:04:16	invitational/244	1:12:16
300	David Moulton	37	1:05:40	invitational/300	1:06:40
355	Don Spencer	54	1:06:58	invitational/355	1:14:58
579	John Stauffer	53	1:16:51	invitational/578	1:23:51
712	Barbara Robben	71	1:32:28	invitational/634	1:55:28
818	Amy Sonstein	35	1:39:11	open/180	1:22:11
885	Vincent Giacomini	41	1:42:16	open/247	1:19:16
959	James Stratta	43	1:44:51	open/321	1:22:51
1028	Michael Gama	46	1:47:50	open/388	1:26:50
1307	Dennis Hassler	71	2:02:58	open/665	1:59:58
1316	Jay Brignon	60	2:03:37	open/674	1:50:37
1373	Patrick Magee	63	2:17:40	open/731	2:07:40

Skyline Ridge Trail 50K, June 18

PL	NAME	AGE	TIME
1	Chikara Omine	22	3:55:05 Course record!

Dick Houston Memorial Woodminster Race, June 19

PL	NAME	AGE	CLOCK TIME	ACTUAL TIME
1	Russ Kiernan	67	1:10:15	1:10:15
4	Steve Stephens	61	1:13:48	1:09:48
57	Keith Johnson	67	1:24:11	1:24:11
100	Tyler Abbott	44	1:29:54	1:13:54
128	Wayne Plymale	53	1:35:03	1:23:03
129	Cammie Dingwall	42	1:35:15	1:31:15
148	Amy Sonstein	35	1:38:18	1:34:18
162	Susan Herder	48	1:41:23	1:41:23
187	Megan Nguyen	37	1:48:22	1:44:22
192	Patrick Cunneen	71	1:51:43	1:51:43
198	Brierly Reybine	66	1:54:48	1:54:48
205	Marcia Martin	53	2:04:45	2:04:45
209	Joanne Desmond	38	2:07:27	2:03:27
210	Harry Cordellos	67	2:16:48	2:16:48
211	Gregory Brown	56	2:16:49	2:08:49
215	Linda Nowell	57	3:22:08	3:22:08
216	Keith Nowell	51	3:22:08	3:10:08

Bolder Boulder 10k

Jim Kauffold

This year, thanks to the DSE races and Wednesday/Saturday training groups I earned a medal at the May 30th 2005 Bolder Boulder 10K (<http://www.bolderboulder.com>) held in Boulder, Colorado. With over 46,000 runners and qualifying "wave" starts, medals are awarded 10 deep (may go 15 deep this year) for each individual age and sex. I was 9 th for male age 67.

The race is very special to me as my daughter, Nancy, is the public relations director for the race and I graduated from the University of Colorado where the race finishes in the CU stadium. My wife, Helen, was a volunteer hostess in the Club Room overlooking the stadium where we ate, drank and watched the Citizens, the Elite men and Elite women's races. A very moving Memorial Day ceremony was also held. Normally they have sky divers and a flyover but low clouds and a slight drizzle prevented that this year. I also got to talk to my favorite Olympian—Colleen De Reuck (2004 marathon and 25K masters world record holder). After finishing 4th overall (33:40) in the winning three-person USA women's team, she was more interested in how everyone else had done.

The local newspaper, <http://web.dailycamera.com/sports/bolderboulder>, has a Bolder Boulder Speaker Series on subjects like training, injury prevention, nutrition which may be of interest to DSE members who have a broadband connection.



The Dipsea Steps
Photo by Steve Nissenson

◆◆◆ 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 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 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 Dec 4 Ferry Building Run, 4M, S/F Dolphin Club

Sun Dec 11 Ballpark 5K, S/F Terry Francois & Illinois Streets (near Mariposa)

SF COASTAL TRAIL CHALLENGE VOLUNTEERS NEEDED—8/28/05

With an auspicious debut of 115 race registrants, 105 starters with 95 finishers, the SF Coastal Trail Challenge 1/2M & 10K Handicap Race Series is back this year. Who knows what attracts novice and seasoned trail runners? Maybe it's the combination of running the Escape from Alcatraz race course along with the scenic GG Bridge views. The Challenge is there, I hope you are up for the challenge.

If you are not up for the challenge this year, we can really use your help as a course monitor, aid station or finish line volunteer. Please contact George at georgerehmet@yahoo.com or 650-438-9589. All Coastal Trail Volunteers receive post-race refreshments along with DSE's heartfelt thanks.

