

September 2005

## George Rehmet

In both races, it was the 60 year old men who ruled. Steve Stephens had a repeat win in the half marathon despite having his handicapped start chopped by 10 minutes for this year. In fact, he

The top 8 runners in each race were given shell necklaces that were

All participants  
got bottles of  
Smart Water,  
Snickers Marathon  
bars, and

The top winners got subscriptions to *Trail Runner* magazine. Not a bad deal.

Thanks to all the volunteers who

*Continued on page 3*



### Half Marathon start for men 60 and over

**Photo by Calvin Chan**

Race Results .....	4-6
DSE at the Races.....	6
Notices and Letters .....	8
Classic Stu-Peds.....	8
Volunteers Needed.....	9
Monthly Running Schedule .....	10
Unofficial Training Runs .....	10
Membership Info & DSE Officers .....	11
Folding Session & Weather .....	11
Birthdays & New Members.....	12

◆ ◆ ◆ KEVIN LEE

Approximately 75+ club volunteers and guest were fortunate to attend the annual DSE Volunteer Appreciation Picnic. In spite of overcast weather, this volunteer appreciation picnic was an enjoyable experience filled with mutual warm feelings fueled by an abundance of good hot food,

*Continued on page 2*

# GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

*This month we profile one of DSE's favorite couples—Liese and Wally Rapozo. You can find them at most every DSE race, either walking/jogging the course or offering up their invaluable volunteer services. With over 30 years of running experience each, they have many fascinating tales to tell. They are the kind of adventurous, life-loving people that many of us younger folks wish our own parents had been more like (no bingo games or sedate rounds of golf for these two!).*

The Rapozos joined DSE in 1976, about a year after they began running and after listening to Walt Stack at a lecture. Liese's first race was a 4 mile cross country run at Foothill College. Her second race was Pike's Peak! (Does this mean Liese had no fear or just didn't know any better?) Wally's first race was a 10K in Alameda, which a friend coerced him into doing. In Wally's own words: "I thought I would die!" He, too, made a huge leap with his next race, completing the San Francisco Marathon in 1976.

In all, they have run 27 marathons, many of which have been in some very interesting places—Honolulu, Vancouver, Mexico City, London, New York, Big Sur. Then they made the switch to ultra runs, after a friend told Wally that they were easier than marathons—no guilt if you had to walk, lots of food at the aid stations, etc. Wally has completed 31 ultras (no specific numbers from Liese), including 5 finishes at the American River 50M. The first time he ran the AR 50 he was worried that he wouldn't make the cutoff and miss receiving the coveted finisher's jacket. No worries, though—he finished more than 90 minutes ahead of the cutoff and got his jacket!

Liese has had some interesting adventures out on the trail. One time she was running the Sunmart Texas Trail Run, lost the trail lights and ended up in a pitch black forest at night. When she doubled back to the road, she wound up headed in the wrong direction—towards the Huntsville Penitentiary! One time at the Practice Dipsea she lost the trail and ended up seven miles south of Stinson Beach! At both Double Dipsea and Practice Dipsea, she took a serious enough fall to require a trip to the emergency room and, to her chagrin, the same doctor was on duty both times!

In more recent years, Liese and Wally have taken up the sport of biathlon (running and shooting in summer, and skiing and shooting in winter). These events have taken them from the extreme altitude and heat in Colorado (9,000 feet and 108 degrees!) to the harsh Alaskan winter, where they had to trudge uphill in snowshoes. Once during a biathlon in Anchorage, a huge bull moose came and stood right in front of Wally on the trail. A fellow competitor called out, "Don't get him mad!" so Wally just stopped and waited until the moose walked away.

In 2003, Wally was inducted into the Pacifica Sports Hall of Fame in recognition of his many years of running and the multiple marathons and ultras he has completed.

*continued on page 3*

---

## ◆◆◆◆◆ 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*

beverages and picnic fun. I would like to send out a special THANK YOU to Janet and Steve Nissenson and Calvin Chan for sacrificing their fun and enjoyment to help coordinate, cook and run this year's picnic. Special thanks also to Bobby Marty and George Sacco for their help with transporting picnic supplies. Please remember that picnic invitation is for volunteers only, so please volunteer often. I hope to see you all at next year's Volunteer Appreciation Picnic.

### SEPTEMBER RACE SCHEDULE

Welcome back everyone; you should be very well rested from your summer vacation. We know running is a labor of love for you. Therefore DSE has a great suggestion—please join us on Labor Day weekend for the 9/4 Potrero Hill 4 miler. You can practice running SF's other less known crooked street, before you are able to "Straighten up and Fly Right." Week by week, DSE will gradually build up your running endurance with longer DSE races. Running the 9/11 GG Park Kennedy Drive 8K will place you half way to achieving your goal. After completing the 9/18 Fort Point Promenade 7.13 miler your running confidence level should be sky high. 9/25 is DSE Test day; are you up for the big challenge of the 6 Hour Distance Classic? Challenge yourself to run one lap or up to 50 laps around the upper Polo Field dirt track. If this is the Distance Classic's last hurrah, go on record by being a race participant.

