

August 2005

Ken Reed

Many more runners registered on active.com, and fewer runners registered by mail. There was an increase of race



Double Dipsea winner Russ Kiernan at the start
Photo by Linda Carter
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◆ ◆ ◆ KEVIN LEE

Nominations are officially

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2005 DOUBLE DIPSEA

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day registrants. Thank you Letty Garbisch for designing the forms and being a race-day volunteer too.... Letty's a volunteer who never stops helping.

Registration General Sandy Baumgarten and her registration team were perfect again, and much appreciated.

Sandy and Ed Baumgarten are also much appreciated as hosts for all our meetings and work sessions. Thank you.

Race: We had the safest race in years with very few injuries. There were a couple of very minor scrapes, cuts, and cramps. I had many people come to me and say thanks. I had not one complaint on race day! It was fun to experience the good vibes.

I heard the most positive comments ever about happy, cheerful, helpful course monitors and aid station workers. Runners loved the fruit more than anything this year! Bill says the runners hardly stopped to eat, as the weather was perfect. Many thanks to Aid Station Captains Ron Dorey, Bill Woolf, and John Gregson, and their teams.

Also much appreciated are the Course Monitors, with Captains Julius Ng, Dina Kovash, Jim Pommier, Jeff Houston, Gene French, Keith Weaver, Janet Nissenson, and Ed Baumgarten keeping the runners safe and on course. Gene French estimated that 70% of runners waved and said Hi or Thanks! Runner safety (having fun) is a primary goal, and that is why our course monitors are important and greatly valued.

Finish Line: Our professional and accurate finish line was captained by Wilhelm Yee. Lucy Wing pulled double duty doing accurate timing with Sandy Bradley. Computer power went out and I got stressed moving around and doing the results.... However, Bill Dake's results team was on the ball and fixed the problem. Elaine Mah and team (Tom Pang and Brie Keybine) audited and finalized the accurate results.

Clothing: We had more types of clothing to sell and made slightly fewer sales than last year. Maybe the cool weather? Red zippered sweatshirts, hats, and charcoal dri-release LS shirts were the most popular items. **Some sweatshirts and shorts of all sizes are left over and still for sale.** Good job by Ed Mahler and crew.

People loved the T-shirt and sweatshirt design and colors. Everyone especially liked the new hat design.... Thanks Rick Hardina for designing ALL the clothing and Cliff Lentz for making the hats.

Picnic: The volunteer BBQ went deliciously well. We had much juicy meat, sweets, and beer (thanks), and lots of Fred Haber's home-made chocolate chip cookies and Kennet De Silva's donated cupcakes and biscotti for all. Everyone appreciated the food and camaraderie. A special thanks to head chef and Assistant RD Calvin Chan and crew.

Refreshments: This was the best year ever for the refreshment area. Lots of food, water and Ultima were always available for runners. We received praise for the expert recycling strategy. Good job Capt. Rose Chan and refreshment team, and Bob Besso for the ice and recycling.

Goodie Bags and T-shirts: Yong Cho, Lucy Wing and team did well keeping the runners in correct sizes and happy with goodie bags. Ran out of small T-shirts but

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FROM THE PRESIDENT'S DESK

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open to anyone willing to run for any of the 5 DSE Officer Positions: President, Sr. VP, 2nd VP, Secretary or Treasurer. If you feel that you can make a real contribution to our club, then please place your name (or that of someone else whom you feel would do a great job) for nomination. Forward nominations to Fred Haber at 415-595-3459 or dsefred@yahoo.com or Ken Reed at 415-810-3832 or RunKenRun@aol.com. Please see the listing of DSE Officers Duties on page 9.

LOST & FOUND OFFICER CHANGE

DSE would like to send out special thanks to Neil Mahoney for serving as "Lost & Found" Officer for many years. Please note: DSE is not responsible for clothing/personal items left behind at a DSE Race. If you have left behind or misplaced personal items at a recent DSE Race, please check the "Lost & Found" crate or contact George Sacco at 415-695-2951 or gsgasacco@yahoo.com ASAP. DSE can not hold unclaimed items indefinitely.

FALL GENERAL MEETING AND POTLUCK BRUNCH 9/11/05

Immediately following the Kennedy Drive Run, a General Meeting/potluck brunch will take place at the same location. Please share your favorite potluck brunch food/beverage along with your club ideas.

CLUB OBSERVATIONS

I would like to share my thoughts on race day Volunteering and Email. I know the importance of continual race day volunteering. Everyone's help is appreciated. From week to week, race day volunteer sign up can be feast or famine. I believe it is very important to record race day volunteers accurately so credit will be recorded to those who actually set aside a reasonable amount of time for volunteering, e.g. working a full-shift at registration or finish line (sorry, but lending a hand unloading/breakdown/reloading race equipment doesn't qualify for credit as a race day volunteer).

If you have or share an email address, please give it the same respect as regular mail. Please get in the routine of retrieving it once a day and responding to it promptly. If you change email addresses, please forward your new

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◆◆◆◆◆ 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

2005 DOUBLE DIPSEA

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Yong had a creative strategy for handling that issue, and everyone was happy.

Parking and Permits: What can I say about John Blankenship, the cornerstone of the Double Dipsea committee, but: the best job ever. All the permits, Red Cross, Marin Amateur Radio, Pantoll State Park, GGNRA, Mill Valley, etc. negotiations went well. Thank you. John then arrived before dawn and Captained the parking team too. Thanks for a superb job.

Transportation: Jim Kauffold, Peter Webb, Bobby Marty, and Rick Shea burned rubber to keep the monitors and aid stations happy. Thank you. Strong and tireless loaders and unloaders included Brie, Lucy, Jim, Cal, Tom, Ben Grieb, Bobby, and Katie Cabral. You are appreciated A LOT.

