

November 2005

Mark Janes

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◆ ◆ ◆ KEVIN LEE

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DSE AT THE CALISTOGA—SANTA CRUZ RELAY

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the continuous excitement, and the poor food were taking a toll. But good humor kept us going and we really started to pass other teams for the first time, as we raced through our native territory of Marin and San Francisco.

When the third leg came around, everyone on the team was *really* hurting. Half the runners in our van doubted whether they could finish their legs. Twisted ankles, clicking hips and seriously churning stomachs made it seem like we weren't going to make it at all. Eduardo, the team captain, kept revising the projected times backward and encouraging us all. We had become a tight-knit team as we drove and ran through the night, and none of us wanted to let the team down.

No one did. We *killed* our last leg, running much faster than anyone anticipated. Honorable mention to Amy Sonstein, who visibly threw a piston as she red-lined into the deep sand at the finish. She collapsed, but not before she tacked off the team's 47th kill of the day. The whole team charged across the beach across the finish line, completing the race in 25 hours and 28 minutes, 33rd out of 238 finishers.

Some of us are knocked out of training for a few weeks with injuries from running beyond our limits. Some of us are already talking about competing again next year. All of us are proud of our performance, and proud of what we did together, as a team.

Thanks, DSE, for sending us to the race!

Team Members: Amy Brewington, Noe Castanon, Kennet DeSilva, Gaylord Davila, Francis Dy, Mark Janes, Rene Menjivar, John Mintz, Paco Perez, Joel Rizzo, Amy Sonstein, Eduardo Vasquez

A RUNNING STORY—RUSS KIERNAN

Mike Pechner

I have eaten a lot of dust in my running career as a back of the pack runner; that is one of consequences of always being behind the thundering herd. If I may pat myself on the back without breaking my arm, I have had the fortune of eating the dust of some very good runners. One of them has been Russ Kiernan.

At almost 70, Russ is the current reigning champion and king of the Dipsea. Jack Kirk, at 99, with 67 straight Dipsea appearances, is the undisputed Dipsea Demon. But Russ is showing us younger runners that age is not a stumbling block to winning races. Russ regularly wins the Bay Area's running trifecta of Woodminister, the Dipsea and the Double Dipsea. That's an impressive feat in anyone's running book, and he did it in 1998, 2002 and again earlier this year. He has single-handedly disappointed many fine runners here in the Bay Area with his remarkable consistency.

Like Walt Stack, running came late to Russ. He started in 1966, shortly after the death of his first wife. That was almost 40 years ago. The fact he started late and not early like so many runners has probably led to his longevity in the running community and his lack of injuries. Russ did get prostate cancer a few years ago. He has 23 top ten finishes in the Dipsea, broken only by a 16th place finish in

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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
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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. Articles 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

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against incumbents. Please mark your calendar to attend and discuss this By-law agenda item; your club support is very important.

SPORTING GOOD DISCOUNTS

Whenever there is a worthwhile sporting good store discount, DSE will let you know. **On the positive side**, on November 16, Fleet Feet sporting goods store is having a "Runner Group Shopping Event" from 10:00 AM–9:00 PM, offering a 20% discount on store purchases (please pick up a flyer at one of the weekly DSE Races or refer to the "Discount" link on www.dserunners.com). **On the negative side, Fleet Feet Sports has discontinued their 10% discount.**

Very soon, DSE will be joining the ZBSports.com partnership program. This online service will give club members 10% off all purchases. Along with individual club membership savings, ZBSports will rebate a \$100 gift certificate to the DSE for every \$2000 of club purchases. We will have more information as it becomes available.

NOVEMBER RACE SCHEDULE

I believe there are no holidays in Running. Occasionally everyone takes a day off, but we miss it too much to stay away too long. I hope you apply this to the DSE Races. We kick off the holiday season with the 11/6 Great Highway 4 miler. This out & back race has become a DSE staple with its sure footing no vehicle traffic zone. On 11/13 please help DSE embark on another running adventure at the Embarcadero 10K along the scenic SF Waterfront. If you haven't seen the improvements from the renovation of Golden Gate Park, please run the 11/20 GG Park Conservatory 5K. Check out the new De Young Museum with its adjacent 360 degree viewing tower. After you have enjoyed a happy Thanksgiving, it's time for another Fun Run. Join DSE on Friday 11/25 for the "Day after Thanksgiving Fun Run." This fun run has a new Warming Hut S/F location and a course that crosses both sides of the GG Bridge before completing the Coastal Trail and Baker Beach Sand Ladder. On Sunday 11/27 there is NO DSE RUN. DSEers have the opportunity to Run to the Far Side 5K/10K.