### NOMINATION OF 2006 DSE OFFICERS SEARCH CONTINUES

Much like the TV networks, DSE is now searching for potential 2006 DSE Officer nominees for the following 5 DSE Officer positions: President, Sr. VP, 2nd VP, Secretary and 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. Please forward nominations to either Fred Haber at 415-595-3459 or [dsefred@yahoo.com](mailto:dsefred@yahoo.com) or Ken Reed at 415-810-3832 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com). Please see DSE Officers Duties in the August newsletter.

*continued on page 3*



**Coastal Trail Challenge**  
*continued from page 1*

made the race go smoothly, and special thanks to Kevin Lee for marking the entire course and doing the results. In the next newsletter, results will be published again with the actual times.

Next year's race is tentatively scheduled for July 9, 2006.

Overall, people had a wonderful experience, as demonstrated by this email that was sent to me:

"Thanks for the race. Nice group, nice volunteers, good low key race, tough course (as I don't trail run enuf/just road run) but beautiful and interesting—but the thought of doing those sand stairs again in the 1/2 is a pain." — Colette Weil



**The endless sand ladder at Baker Beach**  
Photo by Don Watson



**Down the stairs to Baker Beach**  
Photo by Don Watson

## Future of Distance Classic Race

*Janet Nissenson*

Over the past few years, the Distance Classic event has been one of our lowest attended races. Attendance projections thus far do not indicate this will change for the 2005 race. Conversely, the Distance Classic requires an extraordinary number of volunteers to support the race. For the 2004 event, we had one volunteer for approximately every 2.25 runners. In addition, George Rehmet, who has valiantly served as Race Director of this event for many years, now has increased work and family obligations and will no longer be able to coordinate this event after this year.

We are issuing an appeal to those DSE members who want to see the Distance Classic continue in future years. We need someone to volunteer to take over as Race Director for this event, a job that is considerably more complex and time consuming than being a Race Director at a regular weekly race. The responsibilities of the Distance Classic Race Director would include (but not be limited to): design of application, tracking of registrations (both mail and online at *active.com*), recruitment of volunteers and determining their assignments, purchase of beverages and food for race day, purchase of awards, and coordination of the equipment needed for the race.

If you are willing to volunteer to take on this assignment and keep the Distance Classic going, please contact Kevin Lee at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or telephone 415-751-9653. We need a volunteer to step forward by September 30, 2005 in order for the Distance Classic to remain on the 2006 Race Calendar.

## Future of Kids' Races

*Janet Nissenson*

As mentioned in George Rehmet's article in the August newsletter, he is stepping down at the end of this year as the Kids' Race Director due to increased work and family obligations. George has done a wonderful job for 9 years now in this position and we know that everyone in DSE appreciates his efforts tremendously.

Thus far, George's appeal for a replacement has not been answered. As he stated, the job of Kids' Race Director could easily be split between two people, each person taking charge of only 6 races a year rather than 12. If you are willing to take on the job either on a full-time (12 races a year) or part-time (6 races a year) basis, please contact Kevin Lee at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653.

If no one steps forward to take on this job by the end of October, then we will regretfully have to drop the monthly Kids' Runs from our 2006 race calendar. A few Kids' Runs would still be held throughout the year on special occasions such as St. Patrick's Day, Easter and Halloween, but the monthly runs and end of the year awards would be discontinued until such time as a permanent Kids' Race Director could be found.

The Kids' Runs are a unique and special part of DSE. Please help us to continue holding these runs by stepping forward as the new Kids Race Director. Thank you!

### FROM THE PRESIDENT'S DESK

*continued from page 2*

#### 2006 RACE SCHEDULING REPORT

Without going into too much detail about the 2006 Race Scheduling Meeting, I am happy to report some changes to the 2006 Race Schedule. Three new races have been added, Sawyer Camp Trail 5K/10K, DSE 40th Anniversary 5K and a Lake Merced 1/2 marathon. New twists were to streamline several races into 10K format and address the future of the Distance Classic. For more in-depth race scheduling disclosure, it is advisable to attend the upcoming Fall General Meeting on 9/11.

### GREAT ACHIEVEMENTS IN RUNNING

*continued from page 2*

The Rapozos have also run in South Africa, Belgium and Ireland, and many of the 50 states. They are thankful to still be participating in the sport after over 30 years, and are grateful for the friends they have made all over the world. They wouldn't their running memories for anything in the world!