Course Marking and Sweeps: Couldn't have a race without Hank and Priscilla Black, for the past 11 years marking the course and this year training course marking apprentice Bob Brizuela, who also worked double duty (like Hank at Muir Woods) by helping the next day at the Finish area. You are much valued.

And last—as always—Ron Dorey, Pamakids President, swept the course expertly with his new sweep apprentice, Brie Reybine. They both do double extra duty at other times and are very much valued and appreciated.

Thanks to all the volunteers, and apologies to the ones I forgot to mention. You are special people and more than appreciated. The race was a success because of your spirit of volunteerism.

Thank you runners. We wouldn't need volunteers if we didn't have you!

COASTAL TRAIL CHALLENGE

George Rehmet

On August 28, San Francisco will have three races within 5 miles of each other. However, if you want the race that is the cheapest, has great views, is a distinctive challenge, gives unique finishers' awards and the chance to cross the finish line ahead of the usual young male in his 20s, then the Coastal Trail Challenge is for you.

Where else can you pay \$5 to run with the views of the Golden Gate Bridge and the Bay? Where else can you run or climb up the Sand Ladder without swimming in the cold Bay and biking first? And where else do females and older males get head starts? And where else can get a cool award from . . . (that's my secret until you cross the finish line)? The Coastal Trail Challenge.

So sign up. This year, the start will be around Little Marina Green, where parking and restrooms will be easier to come by. In addition, the handicapped times have been revamped to make for a tighter and more interesting race (sorry, 60 year old guys). I'll also throw in some discount certificates from Sports Basement and some door prizes. Please pre-register so you can start on time.

Also, I could use some volunteers. Special kudos go to Marie Appel for being the first volunteer to sign up. Each volunteer will get an appreciation gift along with my heartfelt thanks. So if you're looking to get to the volunteer picnic, to help a race director with a fractured leg (I'm out of the cast, but in a brace), and/or want to give back to the sport, please contact me at 650-438-9589 or email at georgerehmet@yahoo.com.

GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

LUCY WING

Lucy began running in 1994, first by running on a treadmill for an hour almost every day, and then beginning to run races from 5K to 12K as part of her training and goal setting to increase her speed with each race. She joined DSE in 1995 for motivation and the support of running with a group. Her personal best times include a 22 minute 5K, 44 minutes for 10K, a 1:40 half-marathon and a 3:27 marathon. Her proudest/most memorable running achievements were breaking 3:35 in two marathons in one week, and then qualifying for a guaranteed entry into the New York City Marathon without having to go through their lottery system. She has qualified for the Boston Marathon numerous times and has completed that course 5 times. She has placed in the Top 3 female finishers in her age group both at marathons and shorter distances many times. Recently, Lucy completed her 69th marathon at the Mayor's Midnight Sun Marathon in Anchorage, Alaska. This was also the 25th state in which she has run a marathon, with a goal of running one in all 50 states. The San Francisco Marathon on July 31 will be her 70th marathon. Lucy has also completed two 50 Mile and four 50K races.

WAYNE PLYMALE

Wayne began running in 1968 (while attending Tamalpais High School in Mill Valley) and has run races with the DSE since 1972. His personal best times include a 4:38 mile, a 17:19 5K, 34:47 10K, 1:15:55 half marathon and a 3:14:46 marathon. He has completed a total of 20 marathons. His proudest/most memorable running achievement was a 40:28 clocking in the 1992 Bay to Breakers 12K, which placed him 49th overall. Another of his proudest achievements has been the opportunity to run with and guide blind athlete Harry Cordellos in a number of races. The strangest/most ill-advised thing that he has done or seen while running happened in the late 1970s while running the Sonoma State Marathon. The leaders of the race apparently took a wrong turn when the chalk markings were erased. The organizers, realizing what happened, redesigned the course while the race was still going on. Wayne ran a 3:08 that day but found out that the course was about a mile short!

In addition to running for 37 years, Wayne has also been an Assistant Cross Country Coach at Balboa High School (1981–82), the AT&T Regional Running Team Coordinator and runner (1999–2001, 2004), and designer of the DSE Ballpark 7K (now 5K) course. He is closing in on over 800 races.

If you would like to have your running profile published in a future newsletter, please contact Janet Nissenson at jlnissenson@aol.com with your story.



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

July 3, 2005

Lake Merced Run, 4.6 miles

Race Directors: Jim Kauffold & Harry Cordellos

Volunteers: Bobby Marty, Steve Nissesnon, Gregory Brown, Wayne Plymale, Robert Brizuela, Wally Rapozo, Helen Kauffold, Calvin Chan, George Sacco, Selma Vincent, Mort Weisberg, Gene French, Eduardo Vazquez, Richard Hannon, Marian Lyons, Calvin Chan

PL	NAME	AGE	TIME
1.	Samuel Harvell	42	27:46
2.	Doug Bond	42	27:55
3.	Patrick Sullivan	15	28:33
4.	Tyler Abbott	44	28:37
5.	Victor Rodriguez	57	29:19
6.	Mark Ford	40+	29:22
7.	Kevin Fry	26	29:43
8.	Daryl Luppino	45	30:17
9.	Jim Buck	62	31:01
10.	Brad Spielman	37	31:32
11.	Wayne Plymale	53	31:45
12.	Sarafin Sanchez	46	32:09
13.	Marie Appel ①	41	32:12
14.	Sara Jane Osborne ②	37	32:13
15.	Mark Keller	49	32:32
16.	Joel Rizzo	39	32:45
17.	Jim Misener	44	32:49
18.	Adrian Jue	23	33:05
19.	Jodan A. Mapp	33	33:11
20.	James Dalton		33:18
21.	Patrick Lee	57	33:24
22.	Paul Mosel	63	33:29
23.	Amy Sonstein ③	35	33:31
24.	Mark Magers	47	33:36
25.	Dan Shalom	53	33:43
26.	Fred Osborne	43	33:54
27.	Eric Park	59	33:54
28.	Randy Cobb	50	34:08
29.	Christopher Kraemer	52	34:24
30.	James Eales	45	34:24
31.	Greg Brown	56	34:43
32.	Ed Lange	61	34:51
33.	Rene Menjivar	48	35:09
34.	Thomas Smiley	47	35:28