THE 2005 RELAY FROM VAN 1

Marian Lyons

Well, the DSE teams did it again. The 2005 Relay was the best. I truly enjoyed myself. I want to thank you and the club for your support. Without you I wouldn't have a life. I think that Van 1 was the best that I have ever been a part of.

It couldn't have worked out any better. Everything went smoothly. Calistoga was beautiful. The event was well organized, and I was again quite impressed with it all. As for the race itself, it was quite an experience. Janet and Steve had it organized down to a T, and went over and beyond again. Janet handed out the greatest goodie bags to everybody at the start of the race. They had everything that we needed, with enough to spare and share. I was so full from munching. As the start approached the weather was perfect, not quite hot enough to fry an egg. The field was buzzing with runners, making last minute adjustments and getting ready for the long haul ahead.

After we started, every handoff was perfect, and some even had dramatic flair (Tim breaking through the toilet paper tape). Every runner hit their mark, with no injuries, except that I stepped on my glasses. I ran legs 3, 15, and 27.

The first two legs went well. Very smooth going, and the beauty of the full moon lit the way and made it so much more fun and enjoyable. I was so pleased with everyone's performance and cheerful attitude, after so many long hours. Steve Jr.'s driving expertise and handling of the clocks was so smooth. He's just like his dad, awesome. He's a lot of fun, and can run a little too.

By the time it was time for my third leg, I felt as though I had managed to acquire a pair of ankle weights, but I forced myself to overlook it and just hang on, hoping it wouldn't take too long, and Fiona would be in sight. When I finally saw her waiting for the handoff, I felt like I was on the longest straightaway ever. Somehow I staggered to meet her, and off she went. After catching my breath, I was so excited for everyone else to finish strong too, that I started screaming and hollering at everyone to go faster. I had only the beach on my mind.

We all finished strong and in good shape. Janet's daughter Natalie provided hot showers and a comfy place to rest after the race, and we thank her for her hospitality. After we received our medals, we all had lunch and rested a bit for the ride home.

The demands of pulling off this kind of race are very strenuous, but Steve and Janet tackled it like pros, and got it together again, down to the smallest detail. My hat is off to them. They came through like champs. Running relays has been a great highlight of my running career. Each person is critical to this race to make sure that everything is taken care of and goes smoothly. I think that 2nd place is very good, because it is right next to first.

I know that there are many runners to choose from, and the selection process is difficult, but I am very pleased that I was chosen to be a part of this year's 2005 Relay team. This was another gift from God, and I'm very thankful. Many "NICE BUTTS" again to everybody in Van 1!!!

GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

Profiled this month is Keith Johnson, one of our top 60+ runners and a longtime DSE member. Keith recently ran on the DSE Mixed Masters team at the Calistoga to Santa Cruz Relay. The photo of Keith below was taken during his final leg in the Santa Cruz Mountains, a 3.1 mile leg that featured more than 1100 feet of elevation gain. (Marian Lyons is cheering him on alongside.) Keith continues to inspire runners of all ages with his perseverance, stamina, and most of all, those great legs.



Keith has been running for more years than he can remember, going back as far as the fifth grade. This would be approximately 55 years of running!

He can't recall exactly when he joined the DSE, but it was over 20 years ago, about the same time that he helped to start a record label and also met his wife Marcia Martin. Keith often drove Walt Stack to the weekly races.

Keith has done one marathon in his long running career, such an awful experience that he never cared to repeat it! He is much happier when racing on the track, and continues to compete at the Senior Games every year. At the age of 68, he recently ran a 68-second 440m and continues to do track workouts on a regular basis.

The most unusual thing that has happened to Keith during a race was getting lost and confusing all of the runners behind him. He has many great running memories and enjoys competing with others, too many to single one out.