*Remember— if you would like to share your running profile with DSE members, please email Janet at [jlissenson@aol.com](mailto:jlissenson@aol.com) or mail to 1214 Oddstad Blvd, Pacifica CA 94044.*



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

August 7, 2005

Memorial Run, 4.5 miles

**Race Director:** Elaine Koga

**Volunteers:** Robert Brizuela, George Sacco, Marian Lyons, Bill Woolf, Selma Vincent, Lucy Wing, Richard Hannon, Mort Weisberg, Patrick Lee, Bobby Marty, Shannon Luppino



Race Director Elaine Koga

Photo © Paul Mosel

PL	NAME	AGE	TIME
1.	John Sullivan	39	26:18
2.	Tori Tyler ①	18	27:30
3.	Mark Janes	30	27:32
4.	Mike Slaubaugh	45	27:39
5.	Adam Lucas	38	28:18
6.	Steve Stephens	61	28:22
7.	Kevin Fry	26	30:12
8.	Daryl Luppino	45	30:57
9.	Devin Wolfe	37	31:49
10.	James Eales	45	32:41
11.	Wayne Plymale	53	32:51
12.	George Baptista	62	33:09
13.	Hashim Bashiruddin	48	33:13
14.	Joel Rizzo	39	33:16
15.	Noe Castanon	34	33:26
16.	Amy Sonstein ②	35	33:33
17.	Paul Mosel	63	34:41

18.	Jim Hopkins	50	34:45
19.	Adrian Jue	23	34:57
20.	Male Runner		35:10
21.	Jesse Ladd Spantger	33	35:15
22.	Hilary Fong ③	46	35:17
23.	Rick Nippes	57	35:53
24.	Camille Kelley ④	18	36:06
25.	Mark Kelley	49	36:07
26.	Julius Schillinger	58	36:45
27.	Steve Nissenson	57	37:23
28.	Gregory Brown	56	37:35
29.	Sue Aeberli ⑤	36	37:38
30.	Chris Kalos	28	37:44
31.	Carlos Henriquez		38:35
32.	Jack Bascom	64	38:42
33.	Janet Nissenson	45	38:48
34.	Thomas Smiley	47	39:13
35.	Fran Breslauer	64	39:31
36.	Russell Breslauer	60	39:32
37.	Peking Duck	50	39:52
38.	Santhana Satagopan		40:06
39.	Guy Murtagh	56	41:25
40.	Lorrie Kalos	44	41:27
41.	Jeff Ellison	36	41:40
42.	Suzana Seban	51	42:09
42.	Norman Ching	55+	42:53
43.	Susan Herder	40+	43:06
44.	Olivia Horgan	32	44:03
45.	Joseph Connelly		44:04
46.	Jim Kauffold	67	44:16
47.	Henry Nebeling	72	44:27
48.	Denise Kalos	43	44:42
49.	Kristen Hopkins	20	44:43
50.	Kay Teiber	66	45:51
51.	Kristen Henry	29	45:58
52.	Jacob Pszonowsky	30	45:59
53.	Rosa Murtagh	40	46:04
54.	George Sacco	67	47:56
55.	Evelyn Martinez		50:47
56.	Joan Tyler	50	50:47
57.	Jeff Houston	47	51:33
58.	Ted Vincent	69	1:01:18

#### SELF-TIMERS

Liese Rapozo	77	
Wally Rapozo	77	
Phyllis 'Saida' Nabhan	58	
Doerte Murray	64	
David Klinetobe	44	
Jim Pommier	72	
Bob Theis	77	
Richard Hannon	69	
Ellen Breslauer	57	
Dan Breslauer	63	
Don Watson	76	
Tom Boyd	59	
Tony Stratta	75	1:26:30

August 21, 2005

Golden Gate Park Cross Country 5K

**Race Director:** Marie Appel

**Volunteers:** Kevin Lee, Bobby Marty, George Sacco, Janet Nissenson, Richard Hannon, Richard Finley, Eduardo Vazquez



Race Director Marie Appel

Photo © Paul Mosel

PL	NAME	AGE	TIME
1.	Sean Gross	26	17:22
2.	Adam Lucas	38	19:12
3.	Randall Conner	37	19:14
4.	Ronald Lau	19	19:33
5.	Scott Murray	45	19:38
6.	Nelson Acosta	32	19:42
7.	Jeffrey Hom	22	20:25
8.	Jerry Flanagan	39	20:34
9.	Go Fast	50	20:36
10.	Jack Dulmes	31	20:40
11.	Wayne Plymale	53	20:44
12.	Hashim Bashiruddin	48	21:22
13.	Gavin Grace	20	21:24
14.	Daryl Luppino	45	21:25
15.	Carrie Gross ①	24	21:29
16.	Sam Schwemer	13	22:09
17.	John Shon	32	22:18
18.	Robert Frey	26	22:27
19.	Michael Edelstein	47	22:31
20.	Kennet De Silva	23	22:42
21.	Francis Dy	32	22:58
22.	James Eales	45	23:09
23.	Veronica Andreoli ②	34	23:24
24.	Rich Stillers	60	23:28
25.	Ken Klein	52	23:33
26.	King Wayman	56	23:34
27.	Christopher Kraemer	52	23:35
28.	Paul Mosel	63	23:49
29.	John MacLean	37	24:03
30.	Noe Castanon	34	24:07
31.	Patrick Lee	57	24:09
32.	Eric Park	59	24:23