Race Directors Harry Cordellos and Jim Kauffold

Photo © Paul Mosel

I have been in the DSE since January 1, 1970. I have been running since August of 1967. I got interested in running when my brother ran the Bay to Breakers in 1967 and I made the commitment to be a runner after reading *Aerobics*, Dr. Ken Cooper's first book. The reason I run is simply that it provides so many good health benefits and the people I have met in the running community are the most positive and friendly of any others I have known. They get the most out of life and they have so often helped me to achieve many of my goals.

Harry Cordellos

I first joined the DSE in 1977. I was a member for six years and rejoined in 2004. I began running in 1976 as a way to get in shape for backpacking and mountain climbing trips.

Except for a few years while cycling I have run since 1976. For me running provides a lot of comraderie and fun with a dose of competition while keeping me in good condition.

Jim Kauffold

35.	Terry Stageberg	51	35:46
36.	Lucy Wing ④	48	36:20
37.	Jason Wong		36:42
38.	Richard Drechsler	52	36:51
39.	Poitier Choi	45	37:05
40.	Sarah Johansen ⑤	35	37:09
41.	Dennis Doty	56	37:09
42.	Jim McBride	62	37:26
43.	Johanna Merriss	55	37:40
44.	Bart Kruitwagen	42	37:53
45.	Diana Flynn-Doty	54	37:56
46.	Peter Royce	70	37:58
47.	Carl Menache	40	38:04
48.	Janet Nissenon	45	38:26
49.	Paul Rubinfeld	60	39:07

50.	Peking Duck	50	39:13
51.	David Mace	29	40:43
52.	Janet Fry	26	41:08
53.	Neda Pakdaman	31	41:18
54.	Niraj Sehgal	33	41:18
55.	Tina Turrini	35	41:20
56.	Geraldine Nuval	39	41:37
57.	Gary Bengier	50	41:39
58.	Gary Brickley	52	42:17
59.	Kay Teiber	65	43:37
60.	Phil Gallagher	55	45:40
61.	Bill Woolf	70	45:53
62.	Roberto Clemente	30	46:21
63.	Gary Davis	53	46:39
64.	Wendy Newman	55	47:59
65.	Fred Haber	45	48:38
66.	Christine Lamkin	36	48:39
67.	George Sacco	67	50:08
68.	Roxanna Pezzy	45	50:39
69.	Keri Clemente	28	53:57
70.	Elaine Koga	63	56:09
71.	Betty Coronado	53	1:01:07

SELF-TIMERS

Thomas Boyd	59	
Yong Cho	47	
Ted Vincent	69	
Dina Kovash	66	
Bob Morris-Khatib		
Cammie Dingwall	40+	55:00
Christine Maeda	26	55:00
Lina Morris-Khatib		
Robert Brizuela	65	59:22
Hilary Fong	46	
Hashim Bashiruddin	48	
Neil Mahoney	old	
Kathryn vonBlankenburg		
Elaine Gecht	61	
Richard Hannon	69	
Doerte Murray	64	
Jim Pommier	72	
Bob Theis	76	
Bob Kovash	67	49:55
John Gregson	74	
Liese Rapozo	77	
Wally Rapozo		
Gene French	58	
John Lang	65	

Kids' Run

Race Director: Helen Kauffold

Dylan Moser	5
Shannon Luppino	9 1/2
Julia Moser	3
Lilia Osborne	2 1/2
Tim Abbott	19 months

July 10, 2005

Windmill Run, 6.5 miles

Race Director: Marian Lyons

Volunteers: Richard Finley, George Sacco, Martin Gutierrez, Amy Sonstein, Shannon Luppino, John Gregson, Yong Cho, Adrian Jue

PL	NAME	AGE	TIME
1.	Michael Collins	20	36:49
2.	John Sullivan	39	39:58
3.	Ron Gutierrez	38	40:52
4.	Roy Clarke	49	41:03
5.	David Davis	36	41:14
6.	Bubba Sandford	44	41:28
7.	Tom Bennett Jr.	46	42:14
8.	Pete Nowicki	46	43:03
9.	Mark Ford	45	43:09
10.	Andrew Bloch	42	43:11
11.	Wayne Plymale	53	43:24
12.	Anders Ryerson	27	44:27
13.	Tim Reynolds	26	44:34
14.	Eduardo Vazkez	32	44:49
15.	Daniel Indelicato	24	44:57
16.	Rory J. Redding	25	45:08
17.	Daryl Luppino	45	45:51
18.	Denn Wolfe	37	46:18
19.	Susan Johnson ①	31	46:59
20.	Jim Buck	62	47:10
21.	Marie Appel ②	40	47:11
22.	Wil Ravelo	27	47:45
23.	Greg Hadfield	41	47:55
24.	Male Runner		47:56
25.	Al Yan	36	48:00
26.	Francis Dy	32	48:00
27.	John Woods	41	48:06
28.	Joel Rizzo	39	48:15
29.	Mark Russell	36	48:28
30.	Charles McGuinness		48:30
31.	Keith O. Johnson	67	48:31
32.	David Klinetobe	44	48:38
33.	Geo. Baptista	62	48:39
34.	Darrell Murphy	59	48:39
35.	Sara Jane Osborne ③	37	48:40
36.	Sunanda Minarikova ④	31	48:46
37.	Fred Osborne	43	49:56