Team members: Marie Appel, Tim Craig, Cammie Dingwall, Gene French, Keith Johnson, Marian Lyons, Fiona McCusker, Dan Moreno, Janet Nissenson, Steve Nissenson, Ken Rheume, Michelle Smith

RUNNING RESULTS

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

October 9, 2005

Rockaway Beach 5K

Race Director: Daryl Luppino

Volunteers: Janet Nissenson, Bobby Marty, George Sacco, Liese Rapozo, Cammie Dingwall, Kevin Lee, Jim Pommier

PL	NAME	AGE	TIME
1.	Mark Janes	30	19:30
2.	Eduardo Vazkez	32	20:25
3.	James McCay	34	21:03
4.	Kennet De Silva	23	21:16
5.	Thomas McManus	35	21:32
6.	Hashim Bashiruddin	48	22:23
7.	King Wayman	56	23:07
8.	Noe Castanon	35	23:16
9.	Marie Appel ①	40	23:22
10.	Joel Rizzo	39	23:35
11.	Daniel Velez	29	23:54
12.	Keith O. Johnson	67	24:01
13.	Paul Mosel	63	24:11
14.	Karl Olson	52	24:41
15.	Christopher Kraemer	53	24:50
16.	Hilary Fong ②	46	25:16
17.	Rene Menjivar	48	25:26
18.	Steve Nissenson	57	26:32
19.	Tom Smiley	47	26:38
20.	Lina Morris-Khatib ③	40+	27:30
21.	Grant Kolling		27:37
22.	Gregory Brown	56	27:41
23.	Christine Villano ④	26	28:01
24.	Juliette Johnson ⑤	35	28:10
25.	Sam Roake	69	28:19
26.	Patrick Mattimore	55	28:21
27.	Adrienne Eberhardt	30	29:01
28.	Cristian Streeter	27	29:01
29.	Russell Breslauer	60	29:03
30.	Joseph Diaz	10	29:19
31.	Suzana Seban	52	29:24
32.	Patrick Lee	58	29:36
33.	Joe Diaz	41	29:46
34.	Olivia Horgan	32	29:58
35.	Bob Morris-Khatib	53	30:07
36.	Rich D. Benedetto	45	30:11
37.	Michael Sovik	40	30:20
38.	Jim Kauffold	68	30:28
39.	Mark Olson	14	30:36



**Race Director Daryl Luppino
with runner Shannon Luppino**

Photo © Paul Mosel

40.	Michelle Peters	30+	31:09
41.	Jack Olson	9	31:28
42.	Denise Kalos	44	31:47
43.	Julius Schillinger	58	31:49
44.	Calvin Chan	54	32:35
45.	Kenneth Fong	43	32:41
46.	Jeff Houston	47	32:46
47.	Yong Cho	47	33:24
48.	Fred Haber	45	33:24
49.	Tim Oliver	39	33:43
50.	Stephanie Hansel	36	34:09
51.	Marcia Martin	53	34:43
52.	George Sacco	67	34:43
53.	Bill Woolf	70	34:59
54.	Jane Colman	62	35:26
55.	Shannon Luppino	9 1/2	36:47
56.	Lamarr R. Handley	35	36:53
57.	Bruce Oliver	77	37:20
58.	Steven Kalos	42	38:27
59.	Carolyn Johnston	46	39:10
60.	Wendy Newman	55	43:44
61.	Bob Theis	77	44:05

SELF-TIMERS

Richard Finley	
Jim Pommier	72
Liese Rapozo	78
Wally Rapozo	77
Tony Stratta	75
Don Watson	76
Rudy Diaz	
	62:00



Heading back up the hill

Photo by Don Watson

October 23, 2005

Stern Grove, 4.4 miles

Race Directors: Bob Theis and Robert Brizuela

Volunteers: Roxanna Pezzy, Jim Pommier, Richard Hannon, Marian Lyons, John Gregson, Bobby Marty

PL	NAME	AGE	TIME
1.	Patrick Sullivan	14	24:48
2.	John Sullivan	40	25:27
3.	Eduardo Vazkez	32	25:51
4.	Matthew Butrimovitz	15	26:02
5.	Jerry Flanigan	40	26:51
6.	John Woods	41	26:56
7.	Steve Stephens	61	27:00
8.	Hashim Bashiruddin	48	27:27
9.	Thomas McManus	35	27:30
10.	Mark Ford	45	27:45
11.	Kennet De Silva	23	28:47
12.	Natalee Fisher ①	14	29:00
13.	Daryl Luppino	45	29:12
14.	David Klinetobe	44	29:45
15.	Joel Rizzo	39	30:33