33. Leo Tenenblat	29	25:10
34. Hilary Fong ③	46	25:22
35. Rick Nippes	57	25:28
36. Carl Menabe	40	25:32
37. Lina Morris-Khatib ④ 40+		25:37
38. Lorna MacLean ⑤	31	25:39
39. Greg Duncan	24	25:50
40. Sam Roake	69	25:52
41. Robert McPhail	40	25:58
42. Steve Nissenson	57	26:00
43. Jack Vidosh	65	26:14
44. Kathleen Yech	54	26:27
45. Jeff Minick	30	26:50
46. Jack Bascom	64	27:00
47. Ingrid Cotoros	26	27:05
48. Jim McBride	62	27:13
49. Katharine Schofeld	24	27:22
50. Thomas Smiley	47	27:32
51. Sam Stevenson	71	27:37
52. Bob Morris-Khatib	52	28:26
53. Gregory Brown	56	28:27
54. Laurie Wright	25	28:29
55. Peter Royce	70	28:37
56. Ginny Tice	18	29:07
57. Joseph Connelly	43	29:19
58. Suzana Seban	51	29:20
59. Debbie Frankle	28	29:24
60. Kenneth Fong	43	29:44
61. Michael Crossley	34	29:49
62. Gary Waller	71	29:55
63. Greg Tice	48	29:58
64. Susan Blair	46	30:04
65. Deborah Thorne	29	32:20
66. Jim Kauffold	67	32:24
67. Bob Bean	63	33:13
68. George Sacco	67	34:40
69. Bruce Oliver	77	35:36
70. Tim Oliver	39	36:42
71. Roxanna Pezzy	45	36:53
72. Jane Colman	62	37:37
73. Karen Wolpard	55	38:49
74. Carrie Edwards	34	38:50
75. Evelyn Martinez	57	42:08
76. Bob Theis	77	44:13
77. Shannon Luppino	9 1/2	50:08

#### SELF-TIMERS

Tony Stratta	75	57:40
Tom Boyd		59
Don Watson		76
Phyllis 'Saida' Nabhan	58	
Jim Pommier		72
Doerte Murray		65
Richard Hannon		69
Wally Rapozo		77
Liese Rapozo		77
Ray Piva		79

August 28, 2005

### San Francisco Coastal Trail Challenge Half Marathon and 10K

#### Handicapped Race

**Race Director:** George Rehmet

**Volunteers:** Kevin Lee, Bobby Marty,  
Janet Nissenson, George Sacco, Marie  
Appel, Fred Haber, Yong Cho, Doerte  
Murray, Megan Nguyen, Jim Pommier,  
Priscilla and Henry Black, Shannon  
Luppino, Keith Nowell, Calvin Chan,  
Janice Rensch



Coastal Trail Challenge Race Director  
George Rehmet

Photo by Calvin Chan

**NOTE:** These are preliminary results, based on the finishing clock times. Full results with both clock times and actual times based on handicap start times will be published in next month's *DSE News*.

#### Half Marathon

PL	NAME	AGE	TIME
1.	Steve Stephens	61	1:18:45
2.	Pete Nowicki	47	1:29:09
3.	Linda Grossman ①	40	1:29:36
4.	Theo Jones	66	1:33:35
5.	Glynn Evans	49	1:36:26
6.	Peter Lee	20	1:37:10
7.	Daryl Luppino	45	1:37:17
8.	Sina Aboutalebi	24	1:39:47
9.	Colin Heckman	20	1:43:02
10.	Louchlainn O'Shea	30	1:44:26
11.	Jerry Flanagan	39	1:44:26
12.	Sam Roake	69	1:44:27
13.	Galen Pewtherer	34	1:44:42
14.	Peter Coward	41	1:44:43
15.	David Klinetobe	44	1:45:54
16.	Zack Scott	32	1:48:41
17.	John Vidosh	65	1:49:20
18.	Nathan Avery	20	1:50:31
19.	Chris Kraemer	52	1:50:42
20.	Lucy Wing ②	48	1:51:17
21.	John Bovich	40	1:51:31
22.	Rosette Nguyen ③	33	1:52:41
23.	Burton Lee	33	1:52:47