**Race Director Marian Lyons
with volunteer Richard Finley**

Photo © Paul Mosel

38.	Hashim Bashiruddin	48	50:26
39.	André Ramones	29	50:30
40.	Paul Mosel	63	50:49
41.	Colby Allerton	37	50:52
42.	Peggy Lavelle ⑤	44	51:25
43.	Mark Magers	47	51:28
44.	Christopher Kraemer	52	51:34
45.	Patrick Lee	57	51:57
46.	Megan Smirti	24	51:58
47.	Megan Lathrop	26	52:19
48.	Daz	52	52:29
49.	Ken Klein	52	52:42
50.	Frank Rivas		52:43
51.	Tom Carroll	34	52:58
52.	Jorge Farias	34	53:00
53.	Rene Menjivar	48	53:08
54.	Jeff Brennan	33	53:17
55.	Mike Lavelle	16	53:30
56.	Randy Cobb	50	53:39
57.	Mick Lavelle	53	53:52
58.	Sean Lamb	31	53:56
59.	Karla Martinez	36	54:18
60.	Adrian Wong	54	54:47
61.	Fred Vasquez	43	55:43
62.	Sean Macnew	37	56:12
63.	Fred Haber	45	56:19
64.	Janet Nissenson	45	56:44
65.	Steve Nissenson	57	56:55
66.	Poitier Choi	45	57:41
67.	Hilary Fong	46	57:45
68.	Chris Kalos	28	57:58
69.	Jesse Ladd Springer	33	57:58
70.	Jack Bascom	64	58:10
71.	Jennifer Johnson	32	58:33
72.	Nicola Edmonds	34	58:34
73.	Thomas Smiley	47	1:00:00
74.	Bob Morris-Khatib	53	1:01:51
75.	Sal Rossano	34	1:01:59
76.	Juann Ontiveros	34	1:01:59
77.	Carolyn Kwok	23	1:02:14
78.	Stephanie A. Alvarez	34	1:02:55
79.	Harry Cordellos	67	1:03:59
80.	Gregory Brown	56	1:03:59
81.	Joan Fausone	43	1:04:04
82.	Susan Herder	40+	1:04:12
83.	Peking Duck	50	1:04:28
84.	Henry Nebeling	72	1:04:31
85.	Patrick Regan	38	1:04:56
86.	Lorrie Kalos	44	1:05:03
87.	Vivian Kwok	26	1:05:04
88.	Peter Royce	70	1:05:24
89.	Steve Kalos	42	1:06:06
90.	Brie Reybine	60+	1:07:13
91.	Susan Swisher	55	1:07:50
92.	Terry McClintock	54	1:07:50
93.	Marcia Martin	53	1:08:41
94.	John Castro Sr.	46	1:08:59
95.	Tiffany Kirby	26	1:10:42
96.	Sarah Hamad	25	1:10:43
97.	Rose Merryman	56	1:17:24

98.	George Sacco	67	1:17:38
99.	Jodee Castro	37	1:17:43
100.	Irene Calzada-Bickham	43	1:17:44
101.	Christy Clark	45	1:20:45

SELF-TIMERS

Neil Mahoney	oldest
Calvin Chan	
Roxanna Pezzy	old
Lucy Wing	
Phyllis "Saida" Nabhan	58
Wendy Newman	55
Bill Woolf	70
Wally Rapozo	76
Liese Rapozo	77
Kris Lee	
Bobby Marty	76
Bob Theis	76
Kathryn vonBlankenburg	
Lina Morris-Khatib	
Tom Boyd	59

July 17, 2005

Daly City Scenic Run

Race Directors: Joshua & Kathleen Lail

Volunteers: Bobby Marty, Kevin Lee, George Sacco, Mort Weisberg, Megan Nguyen, Ken Reed, Shannon Luppino, Laurie Sullivan

6.8 Miles

PL	NAME	AGE	TIME
1.	John Mintz	38	46:02
2.	David Davis	36	46:06
3.	Mark Ford	45	49:28
4.	Anders Ryerson	28	50:43
5.	Patrick Sullivan	15	51:01
6.	Daryl Luppino	45	51:43
7.	John Woods	41	53:41
8.	Ellen Thompson ①	18	54:17
9.	Rich Stiller	60	54:36
10.	David Klinetobe	44	55:22
11.	Kennen White	43	56:27
12.	Manish Harpalani	32	56:56
13.	Hashim Bashiruddin	48	58:03
14.	Paul Mosel	63	58:39
15.	Tara Martin ②	27	59:12
16.	Amy Sonstein ③	45	59:51
17.	Tom Carroll	34	1:00:13
18.	George Baptista	62	1:00:39
19.	Daz Lamparas		1:00:53
20.	Wes Thurman		1:01:24
21.	Mick Lavelle	53	1:02:17
22.	Megan Smirti ④	24	1:02:19
23.	Carolyn Garriott ⑤	42	1:03:47
24.	Janet Nissenson	45	1:04:16
25.	Jason Wong		1:05:12
26.	Hilary Fong	46	1:05:49
27.	Peter Royce	70	1:07:03
28.	Jack Bascom	64	1:08:33

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29. Susan Herder	40+	1:09:55
30. Female Runner		1:11:30
31. Vivian Kwok	27	1:13:04
32. Susan Kim	37	1:28:00
33. Mike Salomon	37	1:30:00
34. Beau Takahara	60	1:30:00



**Daly City Scenic Run Race Directors
Kathleen & Joshua Lail**

Photo © Paul Mosel

5K

PL	NAME	AGE	TIME
1.	Stephen Boesch	38	19:13
2.	Nelson Acosta	32	19:18
3.	Kevin Fry	26	20:58
4.	Joel Rizzo	39	22:39
5.	Carlton Oler	48	22:48
6.	Marie Appel ①	41	22:50
7.	Aaron Kohr	41	23:42
8.	Fred Haber	45	24:10
9.	Chris Kraemer	52	24:56
10.	Patrick Lee	57	25:15
11.	Russell Breslauer	60	26:58
12.	Janet Fry ②	26	30:20
13.	Calvin Chan	54	32:24
14.	George Sacco	67	34:10
15.	John Lang	66	34:18
16.	Tim Oliver	39	36:07
17.	John Peterson	59	36:32
18.	Bob Bean	62	37:09
19.	Bruce Oliver	76	39:57
20.	Bob Theis	76	42:34
21.	Judith Jarosz ③		42:58

