

October 2005

*Janet Nissenson*

A couple of highlights:

- If you experience any problems in accessing the new site from your computer, please email [webmaster@dserunners.com](mailto:webmaster@dserunners.com) for assistance.



## Distance Classic runners ready for the start

**Photo by Don Watson**

◆ ◆ ◆ KEVIN LEE

Like the rest of America, DSE members are very emotional about helping the victims of Hurricane Katrina. We know that individually you may have already sent out your prayers and donations. DSE doesn't think it should stop there. At our 9/11 General Meeting, DSE members approved two motions: First, to donate all the net proceeds from the upcoming 10/30 Rainbow Falls 5K. Please mark your calendar to attend this club event; we want to make a sizable race donation.

Second, at all the remaining 2005 DSE Races, there will be a donation jar to drop off your Hurricane Katrina Relief donations. At the end of the year, DSE is looking forward to writing a very large \$\$\$\$ check to the Red Cross for Hurricane Katrina Relief Victims. Please donate whatever amount you can afford. DSE is asking you to dig deeply, but not cheaply. I am sure the Hurricane Katrina victims would wish to thank you in advance.

## OCTOBER RACE SCHEDULE

Let's get back to the art of active running. DSE would like you to join us with our Oktoberfest. There is NO DSE RUN on 10/2; instead this is an opportunity to run the Bridge to Bridge 12K. On 10/9, DSE would like to "Rock with You" at our 2nd annual Rockaway Beach 5K in Pacifica. If you are not participating at the same day 10/16 Calistoga-Santa Cruz Relays, this is the perfect opportunity to discover the back roads of the GG Park, so please join

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# FALL GENERAL MEETING REVISITED

Kevin Lee

On the fourth anniversary of 9/11, DSE held its Fall General Meeting. I am happy to announce that on this occasion DSE was able to review its past, present and future. The general membership reviewed and unanimously approved the minutes of the 12/19/04 General Meeting.

As of 9/9/05, club membership is on the decline with 341 Household memberships and 495 individuals. Discussion followed about conducting a membership drive and adding a new *Active.com* Membership link.

Upon reviewing the 2005 Year-End Club Income Statement, as of 9/5 there is \$35,679.00 of income versus \$36,440.93 of club expense. Factoring in 4th Quarter estimations, 2005 net income should be \$122.07.

Favorable race reports for 2004 Distance Classic, 2005 WS Commemorative 5K, 2005 Waterfront 10M/5K and 2005 Coastal Trail Challenge indicated well-organized races with increased race attendance and race revenue. Every year DSE sends out special thanks to DD RD Ken Reed and the 100+ DD Volunteers for staging another successful race. By far the DD has the highest race attendance, generates the most net race revenue and is the best organized race with overwhelming favorable race participation and appreciation. This is something the financial reports do not show. The 2005 DD report disclosed a 15% to 20% drop in DD race attendance. In the past, the average number of finishers has been 419. For the past two years, the average number of finishers has dropped to 350. Discussion followed about increasing race revenue via media publicity and reducing race expenses. As of 9/11, 2005 DD net income is \$2,600. This

bottom line will increase with continual DD clothing sales.

With overwhelming agreement, the club decided that the 2006 DSE Gala will again be held at the Irish Cultural Center. Stay tuned for more, to be arranged.

Pending race permit approval, DSE's 2006 DSE Race Schedule is set. In 2006, three new races will debut: Sawyer Camp 5K/10K on 1/29, DSE 40th Anniversary 5K on 5/7, and Lake Merced Half Marathon on 9/10.

With favorable discussion about the popularity of 5K and 10K races, DSE will reformat the Windmill Run into a 10K. Discussion followed on the fate of the Distance Classic and DSE Kids' Run program. Daryl Luppino has agreed to serve as the new Kids' RD.

After the Hurricane Katrina Relief motions were approved, Kevin disclosed a race proposal from a same day non-DSE Race. Fitness Games would like the DSE to reschedule or cancel its 11/13 Embarcadero 10K and join their event. It was decided that this proposal has come too close to race day, so the Embarcadero 10K will go forward as scheduled.



**RD Ken Reed and President Kevin Lee  
report on the 2005 Double Dipsea**

**Photo by Jane Colman**

## FROM THE PRESIDENT'S DESK

*continued from page 1*

DSE on its GG Park Trail 7K FUN RUN. On 10/23 you can kill two birds with one visit. Come run the new revised Stern Grove 4+ miler. DSE believes you will be pleasantly surprised with the new Stern Grove concert area and our new race course. Please attend the 10/30 Rainbow Falls 5K with its Halloween theme. DSE will be donating all the net proceeds to the Hurricane Katrina Relief Victims.

## DEADLINE FOR NOMINATION OF 2006 DSE OFFICERS

Monday October 24, 2005 is the deadline to submit nominations for 2006 DSE Officers. Please do not take it for granted that the 2005 DSE Officer incumbents will all serve another term. If you are interested or would like to nominate someone, please forward your nomination 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.

## RACE RECOGNITION

In addition to the monthly listings of DSE race results, the newsletter also lists results from non-DSE races for current club members. Kudos to Jane Colman for taking the time to track the non-DSE race listings. If you want recognition for a race that is not local or does not have results listed on the Internet, please submit your information to Jane at [janecol@earthlink.net](mailto:janecol@earthlink.net).

## RACE DIRECTOR VOLUNTEERS

This month there is no Volunteers Needed section because we have filled the RD positions for all remaining 2005 DSE races. Thank you, volunteers!