Buck's Banter—July 1972

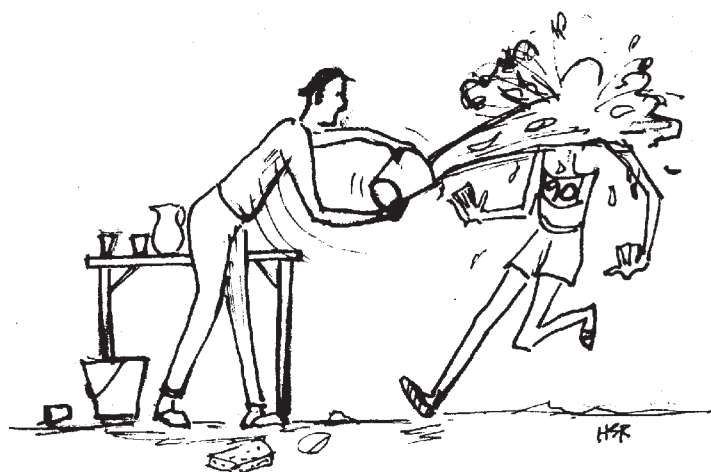
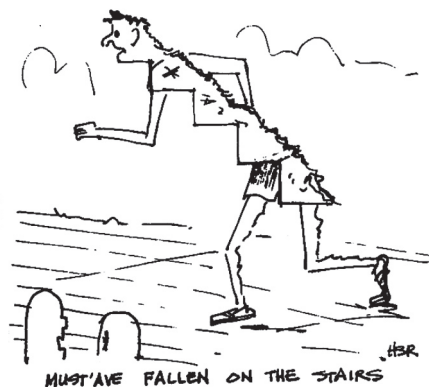
Speaking of trials, I am never going to run that 24 hour relay again. I have run all the toughies—Pikes Peak, Belmont Marathon, Double Dipsea—and that's got to be the worst of the bunch. Remembering Pikes Peak and listening to Walt Stack tell everybody how easy it is reminds me of an honorable oriental philosopher who stated that to climb Mt. Fuji once is a wise man, twice is a fool. So as the old man says, I've been there before.

ONLINE DSE NEWS

If you haven't already signed up for the online version for the DSE News, now is the time to do so!

Just send a request to Richard at diomo@juno.com, and you will have the opportunity to read the newsletter several days earlier than you would otherwise receive it in the mail. You will be notified by email when each newsletter is on the DSE website and available for download.

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 Jul 3 Lake Merced Run, 4.6 miles

START/FINISH: Lake Merced North End Parking Lot (foot of Sunset Blvd.)

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

COURSE DESCRIPTION: Run clockwise around the lake staying entirely on jogging/pedestrian path, turning onto the straightaway path just before the finish back at Sunset Blvd. parking lot.

*******KIDS' RUN (1/2 MILE) at 9:45AM**

Sun Jul 10 Windmill Run, 6.5 miles

START/FINISH: Kennedy Drive & Great Highway (Dutch Windmill)

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

COURSE DESCRIPTION: Run up Kennedy Drive to McLaren Lodge (Kezar Drive/Second Barricade). Turnaround and run back same way to finish.

Sun Jul 17 Daly City Scenic Run, 6.8 miles

START/FINISH: Colma School, East Market & Hillside St. Take Eastmoor exit

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

COURSE DESCRIPTION: Run along Guadalupe Parkway, right turn (enter fenced gate) onto Radio Tower Road. Turnaround at white steel fence. Return same way to finish.

Sun Jul 17 Daly City Scenic 5K

START/FINISH: Colma School, East Market & Hillside St. Take Eastmoor exit

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

COURSE DESCRIPTION: Run along Guadalupe Parkway, turnaround at first (right side) stand up reflector sign. Return same way to finish.

*******KIDS' RUN (1/2 MILE) at 9:45 AM**

Sun July 24 Legion of Honor Run, 4.3 miles

START/FINISH: Legion of Honor Parking Lot, meet above 34th Ave. & Clement St.

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

COURSE DESCRIPTION: Run downhill on El Camino del Mar; take lower fork at 30th Ave. & El Camino. Turnaround at fire hydrant, return uphill on El Camino, run back beyond starting line, continue downhill on Legion Of Honor Drive; make a right at Clement, continue uphill on Clement which curves into Seal Rock, right at 48th Ave. & El Camino, run northbound along El Camino into parking lot and circle USSF Monument. Return along same route to uphill Legion of Honor finish.

Sun Jul 31 NO DSE RUN – Join DSE at the SF Marathon Aid Station

MEETING SITE: Transverse /Crossover (near Kennedy Drive), Golden Gate Park

REPORTING TIME: 6:00 AM

Sun Aug 7 Memorial Run 4.5 miles

START/FINISH: Kennedy Drive & 36th Avenue

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

COURSE DESCRIPTION: Run up Kennedy Drive to McLaren Lodge (Kezar Drive/Second Barricade). Turnaround run back same way to finish.

Sun Aug 14 NO DSE RUN – DSE Volunteer Appreciation Picnic

◆◆◆ 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.

New ♦ ♦ ♦
♦ ♦ ♦ Members

	Grace Ruth
	Paul Sacomano
21	Guy Murtagh
22	Erika Stageberg
23	Bill Dake
24	Susan Groppi
28	Esther Ehrensaft
	Margie Whitnah
29	Gina Antoninni
	Tina Chan
	Hensl Lise
30	Wally Rapozo
	Robert Theis
31	Thomas Enderle

SAN MATEO
Julina Moy
CHICAGO, IL
Edward Bruno



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**. 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!