SELF-TIMERS

Tom Boyd	59	
Lina Morris-Khatib		
Bob Morris-Khatib		
Dina Kovash	67	
Tony Stratta	75	2:23:50
Bob Kovash	66	
Liese Rapozo	77	
Wally Rapozo	76	
Doerte Murray	64	

Gary Davis	
Steve Nissenson	57
Bill Woolf	70
Wendy Newman	55
Stacy Thurman	32
Yong Cho	47
Ellen Breslauer	57
Gene French	58

July 24, 2005

Legion of Honor Run, 4.3 miles

Race Director: Stu Ruth

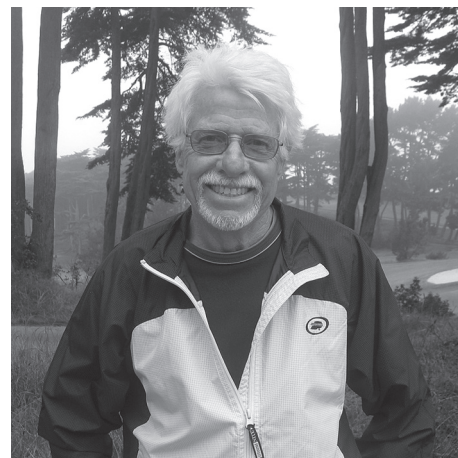
Volunteers: Bobby Marty, Roxanna Pezzy, George Sacco, Martin Gutierrez, Laurie Sullivan, Richard Hannon, Ken Reed, Mort Weisberg, Gregory Brown, Shannon Luppino

PL	NAME	AGE	TIME
1.	Chikara Omine	22	24:36
2.	Eric Fleming	21	25:03
3.	Jason Crichton	20+	25:04
4.	Abraham Abarca	26	26:22
5.	David Davis	36	27:43
6.	Pete Nowicki	47	28:51
7.	Eduardo Vazkez	32	28:56
8.	Patrick Sullivan	15	29:06
9.	Steve Stephens	61	29:08
10.	Tom Bennett Jr.	46	29:20
11.	Mark Ford	45	30:07
12.	Kevin Fry	26	30:57
13.	Daryl Luppino	45	31:18
14.	Francis Dy	32	32:28
15.	Noe Castanon	34	32:45
16.	Joel Rizzo	39	32:52
17.	David Klinetobe	44	33:34
18.	Keith O. Johnson	67	33:54
19.	James Eales	45	34:18
20.	Dimitri Sklavopoulos	60	34:36
21.	Paul Mosel	63	34:58
22.	Male Runner		35:31
23.	Jeff Brennan	33	33:35
24.	Hilary Fong ①	46	35:54
25.	Hashim Bashiruddin	48	36:00
26.	Christopher Kraemer	52	36:15
27.	Theo Jones	66	36:27
28.	Lina Morris-Khatib ②	40+	36:52
29.	Sam Roake	69	37:16
30.	Patrick Lee	57	37:46
31.	Thomas Smiley	47	38:13
32.	Karla Martinez ③	36	38:28
33.	Janet Nissenson ④	45	39:03
34.	Thura de Lopez ⑤	40	39:12
35.	Gregory Brown	56	39:16
36.	Rick Nippes	57	39:29
37.	Rene Menjivar	48	39:33
38.	Jack Bascom	64	39:50
39.	Leah Buley	27	40:11
40.	Andy Day	40	40:57

41. Sam Stevenson	71	41:18
42. Christopher Vargas		41:35
43. Susan Herder	40+	41:36
44. Grant Kolling	56	41:39
45. Steven Scotten	35	41:41
46. Maryam Farzad	31	42:51
47. Janet Fry	26	44:17
48. Bob Morris-Khatib	50+	44:32
49. Calvin Chan	54	46:41
50. Peking Duck	50	46:43
51. Marcia Martin	53	48:21
52. Dennis Hassler	71	48:58
53. Christine Lamkin	36	49:56
54. Sabrina Fortune	35	50:03
55. Evelyn Martinez	57	50:21
56. John Lang	66	50:30
57. George Sacco	67	53:57
58. Pamela Levine	21	57:51
59. Elaine Koga	63	1:01:52

SELF-TIMERS

Liese Rapozo	77	
Dina Kovash	67	
Bob Kovash	67	
Yong Cho	47	
Fred Haber	45	
Lucy Wing	48	
Gary Brickley	52	46:40
Jim Pommier	72	
Richard Hannon	69	
Steve Nissenson	57	
Bill Woolf	70	
Wendy Newman	55	
Russell Breslauer	60	
Bob Theis	76	
Tom Boyd	59	
Wally Rapozo	76	