## ◆◆◆◆◆ 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)

### 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.

### 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.

### 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

# THE DISTANCE CLASSIC CONTINUES

George Rehmet

Last year, I thought that my race directing with the Bay Area Ultra Runners would be last hoorah. We had t-shirts for the first time and cool-looking plaques for the 12 Hour race last year. And for the first time, a woman won the race outright.

Now in 2005, the Distance Classic would be a coda. The race was shortened to 6 hours which was fortunate as the temperatures soared to the low 80s. It was very bright and sunny unlike last year, when it was cold and foggy.

There was entertainment as a variety of soccer games were occurring in the middle of the Polo Fields. Waiting young players would cheer the runners on and, of course, Harry Cordellos got the biggest cheers. Plus, it helped that there were port-o-johns on the upper dirt track.

We had 40 participants this year of whom a good number were 60+ males. There were several twenty-somethings which is more common now in the ultra running scene.

Several runners, including Fred Haber, Jim Kauffold, Harry Cordellos, Gene French, Hilary Fong, and Hashim Bashiruddin did a "double" by doing the Polo Fields 5K and the Distance Classic. And these special

runners stuck it out for the whole 6 hours.

In the women's race, Soon Gaal, 56, won the race with 38 laps. Soon won in 1997 with me when a good part of the race took place in the dark because it was mid-November. Judith Webb, 62, took second place. In the Distance Classic, Walt Stack's ideas of older women being in the lead became true.

The men's race was a nail-biter. Brent Cromley was in the lead for most of the race. But with less than 90 minutes left, Sean O'Toole chipped away at Brent's lead and held on to his lead to the very end. Jay Anderson came all the way up from Orange County to use this race as a practice for a 12 hour race in San Diego. He took third.

Special thanks go to Kevin Lee, Ken Reed, Calvin Chan, Jim Pommier, and Bobby Marty for covering the first half of the race without me as I had a prior commitment earlier that morning. These fine gentlemen stayed for the entire time.

I am grateful to announce that Fred Haber will be the race director for Distance Classic. After nine editions, I am happy to pass this race full of memories to a wonderful club member.



Distance Classic runners and volunteers after the race

Photo © Paul Mosel

## DSE Distance Classic 6 Hour Run

September 25, 2005

**Race Director:** George Rehmet

**Volunteers:** Jim Pommier, Ken Reed, Kevin Lee, Bobby Marty, Calvin Chan, George Saco, Selma Vincent, Megan Nguyen, Yong Cho, Phyllis Nabhan, Tony Stratta, Joel Rizzo, Don Watson, Neil Mahoney, Robert Brizuela, Henry Black, Peter Webb

PL	NAME	AGE	LAPS	DISTANCE	PL	NAME	AGE	LAPS	DISTANCE
<b>MEN</b>					22	Fred Haber	42	12	9.46
1	Sean O'Toole	21	52	40.98	23	Paul Mosel	63	10	7.88
2	Brent Cromley	36	51	40.19	24	Jim Kauffold	68	6	4.73
3	Jay Anderson	49	50	39.40	25	George Rehmet	38	5	3.94
4	Nick Todd	24	48 1/2	38.22	26	Griffin	young	3	2.36
5	Viddgut Balmer	23	48	37.83	27	Tony Stratta	75	2	1.58
6	Doug Bond	42	43	33.89	<b>WOMEN</b>				
7	George Baptista	62	41	32.31	1	Soon Gaal	56	38	29.95
8	Steve Jaber	53	34	26.80	2	Judith Taksa Webb	62	33 2/3	26.53
9	Stephen Derenzo	63	34	26.80	3	Evelyn Martinez	57	30 1/4	23.84
10	Mark Magers	47	33 1/3	26.27	4	Patricia Baker	45	30	23.64
11	Robert Archibald	48	27 2/3	21.80	5	Lana Barkhordarilann	24	27	21.28
12	Wayne Plymale	53	26	20.49	6	Marion Irvine	75	26	20.49
13	Micahel Meehan	34	26	20.49	7	Diana David	57	26	20.49
14	Robert Brizuela	65	25 1/2	20.10	8	Suzana Seban	52	20	15.76
15	Randy Cobb	50	25	19.70	9	Hilary Fong	46	20	15.76
16	Hashim Bashiruddin	48	21	16.55	10	Liese Rapozo	78	18	14.19
17	Theo Jones	66	20	15.76	11	Brie Reybine	66	17	13.40
18	Ted Vincent	69	20	15.76	12	Ingrid Ojeda	24	17	13.40
19	Harry Cordellos	67	19 2/3	15.49	13	Roxanna Pezzy		17	13.40
20	Wally Rapozo	77	17	13.40	14	Jane Colman	62	10	7.88
21	Gene French	59	13	10.25	15	Samantha Jaber	9	1	0.7881