Race Directors Robert Brizuela and Bob Theis with aide Roxanna Pezzy

Photo © Paul Mosel

16.	Larry Wuerstle	49	30:38
17.	Karl Olson	53	30:46
18.	Theo Jones	66	30:51
19.	Paul Mosel	64	30:54
20.	Tim E. Hall	35	31:13
21.	Keith O. Johnson	67	31:17
22.	Ray Fisher	30+	31:20
23.	Hilary Fong ②	46	32:11
24.	Patrick Lee	58	32:26
25.	Rob Marek		32:46
26.	Jeff Brennan	34	34:04
27.	Nancy Kauffold ③	35	34:18
28.	Steve Nissenson	57	34:19
29.	James Barton	27	34:23
30.	Sam Roake	69	34:45
31.	Karla Martinez ④	36	35:10
32.	Johanna Merriss ⑤	55	35:30
33.	Mark Olson	14	35:54
34.	William Mattimore	16	36:24

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Running through the new Stern Grove
Photo by Don Watson

35. Patrick Mattimore	55	36:25
36. Janet Nissenson	46	36:56
37. Hannah Blumenstiel	38	37:10
38. Joseph Connelly	44	37:57
39. Bob Morris-Khatib	53	38:40
40. Gary Brickley	52	39:26
41. Peking Duck	50	39:40
42. Miriam Butrimovitz	54	40:30
43. Jim Kauffold	68	40:46
44. Evelyn Martinez	57	40:54
45. Norman Ching	58	41:54
46. Katy Murphy		42:00
47. Olivia Horgan	32	42:11
48. Yong Cho	47	42:25
49. Fred Haber	46	42:27
50. Bill Woolf	70	42:43
51. Leah Baley	27	43:07
52. Barbara Robben	71	43:21
53. Calvin Chan	54	44:33
54. Jane Colman	62	46:54
55. Marcia Martin	53	46:55
56. Christine Lamkin	36	50:32

SELF-TIMERS

Ellen Breslauer	57	
Russell Breslauer	60	
Tony Stratta	75	1:32:00
Jim Pommier	72	
Richard Hannon	70	
Don Watson	76	

CLASSIC STU-PEDS

by Stu Ruth



THESE CORDUROY SHORTS ARE NT
PRETTY BUT THEY ARE SMART—
THEY GO "FWEEP FWEEP FWEEP"
EXACTLY AT MY PACE!

DSE AT THE RACES

LMJS 4th Sunday Run 5K, Oakland, August 28

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
39	Tim Oliver	39	1	M30-39	31:08

LMJS 4th Sunday Run 10K, Oakland, August 28

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
3	Jim Buck	62	2	M60-69	45:22

LMJS 4th Sunday Run 15K, Oakland, August 28

1	Wayne Plymale	53	1	M50-59	63:26
8	Gregory Brown	56	5	M50-59	83:31

LMJS 4th Sunday Run 5K, Oakland, September 25

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
11	Noe Castanon	35	1	M30-39	21:52
38	Tim Oliver	39	3	M30-39	31:52
45	Bruce Oliver	77	1	M70+	37:36
47	Ed Olkowski	62	6	M60-69	47:45

Bridge to Bridge 7K, San Francisco, October 2

PL	NAME	A.G. PL	TIME
31	Wayne Plymale	7	31:31
32	Kyoung Lee	1	31:33
42	Wes Thurman	2	33:00
97	Mitchell Sollod	3	36:34
123	Ed Kinchley	16	37:44
237	Tom Bennett	5	41:40
247	Kenneth Fong	35	41:53
283	Russell Breslauer	7	42:41
375	John Peterson	53	44:20
471	Tony Wasserman	11	45:52
762	Irene Pleasure	53	50:33
1471	Lan Nguyen	155	1:10:04
1511	Stacy Thurman	276	1:11:12
1887	Kristine Lee	337	1:20:09
2110	Annelle Brickley	202	1:25:46
2392	Jason Wong	211	1:35:48

Bridge to Bridge 12K, San Francisco, October 2

PL	NAME	A.G. PL	TIME
70	Roy Clarke	9	49:44
102	Eduardo Vazkez	38	51:39
157	Daryl Luppino	34	53:17
199	Michael Uhl	65	54:22
283	Adrian Jue	71	56:13
325	Joel Rizzo	108	57:00
397	Noe Castanon	131	58:04
449	Paul Mosel	8	58:49
467	Mark Kelley	92	59:00
494	Amy Sonstein	24	59:21
499	Boku Kodama	40	59:24
627	Richard Nippes	49	1:01:14
865	Greg Rosenberg	170	1:03:48
894	Andrea Wald	96	1:03:59
898	Gregory Brown	76	1:04:02
1075	Lucille Wing	38	1:05:54
1111	Rene Menjivar	211	1:06:21
1167	Kazumi Shimoyama	338	1:06:42
1264	Robert Moser	367	1:07:32
1271	Marian Lyons	11	1:07:34
1530	Heather Yeowell	1	1:09:53