Race Director Stu Ruth

Photo © Paul Mosel

2005 DOUBLE DIPSEA AWARDS

PLACE	NAME	AGE	HANDICAP	ACTUAL
Men Under 20				
294	Mike Lavelle	16	3:05:58	3:05:58
Men 20-24				
7	Chikara Omine	22	1:52:08	1:52:08
12	Andrew Jones	24	1:54:32	1:54:32
219	Taylor Valentino	20	2:44:55	2:44:55
Men 25-29				
29	Mark Janes	29	2:04:05	2:04:05
36	Andy Miller	27	2:05:55	2:05:55
98	Adam Crilly	26	2:19:04	2:19:04
Men 30-34				
10	Tim Knudson	30	1:53:16	1:53:16
64	Eduardo Vazquez	32	2:14:16	2:14:16
81	Stephen Weinberg	30	2:17:04	2:17:04
Men 35-39				
18	Erik Mathon	38	1:58:29	1:58:29
23	Owen Barder	38	2:02:03	2:02:03
28	Adam Lucas	38	2:03:58	2:03:58
Men 40-44				
6	Cliff Lentz	40	1:44:04	1:48:04
13	John Hudson	42	1:54:45	1:58:45
15	John Lundy	42	1:55:23	1:59:23
Men 45-49				
3	Roy Rivers	48	1:36:51	1:45:51
14	Bob Dickinson	48	1:55:16	2:04:16
31	Olof Carmel	46	2:04:32	2:13:32
Men 50-54				
11	Steven Katz	54	1:54:17	2:08:17
19	Steve Emery	51	1:59:17	2:13:17
27	Tim Aregger	50	2:03:32	2:17:32
Men 55-59				
33	Robert Knox	59	2:04:58	2:24:58
47	Peter Holleran	56	2:09:16	2:29:16
63	Wayne Whiting	56	2:14:10	2:34:10
Men 60-64				
20	Dimitrios Sklavopoulos	60	1:59:43	2:29:43
22	Bob Cowdrey	61	2:00:27	2:30:27
34	Ian Reid	61	2:05:17	2:35:17
Men 65-69				
1	Russ Kiernan	67	1:34:41	2:07:41
40	Mike Durrie	67	2:06:54	2:39:54
42	Hans Schmid	65	2:07:37	2:40:37
Men 70-74				
172	Lew Daniels	70	2:33:19	3:16:19
213	Jim Arthurs	74	2:43:48	3:26:48
268	Joe Dorsey	73	2:55:53	3:38:53
Men 75+				
317	Mike Tselentis	78	3:19:33	4:04:33
Women Under 20				
184	Emily Martin	17	2:37:05	2:47:05
Women 20-24				
62	Erin Vuksich	22	2:14:06	2:24:06
217	Rebecca Kohne	24	2:44:36	2:54:36

PLACE	NAME	AGE	HANDICAP	ACTUAL
Women 25-29				
69	Kristina Svendsen	29	2:14:33	2:26:33
155	Kaarin Svendsen	29	2:30:28	2:42:28
205	Simone Mailloux	29	2:41:29	2:53:29
Women 30-34				
25	Rachel Lloyd	30	2:03:03	2:17:03
53	Kaylin Murdock	32	2:12:36	2:26:36
71	April Vogensen	33	2:14:34	2:28:34
Women 35-39				
9	Julie Young	39	1:52:42	2:08:42
46	Maria Giordano	35	2:08:03	2:24:03
80	Lisa Coleman	36	2:16:58	2:32:58
Women 40-44				
8	Elizabeth Shortino	41	1:52:19	2:16:19
44	Nancy Vernon	44	2:07:59	2:31:59
49	Jill Robach	41	2:09:53	2:33:53
Women 45-49				
2	Judy Rabinowitz	47	1:35:13	2:02:13
26	Christine Chapon	47	2:03:16	2:30:16
30	Carmen Rivers	49	2:04:15	2:31:15
Women 50-54				
5	Jamie Berns	54	1:42:50	2:11:50
67	Sunny Blende	54	2:14:29	2:43:29
207	Barbara Freedman	53	2:41:51	3:10:51
Women 55-59				
148	Wendy Van de Kamp	57	2:29:48	3:01:48
203	Mary Ann Bake	56	2:41:15	3:13:15
324	Margie Whitnah	56	3:23:52	3:55:52
Women 60-64				
4	Melody-Anne Schultz	63	1:41:35	2:22:35
21	Bridie Dillon	60	2:00:00	2:41:00
43	Edda Stickle	63	2:07:50	2:48:50
Women 65-69				
107	Margaret Curtis	65	2:22:33	3:06:33
Youngest Male				
294	Mike Lavelle	16	3:05:58	3:05:58
Youngest Female				
184	Emily Martin	17	2:37:05	2:47:05
Oldest Male				
317	Mike Tselentis	78	3:19:33	4:04:33
Oldest Female				
107	Margaret Curtis	65	2:22:33	3:06:33
First Clydesdale Male				
87	Jeff Landry	34	2:17:40	2:17:40
First Clydesdale Female				
69	Kristina Svendsen	29	2:14:33	2:26:33
First Husband/Wife/Domestic Partner Team				
3	Roy Rivers	48	1:36:51	1:45:51
30	Carmen Rivers	49	2:04:15	2:31:15
First Family Team				
31	Olof Carmel	46	2:04:32	2:13:32
50	Urban Carmel	42	2:10:50	2:14:50

◆◆◆ Notices ◆◆◆

New Visitor Info Section to be Added to DSE Website

Janet Nissenson

For those members who subscribe to Runners World magazine, you undoubtedly noticed the major article in the July issue in which San Francisco was named the #1 running city in the entire United States (something all of us already knew, of course!) More importantly, the DSE website was named in the article as a local contact. Longtime DSE (and Excelsior) member Tyler Abbott was also quoted in the article.

After reading the article, the ever-turning wheels in my brain picked up speed, and I began to think of ways to make our website more user-friendly to visitors. Some basic ideas come to mind—training run courses, links to popular local races (besides our own, of course), the best hotels to stay at for easy access to running paths, our favorite places to eat after runs, the running stores that we frequent, etc.

I would like to invite all of you to forward your suggestions for all of the above to me at jlnissenson@aol.com. For the training run courses, please be sure to include the approximate distance, a detailed description of the course (remember that this is for people who are not familiar with the city), and a map would be an added bonus. You can also include courses outside of the city so long as they are a reasonable distance away and would be fairly easy to locate for the average tourist. Please try to include both short, middle and long distance courses, anywhere from 3 to 22 miles.