# COASTAL TRAIL CHALLENGE FINAL RESULTS

August 28, 2005

**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

## HALF MARATHON

PL	NAME	AGE	TIME	HEADSTART MINUTES	ACTUAL TIME
1.	Steve Stephens	61	1:18:45	20	1:38:45
2.	Pete Nowicki	47	1:29:09	7	1:36:09
3.	Linda Grossman ❶	40	1:29:36	15	1:44:36
4.	Theo Jones	66	1:33:35	20	1:53:35
5.	Glynn Evans	49	1:36:26	7	1:43:26
6.	Peter Lee	20	1:37:10	0	1:37:10
7.	Daryl Luppino	45	1:37:17	7	1:44:17
8.	Sina Aboutaleb	24	1:39:47	0	1:39:47
9.	Colin Heckman	20	1:43:02	0	1:43:02
10.	Louchlainn O'Shea	30	1:44:26	0	1:44:26
11.	Jerry Flanagan	39	1:44:26	0	1:44:26
12.	Sam Roake	69	1:44:27	20	2:04:27
13.	Galen Pewtherer	34	1:44:42	0	1:44:42
14.	Peter Coward	41	1:44:43	5	1:49:43
15.	David Klinetobe	44	1:45:54	5	1:50:54
16.	Zack Scott	32	1:48:41	0	1:48:41
17.	John Vidosh	65	1:49:20	20	2:09:20
18.	Nathan Avery	20	1:50:31	0	1:50:31
19.	Chris Kraemer	52	1:50:42	9	1:59:42
20.	Lucy Wing ❷	48	1:51:17	18	2:09:17
21.	John Bovich	40	1:51:31	5	1:56:31
22.	Rosette Nguyen ❸	33	1:52:41	10	2:02:41
23.	Burton Lee	33	1:52:47	0	1:52:47
24.	Derick Fay	37	1:53:11	0	1:53:11
25.	Joe Marshall	28	1:54:00	0	1:54:00
26.	Rene Menjivar	48	1:55:06	7	2:02:06
27.	Wendy Newman ❹	55	1:55:22	30	2:25:22
28.	Harry Tam	31	1:55:29	0	1:55:29
29.	Salina Yeung ❺	38	1:55:38	10	2:05:38
30.	Brian Halpin	25	1:56:56	0	1:56:56
31.	Megan Smirti	24	1:57:29	10	2:07:29
32.	Peter Royce	70	1:57:37	20	2:17:37
33.	Sara Ecclesine	32	1:58:55	10	2:08:55
34.	Noe Castanon	34	2:00:29	0	2:00:29
35.	Christina Willis	20	2:01:05	10	2:11:05
36.	Karl Doyle	33	2:02:25	0	2:02:25
37.	Edward Ziskind	34	2:02:31	0	2:02:31
38.	Anthony Pizano	36	2:02:37	0	2:02:37
39.	Fernando Cubillos	34	2:06:28	0	2:06:28
40.	Thomas Smiley	57	2:08:40	15	2:23:40
41.	Elizabeth Hanlein	24	2:08:42	10	2:18:42
42.	Brie Reybine	66	2:08:46	35	2:43:46
43.	Melissa Monahan	29	2:09:01	10	2:19:01
44.	Julie Theriault	33	2:09:05	10	2:19:05
45.	Laura Reed	34	2:11:32	10	2:21:32
46.	William Woolf	70	2:11:57	20	2:31:57
47.	Roni Kornitz	49	2:14:33	7	2:21:33
48.	Frederic Ireland	48	2:15:00	7	2:22:00



Note: The numbers ❶❷❸❹❺ next to a runner's name represent the placement of the first five female finishers.

September 4, 2005

Potrero Hill Run, 4 miles

**Race Director:** Lina Morris-Khatib

**Volunteers:** George Sacco, Bobby Marty, Selma Vincent, Martin Gutierrez, John Gregson, Richard Hannon, Marian Lyons, Don Watson



Race Director Lina Morris-Khatib

Photo © Paul Mosel

PL	NAME	AGE	TIME
1.	Roheem A. Moore	26	24:23
2.	David Davis	36	24:47
3.	Mike Lopez	47	25:43
4.	Steve Stephens	61	25:50
5.	Eduardo Vazquez	32	26:29
6.	John Woods	41	26:45
7.	Kennet De Silva	23	29:12
8.	Daryl Luppino	45	29:15
9.	David Klinetobe	44	29:30
10.	Noe Castanon	34	29:41
11.	Wayne Plymale	53	29:44
12.	George Chang	36	30:01
13.	Tyler		30:02
14.	Joel Rizzo	39	30:18
15.	Gerard Philpotts	28	30:19

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16.	Christine Lopez ❶	30:35
17.	Tom Murphy 37	30:39
18.	Paul Mosel 63	30:48
19.	Ken Klein 52	31:01
20.	Christopher Kraemer 52	31:17
21.	Santhana Satagopan	32:23
22.	Rick Nippes 57	32:43
23.	Patrick Lee 57	32:56
24.	Kathleen Lail ❷ 37	33:49
25.	Jim Haylett 25	34:07
26.	Drew Stamm 25	34:25
27.	Don Haylett 23	34:28
28.	Steve Nissenson 57	34:31
29.	Arthur Fraser 58	35:02
30.	Jack Bascom 64	35:10
31.	Janet Nissenson ❸ 45	35:30
32.	Greg Brown 56	37:43
33.	Maryam Farzad ❹ 31	37:54
34.	Gary Brickley 52	38:12
35.	Joe Connelly 43	38:31
36.	Peking Duck 50	39:21
37.	Maia Coladanato ❺ 35	40:51
38.	Calvin Chan 54	42:49
39.	Jim Kauffold 67	45:11
40.	Tim Oliver 39	47:13
41.	Aaron Low 45	47:47
42.	Jeff Houston 47	47:48
43.	Jane Colman 62	48:36
44.	Bruce Oliver 77	49:55
45.	Angie Weinberger 5	54:12
46.	Christiana Riedl 30	54:12
47.	Irma Lynn 43	54:14
48.	Shifra Gamon 52	56:39