24. Derick Fay	37	1:53:11
25. Joe Marshall	28	1:54:00
26. Rene Menjivar	48	1:55:06
27. Wendy Newman ④	55	1:55:22
28. Harry Tam	31	1:55:29
29. Salina Yeung ⑤	38	1:55:38
30. Brian Halpin	25	1:56:56
31. Megan Smirti	24	1:57:29
32. Peter Royce	70	1:57:37
33. Sara Ecclesine	32	1:58:55
34. Noe Castanon	34	2:00:29
35. Christina Willis	20	2:01:05
36. Karl Doyle	33	2:02:25
37. Edward Ziskind	34	2:02:31
38. Anthony Pizano	36	2:02:37
39. Fernando Cubillos	34	2:06:28
40. Thomas Smiley	57	2:08:40
41. Elizabeth Hanlein	24	2:08:42
42. Brie Reybine	66	2:08:46
43. Melissa Monahan	29	2:09:01
44. Julie Theriault	33	2:09:05
45. Laura Reed	34	2:11:32
46. William Woolf	70	2:11:57
47. Roni Kornitz	49	2:14:33
48. Frederic Ireland	48	2:15:00
49. Jeanette Welsh	35	2:15:40
50. M. Goodrich	33	2:15:47
51. Colette Weil	53	2:15:58
52. Elizabeth McRice	21	2:18:12
53. Joann McRice	50	2:18:13
54. Robert Avey	38	2:19:02
55. Mort Weisberg	68	3:00:00
56. Evelyn Martinez	57	3:00:00

#### SELF-TIMERS

Jay Baum	44
Matthew Drury	35
Ted Wohr	35
David Hasselwood	30
Warren Dowd	35
Aaron Reuter	31
Caroline Dowd	35
Scott Irwin	26
Kathryn Watson	30
Alison Abbey*	25 1:41:20

\*Uncertain whether or not Self-Timer

#### 10K

PL	NAME	AGE	TIME
1.	Art Liberman	64	43:46
2.	Cyrus Saffale	25	45:41
3.	Keith Johnson	67	45:45
4.	Bradley Matthews	26	45:46
5.	James Eales	45	46:06
6.	Stephen Tracy	42	47:24
7.	Hashim Bashiruddin	48	48:10
8.	Amy Sonstein ①	35	48:36
9.	Ken Klein	52	49:29
10.	Hilary Fong ②	46	49:44

continued on page 6

continued from page 5

11. DeSilva Kennet	23	51:24
12. Patrick Lee	57	52:57
13. Sylive Liberman ③	25	53:14
14. Tom Murphy	32	53:52
15. Joe Spencer	50	54:29
16. Thomas McManuss	35	54:35
17. Mariah Paone ④	29	54:42
18. Rosanna Saffale ⑤	29	55:01
19. John Saaviano	30	58:17
20. Susanne Steggerda	34	59:15
21. Chris Mentzel	31	1:00:39
22. Saul Macias		1:00:57
23. Melinda Kamariotis	34	1:01:07
24. Gary Brickley	52	1:02:25
25. Karl Amrhein	33	1:03:17
26. Robert Worley	38	1:04:28
27. Marybeth Sharpe	39	1:04:57
28. Katie Ward	32	1:04:58
29. George Sacco	67	1:07:33
30. Lauren Higgins	29	1:07:42
31. Megan Beaudet	30	1:07:43
32. Britt Gardner	36	1:07:47
33. Robert Kim	34	1:08:16
34. Dennis Hassler	71	1:10:23
35. Marcia Martin	53	1:12:08
36. Mark Rem.igio	39	1:12:13
37. Paul Phojanakong	34	1:12:13
38. Jane Colman	62	1:12:44
39. Harry Cordellos	67	1:13:10
40. Jim Kauffold	67	1:13:10
41. Bruce Oliver	77	1:28:59

#### SELF-TIMERS

Norman Ching	58
Tracy Purrington	45
Jim Omura	64
Don Watson	76
Wally Rapozo	77



Lucy Wing running through the fog  
on the Coastal Trail Challenge  
Photo by Don Watson

## DSE AT THE RACES

### Fleet Feet Mile, Davis, July 10

PL	NAME	AGE	TIME
97	Tyler Abbott	44	5:22.5
220	Tom Bennett	57	6:49.6

### San Francisco Marathon, July 31

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
78	Tom Knauer	43	16	M40-44	3:08:18
261	Eduardo Vazquez	32	41	M30-34	3:24:17
1161	Lucy Wing	48	17	F 45-49	3:56:26
1589	Sam Roake	69	4	M65-59	4:08:31
1697	Robert Moser	35	286	M35-39	4:11:53
1720	Boku Kodama	55	65	M55-59	4:12:24
1757	Marian Lyons	58	5	F 55-59	4:13:11
2348	Noe Castanon	34	281	M30-34	4:27:29
2685	Heather Yeowell	65	1	F 65-69	4:35:41
3070	Mark Kelley	48	305	M45-49	4:45:38
3140	Lisa Griffin	40	138	F 40-44	4:47:31
3498	Kazumi Shimoyama	38	477	M35-39	4:58:49
3652	Peter Royce	70	6	M70-74	5:04:01
4230	David Yeowell	68	19	M65-69	5:36:36
4594	Edward Bruno	56	188	M55-59	6:08:28
4601	Calvin Chan	54	272	M50-54	6:09:05
4856	Elaine Gecht	61	19	F 60-64	7:33:26
4871	Elaine Koga	63	21	F 60-64	8:17:03