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Bridge to Bridge 12K, San Francisco, October 2

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<u>PL</u>	<u>NAME</u>	<u>A.G. PL</u>	<u>TIME</u>
1762	Thura De Lopez	83	1:11:27
1959	Lina Morris-Khatib	101	1:12:54
2029	Gary Brickley	160	1:13:42
2098	Hannah Nichols	270	1:14:16
2101	Maryam Farzad	273	1:14:18
2158	Suzana Seban	27	1:14:54
3059	Bob Morris-Khatib	228	1:23:02
3203	Barbara Robben	3	1:23:52
3452	Patrick Lee	744	1:28:17
3887	Elaine Gecht	15	2:00:12

Primo's to Primo's 5K, San Ramon, October 9

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
601	Barbara Robben	71	1	F 70-79	30:45

Primo's to Primo's Half Marathon, San Ramon, October 9

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
10	John Sullivan	39	3	M30-39	1:21:59
85	Wayne Plymale	53	8	M50-59	1:39:18

Palo Alto Moonlight 5K Run, October 14

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
	Jim Kauffold	68	4	M60-69	31:28

Dick Collins Firetrails 50M, Castro Valley, October 15

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>TIME</u>
121	Gary Aguiar	50	12:39:08

East Bay Trail Series #4—Point Pinole 10K, Richmond, October 15

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
10	King Wayman	56	4	M50-59	47:51
28	Barbara Robben	71	1	F 70-95	1:06:36
31	Polly White	36	7	F 30-39	1:20:19

Indianapolis Marathon, October 16

<u>NAME</u>	<u>TIME</u>
Greg Brown (49th state)	4:22:07

Humboldt Redwoods Half Marathon, Weott, October 16

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
14	Cliff Lentz	40	2	M40-44	1:14:29
35	Tyler Abbott	44	6	M40-44	1:21:45
94	Mark Ford	45	13	M45-49	1:34:12
109	Hashim Bashruddin	48	15	M45-49	1:37:44
114	James Flanigan	56	9	M55-59	1:38:43
141	Jeff Bedolla	52	16	M50-54	1:42:17
259	Kat Powell	54	11	F 50-54	1:59:40
376	Dennis Hassler	72	4	M70-74	2:17:31
544	Liese Rapozo	78	3	F 75-99	3:30:25
547	Wallace Rapozo	77	5	M75-99	3:32:10

LMJS 4th Sunday 5K, Oakland, October 23

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
10	Wayne Plymale	53	1	M50-59	21:40
11	Noe Castanon	35	2	M20-29	22:01

LMJS 4th Sunday 10K, Oakland, October 23

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
8	Gregory Brown	56	2	M50-59	56:45

LMJS 4th Sunday 15K, Oakland, October 23

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u>A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
2	Jim Buck	62	1	M60-69	68:06

SACAGAWEA DOLLAR COINS

Ellen Breslauer

About five years ago, we started reading in articles in *Parade Magazine* that the U.S. Mint was striking a new dollar coin. It was different from all previous dollar coins. Previous ones were silver in color; the new coin is gold in color (pure gold coins, like the American Eagle and the Canadian Maple Leaf, cost about \$500). It shows two people where the other dollar coins showed only one.

The woman is Sacagawea, the Native American guide of the Lewis and Clark Expedition. We abbreviate her name to Saca (like "sack of" potatoes). She is holding her baby son, who was born during the Expedition. I think it is a beautiful coin. Its unique gold color makes us all feel a little richer. When they first came out in 2000, many were snapped up for coin collections. Many more were given to children. The ones in our family didn't want to spend them. The wanted to save them at home—not in a bank.

Anyone who uses San Francisco parking meters may have noticed that a quarter buys 10 minutes of time (4 cents per minute). By contrast, a Sacagawea dollar coin buys 40 minutes (also 4 cents per minute). If you want one hour of time, you have two basic choices: six quarters = six coins or one Sacagawea dollar coin and two quarters = three coins. If you are like me, you would rather have fewer coins—it's easier on our pockets and purses.