#### SELF-TIMERS

Mort Weisberg	
Elaine Gecht	61
Bill Woolf	70
Mary Tully	
Ted Vincent	69
Richard Hannon	69
Jim Pommier	72
Richard Finley	



Running up Vermont, San Francisco's  
REAL CROOKEDEST STREET

Photo by Don Watson

#### COASTAL TRAIL CHALLENGE FINAL RESULTS

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PL	NAME	AGE	TIME	HEADSTART MINUTES	ACTUAL TIME
49.	Jeanette Welsh	35	2:15:40	10	2:25:40
50.	M. Goodrich	33	2:15:47	0	2:15:47
51.	Colette Weil	53	2:15:58	25	2:40:58
52.	Elizabeth McRice	21	2:18:12	10	2:28:12
53.	Joann McRice	50	2:18:13	25	2:43:13
54.	Robert Avey	38	2:19:02	0	2:19:02
55.	Mort Weisberg	68	3:00:00	20	3:20:00
56.	Evelyn Martinez	57	3:00:00	30	3:30:00

#### 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

#### 10K

PL	NAME	AGE	TIME	HEADSTART MINUTES	ACTUAL TIME
1.	Art Liberman	64	43:46	7	50:46
2.	Cyrus Saffale	25	45:41	0	45:41
3.	Keith Johnson	67	45:45	7	52:45
4.	Bradley Matthews	26	45:46	0	45:46
5.	James Eales	45	46:06	2	48:06
6.	Stephen Tracy	42	47:24	1	48:24
7.	Hashim Bashiruddin	48	48:10	2	50:10
8.	Amy Sonstein ❶	35	48:36	4	52:36
9.	Ken Klein	52	49:29	3	52:29
10.	Hilary Fong ❷	46	49:44	7	56:44
11.	Kennet De Silva	23	51:24	0	51:24
12.	Patrick Lee	57	52:57	5	57:57
13.	Sylive Liberman ❸	25	53:14	4	57:14
14.	Tom Murphy	32	53:52	0	53:52
15.	Joe Spencer	50	54:29	3	57:29
16.	Thomas McManus	35	54:35	0	54:35
17.	Mariah Paone ❹	29	54:42	4	58:42
18.	Rosanna Saffale ❺	29	55:01	4	59:01
19.	John Saaviano	30	58:17	0	58:17
20.	Susanne Steggerda	34	59:15	4	1:03:15
21.	Chris Mentzel	31	1:00:39	0	1:00:39
22.	Saul Macias		1:00:57	0	1:00:57
23.	Melinda Kamariotis	34	1:01:07	4	1:05:07
24.	Gary Brickley	52	1:02:25	3	1:05:25
25.	Karl Amrhein	33	1:03:17	0	1:03:17
26.	Robert Worley	38	1:04:28	0	1:04:28
27.	Marybeth Sharpe	39	1:04:57	4	1:08:57
28.	Katie Ward	32	1:04:58	0	1:08:58
29.	George Sacco	67	1:07:33	7	1:14:33
30.	Lauren Higgins	29	1:07:42	4	1:11:42
31.	Megan Beaudet	30	1:07:43	4	1:11:43

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COASTAL TRAIL CHALLENGE FINAL RESULTS  
continued from page 5

PL	NAME	AGE	TIME	HEADSTART MINUTES	ACTUAL TIME
32.	Britt Gardner	36	1:07:47	0	1:07:47
33.	Robert Kim	34	1:08:16	0	1:08:16
34.	Dennis Hassler	71	1:10:23	7	1:17:23
35.	Marcia Martin	53	1:12:08	8	1:20:08
36.	Mark Remigio	39	1:12:13	0	1:12:13
37.	Paul Phojanakong	34	1:12:13	0	1:12:13
38.	Jane Colman	62	1:12:44	10	1:22:44
39.	Harry Cordellos	67	1:13:10	7	1:20:10
40.	Jim Kauffold	67	1:13:10	7	1:13:10
41.	Bruce Oliver	77	1:28:59	7	1:35:59

SELF-TIMERS

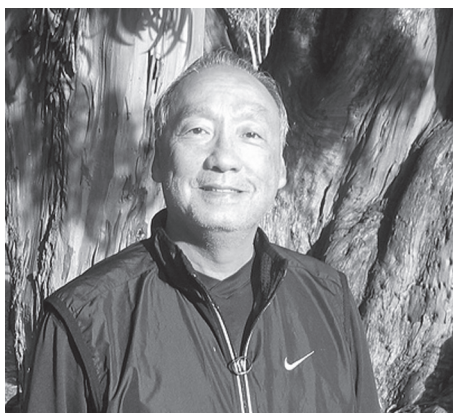
Norman Ching	58
Tracy Purrington	45
Jim Omura	64
Don Watson	76
Wally Rapozo	77