### San Francisco 1st Half Marathon, July 31

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
106	Melody Davila	24	4	F 20-29	1:37:38
323	Gaylord Davila	30	110	M30-39	1:47:04
502	Thura De Lopez	40	24	F 40-49	1:54:33
828	Christopher Kraemer	52	60	M50-54	1:58:23
1040	Rene Menjivar	48	169	M40-49	2:01:57
1331	Kat Powell	54	18	F 50-59	2:06:42
1388	Wes Thurman	33	362	M30-39	2:07:30
2178	Kenneth Fong	43	304	M40-49	2:20:16
2828	Irene Pleasure	40	286	F 40-49	2:33:00
3799	Tony Stratta	75	9	M70-99	4:12:52

### San Francisco 2nd Half Marathon, July 31

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
60	Andrew Block	42	10	M40-49	1:30:55
188	Jim Buck	62	3	M60-69	1:41:13
295	Vincent Giacomini	41	51	M40-49	1:46:06
307	Brad Spielman	37	100	M30-39	1:46:52
351	Adrian Jue	23	51	M20-29	1:48:56
608	Paul Mosel	63	13	M60=69	1:57:41
1103	Joseph Connelly	43	149	M40-49	2:16:40
1246	Janet Fry	26	174	F 20-29	2:22:41
1507	Patricia Baker	44	136	F 40-49	2:40:03

### San Francisco Marathon 5K, July 31

PL	NAME	AGE	TIME
21	Kevin Fry	26	19:56

There were also quite a few DSE members working at aid stations, especially at the DSE-sponsored water stop in Golden Gate Park.

continued on page 9

## GETTING A "GOOD WORKOUT"

*Ted Vincent*

Trudging around Lake Merced, I noticed I wasn't jogging as fast as some people were walking. I sped up to catch a walking couple and my body had that fine feeling of an elevated heart rate and heavy breathing. I pumped my arms and it seemed I was really racing. Lately, this latching onto a walker thing had been happening often. I decided what an old codger in my shape needed for a good workout was a big bunch of brisk walkers.

On the twenty-fifth of August, I found the perfect bunch. I had dropped Selma off at her ophthalmologist job a half mile down Shattuck Avenue from the main Berkeley BART station, and rather than drive off, I decided to do my morning slog downtown. It was 8:00 AM and there on Shattuck were a gaggle of fast walkers heading for BART, many more walkers than at Lake Merced, Golden Gate Park, or Lake Merritt. Paces varied widely, and I fell in with the sort of brisk crowd.

I was warmed up by the time I got to BART, out of which popped a bunch of people heading up hill to the University of California. This was surprising since it was only the "Welcome Week" before classes start. I fell in behind a really brisk walker. Fortunately for my workout she went all the way up to Boalt Hall at the far end of the campus. I crossed over the top of campus to seek out one of the North Side banker types who might be heading down for BART. A rather middle-aged woman in nearly spike heels came by carrying a briefcase. How she walked so fast with those heels I'll never know. But she got me back to BART. Another trainload was emerging, and I could have made another go at U.C. but decided I had had enough fun for one morning.

## A RUNNING "NUN" STORY

*Mike Pechner*

The DSE has truly been blessed not only with good runners but with people who have led exceptional lives. Of course our founder, Walt Stack was one of those people, and just as he was our inspirational leader, Sister Marion Irvine was DSE's spiritual leader.

Sister Marion joined the club shortly after she took up running in 1978 and was an instant favorite with everybody in the club, including Walt. Most folks knew that Walt was an agnostic and didn't care much for organized religion, so the seeds for fireworks between Sister Marion and Walt were there. However, such was not the case—in fact the two got along beautifully. I'll go as far to say that they complemented each other.

Walt could be a little gruff at times, and with language saltier than the Pacific, he could intimidate almost anyone. But not Sister Marion; she had no problem speaking Walt's language....so to speak! I, like most mortals in the Club, stand in awe of Sister Marion. She is one of my best friends, advisor and mentor. I have never met someone kinder or friendlier than Sister Marion Irvine. Despite the 1960s TV show called "The Flying Nun" with Sally Fields, Sister Marion is the personification of latter day nun portrayed by Ms. Fields. If anyone could claim God helped her to run smarter and faster, it would be Sister Marion.

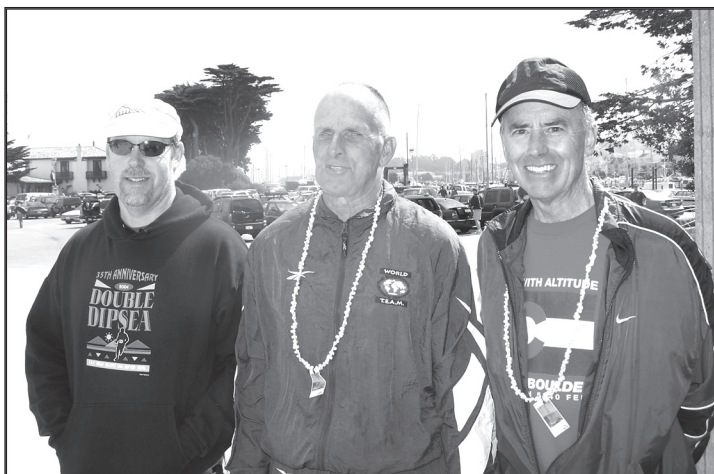
Her records and best running times during her 15 year running career are the stuff legends are made of. However, Sister Marion Irvine will be best remembered as a humanitarian in the best tradition of Sister Teresa. Sister Marion serves as Promoter of Social Justice for the Dominican Sisters, a new Ministry in Marin County, and has made numerous trips to Central American in a humanitarian capacity.