This information, once compiled, will be added to the website and will also be useful to current members and to new members who have recently relocated to the Bay Area. Thanks for sharing your wealth of information.

Feedback For 2006 DSE Race Schedule

Janet Nissenson

At the end of August we will be planning our race schedule for 2006 and beginning the process of obtaining permits, entering race calendar listings, etc. We are continually looking for ways in which to improve and vary our race courses, and would like to ask for your feedback and suggestions as to the types of races you would like to see included in our schedule.

Following are some of the criteria we keep in mind when designing new race courses: availability of parking, proximity of restrooms whenever possible, cost and ease of obtaining race permits, safety of runners by choosing courses where there is a minimum of vehicle and pedestrian traffic, variety of courses (e.g. we really don't want another course that runs out on the Embarcadero from the Dolphin Club since we already have 3-4 races that basically follow the exact same course), course distance an even number of miles or kilometers (e.g. 5K, 4 miles, 12K, etc.). We are trying to limit the number of races that are simply the measurement from Point A to Point B and back again; in other words, we are trying to minimize the 2.92 and 4.23 mile type of courses that DSE has a somewhat dubious reputation for putting on. Course maps would be awesome if available!

Please forward your feedback and suggestions to jlnissenson@aol.com.



front

**New DSE
double-sided
T-shirt is now
available
in white or
gold for \$9
from clothing
coordinator
Calvin Chan.**



back

◆◆ Letters ◆◆

Hi Fred and Yong (and Roxanna and Wendy)—

Thanks for the gazette as usual! Sorry I missed the run!

I was in Ashland, OR for the week (with my family—for some theater and river rafting and hiking and more), arriving there on 7/3 evening, and finding out about a race on 7/4 morning (early! at 7:45, but starting a block from our hotel)—so decided to get up early and do it. When I got there (10 minutes to start time) I had trouble finding registration, and while looking for it, almost tripped over...Russell and Ellen(!)...who, as it turns out, have owned a house there for many years, spend time there in the summers, and have run/walked the race for many years. They pointed me to the registration, but the line was too long so I gave up and decided to run it unofficially. It was a 6 mile run (and a 2-miler) through and around the town, including hills, and it was quite hot (compared to SF); Russell ran (but faster than me), and Ellen walked the 2 mile course. I was quite unprepared for this, and the hills were hard, so I had to walk 2 times...but still made it at a respectable (for me) 59:30. While running/walking up those hills, I encouraged myself with thinking about our Sat runs and the hills we do (and all of you)....

Oh yeah! I was wearing my DSE shirt...and got about 5 comments/chuckles/agreements during/after the race regarding our motto!

See you next Sat!

Suzana Seban

Kevin:

Sometimes I look at the race results from DSE and say, "That has nothing to do with me: I don't live there any more." Then I sneak a peek at the names of my old friends, ranging from Phyllis, Wayne, the Rapozos, Wendy and Bill, Neil ... all of them.

Please pass on to them this, big fat HOWDY, glad to see that you are still going!

Joe Oakes

◆◆◆ 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 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 and 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.

DISTANCE CLASSIC VOLUNTEERS NEEDED—9/25/05

This year's Distance Classic is a 6 Hour Event from 8:00 AM until 2:00 PM. We need volunteers to work registration, scoring and aid station. If you can help, please contact Megan at meganqq@yahoo.com or 650-654-2027.

Volunteers at both events will receive special volunteer gifts as well as DSE's heartfelt thanks.

Looking for New Kids' Race Director

George Rehmet

After several years, I plan to step down as kids' race director for several reasons. I'll be getting a new job that will take more of my time and I want to spend more time with my family. It has been a joy to see the smiles on children's and parents' faces.

I plan on staying through the end of the year. Most kids' races are at 9:45, so you do have time to run the regular DSE races first. The club has the ribbons and course maps for the kids' runs. My routine has been to lead the children through a warm-up, check to see that their waivers are signed, explain the course, get 1 or 2 volunteers (usually the parents), and take their times and names as they finish. My favorite part

is announcing their names and giving each child a ribbon.

The job can be split among several folks. If interested, contact me at 650-438-9589 or email me at georgerehmet@yahoo.com.



Double Dipsea Muir Woods aid station
Photo © Paul Mosel

FROM THE PRESIDENT'S DESK

continued from page 2

address to all concerned. I know email has its advantages and disadvantages. Personally I don't know where I would be without email. It's a two-way street. I take advantage of posting/receiving messages to the DSE Egroups. I have access to electronic club newsletters (instead of snail mail) and access to the DSE Website. My wish is that all club members with email take advantage of everything email has to offer.



Double Dipsea First Woman Judy Rabinowitz
Photo by Bob Besso

DSE Officers' Duties

Kevin Lee

President: To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof.

Senior Vice President: To assume the powers of the president in his (or her) absence.

Second Vice President: Take on special assignments as requested by President.

Secretary: To record minutes of General Meetings, to keep a file of such minutes, and when requested by the president, to accept assignments involving correspondence and the keeping of records.

Treasurer: To administer all financial dues and to have the authority to sign or disburse necessary appropriations as directed, and to file applicable tax returns. Prerequisite: must be a PC user.

In addition, all officers are expected to participate in the Officer of the Day rotation at DSE races.

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 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 is from 8:05–8:55 AM unless otherwise noted.
- 6) Finishers' ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

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

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). Turn around and run back the same way to finish.

Sun Aug 14 NO DSE RUN—DSE Volunteer Appreciation Picnic

Sun Aug 21 GG Park Cross-Country 5K

START: Upper Speedway Meadows (at the big tree), **FINISH:** Lower paved Polo Field track

Note: Please allow yourself 15 minute earlier arrival; park at the south side Polo Field parking lot, walk east 1/4 mile to start.