**September 11, 2005**

**Kennedy Drive 8K**

**Race Director: Norman Ching**

**Volunteers: Steve Nissenson, Bobby Marty, George Sacco, Ken Reed, Richard Finley, Marian Lyons, Richard Hannon**



**Race Director Norman Ching**

**Photo © Paul Mosel**

PL	NAME	AGE	TIME
1.	Sundance Kids	32	27:12
2.	Butch Cassidy	30+	27:41
3.	Nick Todd	24	29:27
4.	Adam Lucas	36	30:47
5.	Eduardo Vazkez	32	32:12
6.	Matthew Butrimovitz	15	32:22
7.	Ernie Rivas	55	32:39
8.	John Woods	41	32:53
9.	Marc Forde	45	33:25
10.	James Eales	45	33:30
11.	Daryl Luppino	45	33:50
12.	Jim Buck	62	33:59
13.	Kennet De Silva	23	34:21
14.	Wayne Plymale	53	35:08
15.	Noe Castanon	35	35:46

16.	David Klinetobe	44	35:47
17.	Adrian Jue	23	36:00
18.	King Wayman	56	36:06
19.	George Baptista	62	36:10
20.	Joel Rizzo	39	36:12
21.	Keith O. Johnson	67	36:42
22.	Paul Mosel	63	37:14
23.	Adrian Wong	54	37:18
24.	John Rospenda	35	37:19
25.	Christopher Kraemer	52	38:00
26.	Rick Nippes	57	38:32
27.	Hashim Bashiruddin	48	38:54
28.	Patrick Lee	57	39:05
29.	Peking Duck	50	40:08
30.	Theo Jones	66	40:53
31.	Jack Bascom	64	41:15
32.	Gregory Brown	56	41:20
33.	Janet Nissenson ①	45	41:53
34.	Patrick Mattimore		42:00
35.	D. Humphrey	29	44:07
36.	Tracy Butler ②	28	44:09
37.	Gary Bengier	50	45:32
38.	Suzana Seban ③	51	45:37
39.	Russell Breslauer	60	45:41
40.	Mariam Butrimovitz ④	54	46:00
41.	Olivia Horgan ⑤	32	47:35
42.	Mark Gardiner	38	48:11
43.	Denise Gardiner	36	48:12
44.	Evelyn Martinez	57	49:24
45.	(illegible)		49:26
46.	Jim Kauffold	67	49:52
47.	Phil Gallagher	55	50:26
48.	Hilary Fong	46	51:05
49.	Gary Davis	53	52:31
50.	Marcia Martin	53	53:13
51.	Tim Oliver	39	54:48
52.	Jane Colman	62	56:06
53.	Bruce Oliver	77	56:54
54.	Yong Cho	47	57:46
55.	Fred Haber	45	57:47
56.	George Sacco	67	1:01:24
57.	Judith Jarosz		1:03:32

SELF-TIMERS

Robert Brizuela	65	1:01:40
Tony Stratta	75	1:34:50

Bob Kovash	67
Dina Kovash	67
Don Watson	76
Ellen Breslauer	57
Richard Hannon	69
Roxanna Pezzy	45
Jim Pommier	72
Bob Theis	77

**September 18, 2005**

**Fort Point Promenade, 7.13 miles**

**Race Director: Evelyn Martinez**

**Volunteers: Richard Finley, George Sacco, Richard Hannon, Bobby Marty, Yong Cho, Kevin Lee, Don Watson**



**Race Director Evelyn Martinez**

**Photo by Don Watson**

PL	NAME	AGE	TIME
1.	Pete Nowicki	47	46:05
2.	Justin Wasielewski	31	46:29
3.	Eduardo Vazkez	32	47:10
4.	John Woods	41	47:43
5.	James Eales	45	48:51
6.	Kennet De Silva	23	49:13
7.	Elizabeth Agnew ①	23	49:37
8.	Jocelyn Weingart ②	37	49:38
9.	Thomas McManus	35	50:31
10.	Wayne Plymale	53	50:38
11.	Andrew Myers	23	51:04
12.	David Klinetobe	44	51:46
13.	Erica Odden ③	31	52:01
14.	Jim Buck	62	52:07
15.	Manish Harpalani	32	52:21
16.	Male Runner		52:25
17.	Noe Castanon	35	52:32
18.	Alicia Ferguson ④	28	52:46
19.	Joel Rizzo	39	53:01
20.	Francis Dy	33	53:47
21.	Jason Chen	29	53:56
22.	Mark Tully	40	54:12
23.	George Baptista	62	54:16
24.	Rick Nippes	57	55:09
25.	Liz Link ⑤	32	55:14
26.	Theo Jones	66	55:22
27.	Christopher Kraemer	53	55:49
28.	Patrick Lee	57	56:35
29.	Maureen Kavanaugh	24	56:53

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## DSE AT THE RACES

30. Lawrence Manuel	41	57:20
31. Arthur Lopez	28	57:42
32. Hilary Fong	46	57:59
33. Nicole Peters	38	58:22
34. Steve Nissenson	57	59:16
35. Sam Roake	69	1:00:14
36. Roni Kornitz	49	1:00:36
37. Aaron Kohr	41	1:01:02
38. Craig Meyer		1:01:06
39. Helen Chan		1:01:22
40. John Addy	38	1:01:34
41. Linda Addy	42	1:01:38
42. Bridgette Johns	22	1:02:41
43. Janet Nissenson	45	1:02:52
44. Marian Lyons	50+	1:03:20
45. Laurel Kato	44	1:03:38
46. Julius Schillinger	58	1:03:44
47. Patrick Mattimore	55	1:03:59
48. Johanna Merriss	55	1:04:23
49. Peter Royce	70	1:06:16
50. Hashim Bashiruddin	48	1:07:07
51. Gary Brickley	52	1:08:40
52. Suzana Seban	51	1:08:41
53. Bob Morris-Khatib	50+	1:09:04
54. Hannah Nichols	27	1:09:48
55. Laura Poch	39	1:13:24
56. Lili Xu	26	1:15:06
57. Laura Snow	24	1:15:07
58. Jennifer Kennedy	24	1:15:09
59. Running Rob		1:15:32
60. Greg Brown	56	1:15:33
61. Kelly Alonso	33	1:16:10
62. Krista Carlson	33	1:16:12
63. Julie Stauffer	37	1:17:07
64. Alexia Donges	24	1:18:40
65. Fred Haber	45	1:25:50
66. George Sacco	67	1:27:14