She has an M.S. in Education and has been a principal, teacher, educator and advisor for a long list of Catholic schools throughout the Bay Area, as well as serving on the Board of Directors or as a trustee. She is a world class motivational speaker and lecturer.

In 1984, she qualified and ran the marathon in the Olympic Trials in Los Angeles at the tender age of 54, setting a record at that time of 2:51:01. Another DSE legend whom I will profile next month, Retired U.S. Army Brigadier General Len Wallach, was the Race Director for the marathon at the 1984 Los Angeles Olympics.

Needless to say, Sister Marion has set many women's masters records over the years. Here are some of her best times: 5K, 19:13; 8K, 31:16; 10K, an amazing 37:43; 15K, 58:41; 20K, 1:26:24; 25K, 1:51:53. She has done 10 miles under 63 minutes, 20 miles in 2 hours and 12 minutes, and a half mathon 1 hr and 23 minutes. She has done the Pikes Peak Ascent four times and ran 250 miles in 10 days from Santa Barbara to Tijuana, Mexico. Needless to say, she is in the Road Runners Hall of Fame and the Masters Track and Field Hall of Fame.

Her best times and records were all set after the age of 54, making Sister Marion truly one of the greatest Masters runners of all time!



Coastal Trail Challenge Volunteer Fred Haber with 10K finishers  
Harry Cordellos and Jim Kauffold

Photo by Calvin Chan



## ◆◆◆ Notices ◆◆◆

### Update on Visitor Information Section on DSE Website

*Janet Nissenson*

Our new Visitor Info section on the DSE website continues to progress, as does an overall upgrade to the website which we hope to launch sometime this fall.

Many thanks to Henry and Priscilla Black for sharing their copy of a wonderful book entitled *Bay Area Runners Guide*, which includes some great maps and descriptions of running courses all over the Bay Area. A number of these courses will be included on the website.

Also, thanks to Sandra Seiki for a great suggestion: that since there are so many foreign visitors to San Francisco we provide a contact list of DSE members who speak various languages, including American Sign Language, German, French, Chinese, Russian, Japanese, Italian, Tagalog, etc. If you speak one of these or any other language and would be willing to have either your telephone number or email address listed as a contact on the website, please let me know at [jlnissenson@aol.com](mailto:jlnissenson@aol.com).

Please continue to email me with your suggestions for the Visitor Info site, including interesting places to dine, good hotels for runners, or other running courses.

### CLASSIC STU-PEDS

*by Stu Ruth*



Bill Woolf climbing the steps up to the Golden Gate Bridge

Photo by Don Watson

### 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](mailto: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.



## ◆◆ Letters ◆◆

Kevin & fellow DSERs,

Many bowed heads to you and the club for your awesome support of my 100th marathon. I truly enjoyed the whole experience and can wait another 100 to go through it again (no, just kidding). But I am so pumped because Hashim and Hilary held me up for 13 miles; bless their ever-sweet hearts. Talk about angels. I will always remember that, because I was burnt when I got to them, and thought that I would never finish, but here they came out of the bushes or somewhere. I never saw them and we all just started running. They went all the way too. Please have them call or email me, because I want to thank them in person. I received flowers from Janet and Steve, which were so beautiful. The whole experience of completing my 100th has been memorable, one I will always remember. Ciao!!!

Marian Lyons



Daryl Luppino running past the bunkers just west of the Golden Gate Bridge

Photo by Don Watson

Janice Rensch keeping the runners on course at the top of the stairway

Photo by Don Watson



# ◆◆◆ 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 Sep 18 Fort Point Promenade 7.13 M, S/F Dolphin Club

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)

## 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](mailto:meganqq@yahoo.com) or 650-654-2027.

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

## DSE AT THE RACES

*continued from page 6*

### Pikes Peak Marathon, August 21

<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
Kat Powell	54	37	F 50-54	9:55:07

### Cable Car Chase, 5.47 Miles, San Francisco, August 28

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
129	Joel Rizzo	39	42	M30-39	43:40
140	Paul Mosel	63	4	M60-99	44:26
145	Adrian Jue	23	45	M20-29	44:47
192	Richard Nippes	47	12	M50-59	46:41
442	Maryam Farzad	31	52	F 30-39	57:53
453	Barbara Robben	71	3	F 60-99	59:00