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

COURSE DESCRIPTION: Start at the "Big Tree" in Upper Speedway Meadows grass area. Exit left onto paved path just before Polo Fields. Stay on paved path beyond Polo Fields parking lot, run clockwise loop around Polo Field perimeter using dirt path around 43rd Avenue/Chain of Lakes Drive. Path curves to the right onto JFK Drive and becomes a dirt path. Continue beyond starting area, run to Polo Field parking lot for second time; exit through a swinging gate onto upper Polo Field dirt track, run downhill onto lower paved Polo Field finish, beyond south side Polo Field tunnel.

Aug 28 SF Coastal Trail Challenge 1/2 Marathon & 10K Handicap Races

START/FINISH: East Beach parking lot on Mason Street inside the Presidio; 1/4 mile east of Sports Basement or 1/4 mile west of Little Marina Green parking lot

HANDICAP STARTING TIME: 8:10 am First Wave!

Note: Register online at www.active.com or mail in pre-registration form.

ENTRY FEE: \$5 members, \$8 non-members until 8/20, \$8/\$10 afterwards. Handicapped start guaranteed only for pre-registrants.

*****KIDS' RUN (1/2 Mile) Time TBA**

COURSE DESCRIPTION: Subject to change. Run east to Yacht Harbor parking lot, west on Crissy Field/ GG Promenade; pass the Warming Hut, turn left and go up the stairs toward the GG Bridge. Under the bridge, run along Coastal Trail, run Lincoln Blvd., run clockwise Baker Beach loop, return up Sand Ladder; retrace steps back to finish line for second loop.

Sun Sep 4 Potrero Hill Run, 4 miles

START/FINISH: 17th Street & Arkansas

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th, right on 3rd, right on Cesar Chavez, right on Vermont, right on 26th. Then left on Kansas, left on Vermont (up crooked street), right on 20th, left on Kansas, right on 17th. Finish on sidewalk corner near 17th & Arkansas.

◆◆◆ Unofficial Training Runs ◆◆◆

- ◆ Tuesday Night Runs now meet at 6:30 PM (year round) at the Sports Basement store parking lot. The address is 610 Mason Street at Crissy Field in the Presidio. The course varies each week and the distance is from 3 to 6 miles. Contact calwentjogging@aol.com.
- ◆ Wednesday at 7:15 AM (prompt) — 6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Thursday at 6:30 PM (April–October) 5K in Golden Gate Park. Meet at the Spreckles Lake water fountain located at Kennedy Drive at 36th Avenue. For more information contact Calvin at 415-370-5572 or calwentjogging@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park. For more information contact Fred at dsefred@yahoo.com.

Membership ♦ ♦ ♦
♦ ♦ ♦ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 500 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2-6+ miles).

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

Annual Dues are \$20 for an individual membership and \$25 for a family membership (two or more people with the same address). Renewal dues are payable by the date shown on the mailing label of your DSE newsletter. All dues should be paid by either personal check or money order. Please make check to the DSE and mail it to Richard Finley at the address shown below.

Membership applications can be downloaded from the DSE website, www.dserunners.com, or contact **Richard Finley at *diomo@juno.com* or write to Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.**

Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, August 31, 2005

TIME: 7:00 PM

PLACE: Fred & Yong
1755 O'Farrell Street #1102
(Steiner & Fillmore)
[please ring #234]
San Francisco CA 94114
415-764-8444

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact Fred Haber, Folding Session Coordinator at 415-764-8444 or dsefred@yahoo.com.

Weather ♦ ♦ ♦
♦ ♦ ♦ Report ♦ ♦ ♦
Meteorologist Mike Pechner

After a very hot July at least for our inland members, August should be more seasonable. Fog will continue to be a big factor along the coast, keeping the West Bay ideal for running. Expect the hottest temperatures in August, including on the coast, with offshore winds, beginning around the 12th and continuing through mid-month. More hot weather is expected at the end of August, even near the coast. Otherwise, no surprises, just typical August weather.



Club ♦ ♦ ♦
♦ ♦ ♦ Officers



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT

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

SR.VICE PRESIDENT

Janet Nissenson 650-355-7660
Mom114@aol.com

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

SECRETARY
Roxanna Pezzy
rpez0@allstate.com

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

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482
Hotline: 415-978-0837
Website/Membership Application:
www.dserunners.com
WEBMASTER: Natalie Nissenson
sparklethenfade@aol.com
ASSISTANT: Stephen Boesch

DSE Coordinators

MEMBERSHIP Richard Finley
diomo@juno.com

EQUIPMENT Bob Marty

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

LOST & FOUND
George Sacco gsgasacco@yahoo.com

FOLDING SESSION
Fred Haber *dsefred@yahoo.com*

KIDS' RACE DIRECTOR
George Rehmet
georgerehmet@yahoo.com

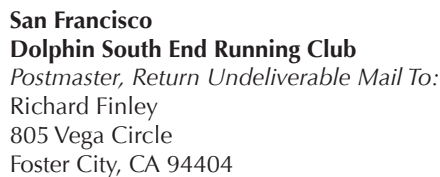
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed *RunKenRun@aol.com*

DD CLOTHING
Yong Cho yongdse@yahoo.com

New ♦ ♦ ♦
♦ ♦ ♦ Members

19	Jack Major
20	Ed Baumgarten
21	Barry Sacks
22	Robert Ross
	Charlie Zaporolli
23	Bob Bowman
	Rob Kay
24	Lisa Griffin
	Ellen Powell-Herlaar
26	Hannah Blumenstiel
27	Peter Antonini
	Nicholas Cannata-Bowman
	Jim Gallagher
29	Patricia Baker
	Jay Thomas
30	Gregg Whitnah
31	Jason Langkammerer
	Ian Reid

HUNTINGTON, WV
John Peterson



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!