### SELF-TIMERS

Jeff Houston	47	1:19:48
Aaron Low	45	1:19:48
Robert Brizuela	65	130:00
Neil Mahoney	oldest	
Mary Tully	56	
Doerte Murray	65	
Jim Pommier		72
Richard Hannon	69	
Elaine Gecht	61	
Bob "Geezer" Theis	77	
Roxanna Pezzy		
Alan Collins		1:04:00
Ailise McNulty		1:04:00

### Kids' Run

#### Race Director: George Rehmet

Nicholas Savage	6	4:29
Tristan Savage	7	4:32
William Misener	9	4:45
Samantha Merigold	6	4:58

### Alameda Run for the Parks, August 7

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
118	Keith Johnson	67	3	M65-69	46:45
121	Boku Kodama	55	10	M55-59	47:05
370	Barbara Robben	71	1	F 70-95	1:02:19
393	Dennis Hassler	71	4	M70-95	1:03:40
450	Bruce Oliver	77	5	M70-95	1:09:47
500	Tim Oliver	39	42	M35-39	1:14:54

### Sombrero Ranch Roundup, 4.5 miles, Estes Park, Colorado, September 17

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
273	Jim Kauffold	68	4	M60-69	1:03:36

### Indian Summer 5K, Boulder, Colorado, September 18

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
70	Jim Kauffold	68	1	M65-69	33:11

### Jamba Juice 5K, September 18

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
101	Tyler Abbott	44	18	M40-44	18:14
173	David Moulton	38	13	M35-39	19:15
219	Russ Kiernan	67	2	M65-59	20:05
329	Amy Sonstein	35	20	F 35-39	22:02
272	Paul Mosel	63	12	M60-64	22:35
508	Kazumi Shimoyama	38	48	M35-39	24:56
554	Lisa Griffin	41	32	F 40-44	25:37
609	Sophia Cannata-Bowman	10	6	F 9-11	26:25
613	Bob Bowman	51	25	M50-54	26:27
629	Kat Powell	54	8	F 50-54	26:41
743	Joseph Connelly	44	57	M40-44	28:38
812	Dennis Hassler	71	4	M70-74	29:44
879	Barbara Robben	71	1	F 70-74	30:33
889	Jay Brignon	59	28	M55-59	30:41
1000	Jane Colman	62	4	F 60-64	32:56
1070	Bruce Oliver	77	2	M 75-59	34:49
1243	Kristine Lee	39	76	F 35-39	50:50

### Race for the Cure 5K, September 25

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
18	Adam Lucas	38	2	M35-39	19:06
101	Mark Kelley	49	7	M45-49	22:52
112	Paul Mosel	63	1	M60-69	23:14
146	Lucille Wing	48	4	F 45-49	24:17



Fort Point Promenade runners  
Photo by Don Watson

September 25, 2005

Polo Field 5K

Race Director: Kevin Lee

Volunteers: Don, Watson, George  
Sacco, Yong Cho

PL	NAME	AGE	TIME
1.	Kevin Fry	26	19:52
2.	John Woods	41	19:57
3.	Kennet De Silva	23	20:11
4.	Thomas McManus	35	20:24
5.	Mark Ford	40+	21:03
6.	Steve Chamberlin	34	22:03
7.	Joel Rizzo	39	22:27

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## ◆◆◆ Notices ◆◆◆

### YOU CAN NOW JOIN/RENEW YOUR DSE MEMBERSHIP ON-LINE!

For those of you who have been waiting for DSE to join the electronic age, your wait is over! Effective immediately, you can now initiate or renew your DSE membership online via the *Active.com* network. Simply go to the Membership page of this website, click on the *Active* link, and follow the directions from there. Please note that you will be charged a \$3 processing fee from *Active* but that this fee will be rebated back to you in the form of a free race entry. Simply print your confirmation from *Active*, bring it to any regular weekly race, present it at the registration table, and receive your free race entry. Please check the Monrhly Running Schedule for a list of those races when the rebate is not offered. You can still, of course, continue to join/renew via paper application and check/cash.

### TIME IS RUNNING OUT TO EARN VOLUNTEER POINTS!

You can still earn those points by signing up to fill any vacant Race Director positions for 2005, helping with registration or finish line at a weekly race, hosting a folding session, or signing up to be a Race Director for any of the January 2006 races. To volunteer as a Race Director, please contact George Sacco at [gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com). To host a folding session, please contact Fred Haber at [dsefred@yahoo.com](mailto:dsefred@yahoo.com). To help with registration or finish line at a weekly race, please contact Kevin Lee at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or Janet Nissenson at [jlnissenson@aol.com](mailto:jlnissenson@aol.com).

### WEDDING BELLS

Long-time DSE member William Galvin has let us know that he and Patricia McIntyre were married on September 10, 2005, in his new hometown of Canby, Oregon.