DSE volunteers at the annual Volunteer Appreciation Picnic, August 14, 2005  
Photos ©2005 Paul Mosel

## From the DSE Newsboard

*Many thanks to DSE member and Team Slug President John 'Hitman' Harper for forwarding his story to us, and to Janet Nissenson for posting it on the DSE Newsboard.*

My Grandmother was a Stack. Her father, Hugh Stack, lived with Seebee Stack. Seebee had a son named Walter 'Walt' who was born in the 1800's. Walt was a drinker and murderer. He got away with murder at least two documented times. He was finally shot in the back of the head 'self defense' by an in-law. Walt was 28 years of age at the time and a hard drinker and a highway man. Walt had a son named 'Walt' who moved out west. Namely San Francisco. There were cousins that went with him.

I had always stated that Walt was a cousin even though I can't for sure say so since they stayed isolated from the Eastern Stack clan until 1998 when a Barbara Parkman Stack contacted me from San Francisco. She was a great grand daughter of the murdered Walt Stack and she stated that she had a cousin named Walt Stack that had lived in San Francisco but was now dead.

I did meet the runner Walt Stack in 1982 and had my picture taken with him. He had more tatoos than I have hair on my head. I sat with him during the dinner and he told one nasty joke after another. It wasn't until almost 20 years later that I discovered that he may have been one of my lost cousins. Last year another one of my Stack cousins from San Francisco died and I was contacted by her daughters. Small world.

Claude Sinclair



# ◆◆◆ 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](http://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 change 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) Finisher's 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 Sep 4 Potrero Hill, 4 miles**

START/FINISH: 17th Street & Arkansas

START 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.

## **Sun Sep 11 Kennedy Drive, 8K**

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Middle Drive, turn onto Overlook Drive (paved path), left at Transverse Drive, right onto Kennedy Drive, turnaround at barricade on Kezar Drive. Return the same way to finish.

## **Sun Sep 18 Fort Point Promenade Run, 7.13 miles**

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run along Jefferson St. (Aquatic Park walkway up and over Fort Mason Hill, continue along Marina Blvd. right across Little Marina Green thru parking lot past stairs into the Crissy Field/Golden Gate Promenade, Stay on straightaway into the Fort Point National Historic site. Turnaround at end of parking lot (touch side of building). Return the same way to finish.

**\*\*\*KIDS RUN (1/2 mile) at 9:45 AM**

## **Sun Sep 25 6-Hour Distance Classic**

START/FINISH: Upper dirt track Southside of Polo Field, GG Park

STARTING TIME: 8:00 AM (ends at 2:00 PM)

COURSE DESCRIPTION: Run around .7881 mile oval loop on outside lane of dirt track.

ENTRY FEE: \$7 members/\$10 nonmembers, after 9/20 \$10/\$15 nonmembers (race application available in July DSE News or download from [www.dserunners.com](http://www.dserunners.com))

## **Sun Sep 25 Polo Field 5K**

START/FINISH: South side of Polo Fields in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound on Middle Drive, turn onto Overlook (paved path), left onto Kennedy Drive, left on Bernice Rogers Drive, left on Middle Drive to the finish.

## **Sun Oct 2 NO DSE RUN—Opportunity to run the Bridge to Bridge 12K**

# ◆◆◆ 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).



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](http://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, September 28, 2005

TIME: 7:00 PM

PLACE: Mary Magee  
184 - 25th Avenue  
(near Lake Street)  
San Francisco CA 94121  
415-668-1262

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](mailto:dsefred@yahoo.com).

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

September should be warmer than normal, with many fog-free days along the coast, especially during the last half of the month. As the interior valleys cool down, the coastal areas will warm up, with temperatures in the 70s and 80s for beach communities in San Francisco. The warmest weather should be at the end of the first week in September and again near the autumnal equinox. We can expect the first fall rains during the last few days of September. Otherwise, we'll have typical Indian summer 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](http://www.dserunners.com)  
WEBMASTER: Natalie Nissenson  
[sparklethenfade@aol.com](mailto: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](mailto: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](mailto:yongdse@yahoo.com)

New ♦ ♦ ♦  
♦ ♦ ♦ Members

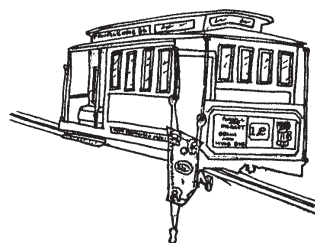
16	Trevor Aguiar
	Jim Kauffold
	Christopher Kraemer
17	Julina Moy
19	Bob Marty
20	Ashley Garriott
24	Patrick Lee
25	Henry Black
26	Andrew Bloch
	Annelle Brickley
	Richard Hannon
27	John (Hitman) Harper
28	Helen Kauffold
30	Ann Harrington
	Kevin Murano

SAN LEANDRO  
Kyoung Lee  
Sora Morey  
Juno Morey



**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!