### 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.

## A RUNNING STORY

Mike Pechner

Highly decorated, Purple Heart Recipient Brigadier General Len Wallach's (U.S Army Ret.) military career is nearly as legendary as his running career. Like Sister Marion Irvine, whom I profiled last month, Brig. Gen. Wallach has been inducted into the prestigious "Runners World Hall of Fame" for his seven year stint as Race Director of the Bay to Breakers. Along with the late Buck Swannack (U.S. Marine Corps. Staff Sgt.), Len Wallach changed the run from disarray to military precision. He and Buck set the standard for smooth operation of a race with 80,000 participants.

But this is getting ahead of the "running story." As an athlete, Len competed in swimming in the 1948 Olympic Games and served as a swimming coach in the 1964 Olympiad. In 1976, Brig. Gen. Wallach was selected as "Running Man of the Year," during which time he set the American age group national running records for the 30 and 50 kilometer long distance runs and won a bronze medal in the Masters National Swimming

Championships. His crowning achievement, however, was as Race Director of the 1984 Summer Olympic Games in Los Angeles for the Men's and first ever Women's Marathons.

His legendary military career gave him the management skills to become one of the premier race directors on the planet. As a member and a former Past President of the DSE, Len has run the Dipsea, Double Dipsea and marathons numerous times, including the Marine Corps Marathon in Washington D.C.

Len was born in Hawaii, and is a fourth generation infantry soldier. His early education included a B.A. from San Jose State University in Journalism and Far Eastern Studies. He also has an extensive background in P.E. and taught at several universities in the Pacific Northwest. His military career spans an incredible 42 years! He entered the Regular Army at the tender age of 17. He saw action in the Philippines with the 511th Parachute Infantry Regiment of the 11th Airborne Division. It was there that Brig. Gen.

Len Wallach earned the first of his 82 war medals as a participant in a raid deep behind enemy lines, when he parachuted into Los Baños prison camp helping to liberate 2,147 POWs. His next battlefield was in Korea where he served in clandestine and special operations. He became a Civil Affairs Officer which led to his early involvement in what was later to become the Vietnam War. He worked with the French Army on problems with refugees and displaced persons. Throughout the remainder of the Vietnam War, he was under the command of the Air Force's 22nd Crash Rescue Squadron searching for downed airmen. In addition to three Purple Hearts, Len holds three Bronze Star Medals with Valor and dozens of other medals for heroism, wounds, military excellence and service.

Despite numerous operations on his feet, which have slowed his pace, Len can still be found running in the West Hills of Los Angeles with his charming and lovely wife, Diana, a nationally ranked long distance runner.



# GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

*This month we profile Greg Brown, one of DSE's most prolific marathoners, as he sets out to accomplish another of his goals—to run a marathon in each of the 50 states and District of Columbia. Greg has already achieved another lofty goal—that of running 100 marathons—way back in 2001. Since then he has run close to 40 more marathons and shows no signs of stopping. Here are some of Greg's recollections along his journey.*

Greg began running in 1987, but didn't join the DSE until 1991, when he ran a lot of races with distances from 5Ks and 10Ks up to half marathons. His toughest DSE race was the Daly City Scenic Run which runs up to San Bruno Mountain, and Greg now bypasses this race every year.

Greg's first marathon was actually his second race, which he felt he wasn't ready for but ran anyway. He finished the marathon in 4:53 and told his family he'd never run another marathon again. However, at 136 marathons and 48 states later, his goal is to complete all 50 states and the District of Columbia. As of October 1, he has only two more states left—Indiana, where he is scheduled to compete in the Indianapolis Marathon on October 15, and Massachusetts, where he will run the Cape Code Marathon on October 30.

Greg came within 1 minute of qualifying for Boston with his 3:21 finish in the 1992 Las Vegas Marathon (the qualifying time was 3:20). His best age group finish was 3rd place at the Mississippi Marathon in 2000.

He ran back-to-back marathons for an 11 year span, dating back to 1994 when he ran the Detroit Free Press Marathon in 3:57 and then the St. Louis Marathon in 3:55. St. Louis (Greg's hometown) was his second best time in 3:22. This was an extra-special race for Greg as he had family members greeting him every 6 miles and at the finish line.

His most memorable marathon was his 100th, which was right here in San Francisco. He told everyone he would run a 5 hour pace to let them keep up, but after most people dropped back he and Lucy Wing finished in a surprising 4:10. The remaining DSE runners met him at mile 22 and brought him in to the finish. Greg had purchased T-shirts

printed with the words "Greg Brown's 100th Marathon" for his DSE running partners as well as for family members in San Francisco and St. Louis. He also had friends come in from Hawaii, St. Louis and Los Angeles to run that race.

Below is a list of the years Greg ran marathons in various states:

1987 – California  
 1988 – New York  
 1989 – Oregon, Hawaii  
 1990 – Arizona, Washington, Missouri  
 1991 – Nevada, Illinois  
 1992 – New Mexico  
 1993 – Utah, District of Columbia  
 1994 – Michigan  
 1995 – Tennessee, Alabama  
 1997 – Ohio, South Dakota, Georgia  
 1998 – Florida, Louisiana, Pennsylvania  
 1999 – Colorado, Texas, South Carolina  
 2000 – Mississippi, Wyoming, Montana, Alaska, Minnesota, Wisconsin  
 2001 – North Carolina, Oklahoma, Nebraska, New Hampshire, Maine  
 2002 – New Jersey, Idaho, Iowa  
 2003 – Vermont, North Dakota, Rhode Island, Virginia, Maryland  
 2004 – Kentucky, Delaware, Connecticut, Kansas  
 2005 – Arkansas, West Virginia, Indiana (Oct. 15), Massachusetts (Oct. 30)

When people tell Greg "God bless you," he replies, "He already did!"

*With the second of his marathoning goals almost near completion, what goals will Greg set for himself next? 200 marathons? A marathon on each of the 7 continents? How many different countries he can run a marathon in? (with one already completed in Canada and another scheduled for Mexico, he's already got two accounted for!) We'll anxiously await to see what he does next! In the meanwhile, DSE congratulates Greg on his incredible accomplishments!*

## POLO FIELD 5K

continued from page 7

8. Amy Sonstein ❶	35	22:41	21. Alison Groves ❹	41	26:41	37. George Sacco	67	32:43
9. Jason Chen	29	22:48	22. Janet Nissenson ❺	45	26:56	38. Brigitte Kappler	53	32:56
10. Hashim Bashiruddin	48	22:52	23. Russell Breslauer	60	27:26	39. Michelle Green	31	33:02
11. Chris Domine	39	23:05	24. Michael Sovik	39	27:44	40. Fred Haber	45	37:38
12. Patrick Lee	57	23:30	25. Janet Fry	26	27:50	41. Chris Lamkin		37:38
13. Hilary Fong ❷	46	23:55	26. Bob Morris-Khatib	53	27:54	42. Bob Theis	77	42:00
14. Carrie Brockman ❸	25	24:13	27. Norman Ching	58	28:46	<u>SELF-TIMERS</u>		
15. Rick Nippes	57	24:36	28. Aaron Low	45	28:48	Joshua Lail	32	
16. Steve Nissenson	57	25:09	29. Michael Longwich	60	29:48	Kathleen Lail	37	
17. Gene French	59	25:11	30. Shae Domine	45	30:10	Anna Skacel		
18. Grant Kolling		25:48	31. Jeanie Jones	69	30:44	Bill Woolf	70	
19. Thomas Smiley	47	26:00	32. Kenneth Fong	43	31:00	Elaine Gecht	61	
20. Patrick Mattimore	55	26:09	33. Yong Cho	47	31:54	Ellen Breslauer	57	
			34. Jeff Houston	47	32:05	Mary Tully	56	
			35. Harry Cordellos	67	32:09	Phyllis 'Saida' Nabhan	58	
			36. Jim Kauffold	68	32:09	Tony Stratta	75	59:27

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

### **Sun Oct 9 Rockaway Beach 5K**

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

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

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

### **Sun Oct 16 GG Park Trail "FUN RUN" 7K**

START/FINISH: Transverse & Kennedy Drive Water Fountain

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

COURSE DESCRIPTION: Run northbound along dirt trail, left on westbound trail before Fulton St., left on 45th Ave. (Dutch Windmill), cross over to southbound dirt trail between Soccer Field & Great Highway. Left onto eastbound MLK Drive, left at 25th Ave. which connects onto Middle Drive, left onto 19th Avenue pedestrian path, left uphill to water fountain finish.

### **Sun Oct 23 Stern Grove Run, 4.4 miles**

START/FINISH: 33rd Avenue and Wawona Street

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave., left onto Crestlake St., left onto Sloat Blvd., left onto 19th Ave.\*, left downhill on Wawona back to start (33rd Ave.). Run second loop at 34th Ave. and Wawona, drop down through barricade to Stern Grove, travel through the entire length of Stern Grove; run uphill, exit left at 19th Avenue/Sloat, complete same upper perimeter loop of Stern Grove, return to 33rd Ave./Wawona finish. (\* Subject to possible race day change)

### **Sun Oct 30 Rainbow Falls 5K**

START/FINISH: Transverse Drive and Kennedy Drive

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

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

COURSE DESCRIPTION: Run east along Kennedy Drive, turn around at barricade at Kezar Drive, run up and around East Conservatory Drive, back onto Kennedy Drive westbound to finish.

### **Sun Nov 6 Great Highway Run, 4 miles**

START/FINISH: Lincoln Way and Lower Great Highway

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

COURSE DESCRIPTION: Run southbound on pedestrian path. Counter clockwise turnaround at Sloat Blvd. Return northbound to Lincoln Way finish.

## ◆◆◆ Unofficial Training Runs ◆◆◆

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



Distance Classic lap counters Bobby Marty, Ken Reed, Peter Webb, Jim Pommier  
Photo by Don Watson





New ♦ ♦ ♦  
♦ ♦ ♦ Members

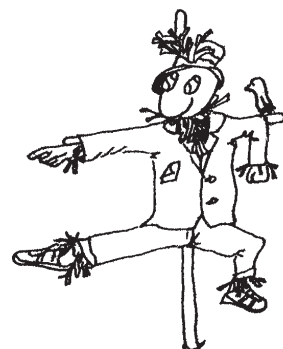
19	John F. Sullivan Paul Mosel Eric Park Vivian Rodriguez Keith Starner
20	Dirk Leu Michael Lopez Ed Olkowski
23	John Vidosh
24	Paul E. Gregson Silvia Z. McManus-Muñoz Mara Pleasure
25	John Blankenship Kazumi Shimoyama
28	Lynda Mackesey
30	Theo Jones Christine Lopez Tina Sandidge
31	Jim Buck

SAN FRANCISCO  
Aaron Low



**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!