There are three ways to tell the Sacagawea dollar coins from quarters:

Sacagawea Dollar	Quarter
Color: Gold	Silver
Edge: Smooth	Ribbed
Size: Slightly Larger	Slightly Smaller

Why they are better than Paper Dollars? Paper dollars are lighter in weight; why not use them? A paper dollar wears out in a year and four months and then is buried (in a land fill) or burned (adding to air pollution) by the U.S. Mint. We, the taxpayers, pay for printing all those billions of paper dollars. Dollar coins last for decades—30 years, 40 years, or more. The principal owner of the Sacagawea dollar coins is the U.S. Mint. It sells them to the banks in lots of \$1,000.

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MARATHON DU MEDOC: A RUNNING BACCHANALIA

Bill Woolf

I'm not sure whether this was a three day party and wine festival with a marathon thrown in or a marathon event accompanied by parties and drinking. Whatever it was, it was held in the Medoc wine country near the city of Bordeaux in the southwest part of France. Words can hardly do it justice.

Fifteen of us from the San Francisco area, mostly DSEers and Wednesday morning Woodside runners, arrived in the small lakeside town of Hourtin on Thursday afternoon, September 8th. We had taken up residence for four days in a motel complex courtesy of a French running club: Spiridon Cote d'Azur. On the first day, we simply settled in.

Friday, September 9th: This was the day of the marathon expo in the nearby town of Pauillac (the marathon host town)

followed in the evening by a "Soirée Mille-Pâtes" (or pasta feed). We carpooled into Pauillac in the morning and went to the expo to pick up our dossards (bib numbers). Then we wandered about the town, ate lunch in a sidewalk café and waited for the evening festivities. And festivities they were! We drove to the Châteaux Peyrabon, arriving at about 6:00 PM, and soon were handed glasses of wine and aperitif. As we drank, a band began playing in the courtyard. We and about 1,500 others then entered a huge tent, sat down at long tables and the rest of the evening was pretty much a blur of wine, pasta, bands playing, dancing, fireworks, more pasta and much, much more wine. I have never seen so much wine at an event in all my life and by midnight, when we started to leave, all the bottles were empty.

Saturday, September 10th: This was the day of the marathon. We got up at around 6:00 AM and began to get our costumes ready. Most of us were dressed in a San Francisco "Haight-Ashbury" theme, complete with flowers and face paint. Many of us also sported DSE turtle decals on various parts of our bodies. Important features of this marathon are that everyone wear costumes, everyone enjoy wine, food and music along the way and, most of all, everyone have a good time. There was a 6 1/2 hour time limit set for the course and I heard nobody talking about breaking 4 hours. As far as I am aware there were no Kenyans entered. The race would begin at 9:30 AM. We drove to Pauillac, parked outside of town in the midst of wine vineyards and walked to the start. As we walked, we were joined by hundreds of other costumed runners, and it soon became apparent that our costumes were in a different league from the others. Many of the costumes looked as though they might have been used in theatre or movies. They were quite professional looking. There were pirates, Brazilians, men in drag, and on and on. Different from Bay to Breakers, most runners belonged to teams and

the team members were all dressed alike. We arrived at the DEPART (Start) and as we began to assemble out on the street it began to rain heavily. We quickly ran for cover in nearby tents. But as the 9:30 start drew near, the rains stopped, music began to play and then, from high above, four women acrobats swung down from the sky and performed a ballet above our heads—and the race was on.

The race itself was 42 kilometers long (26.2 miles) and passed through 23 vineyards. Each time we came to one of the vineyards, the course took us onto the grounds of a château and we were greeted by wine and music. In fact, there was so much music that the moment you stopped hearing the music from one château you began hearing the music from the next. Not only did the runners stop to taste the wine at each château, many of them sang and danced—and then they moved on. I didn't drink wine myself during the run and am still amazed at how these runners (mostly French) were able to keep going. It was simply a joyous, 42 kilometers of carnival and party. As we neared the end of the race, we were greeted by tables of food including oysters, and soon there was a long red carpet and the large ARRIVÉE sign above and the race was over—but not the party. Each finisher was given a bottle of fine Bordeaux

wine along with a medal and a large, handsome duffle bag.

Then it was on to the food tent where there were all kinds of fruit, pâté and, of course, more wine. A Basque band was playing inside the tent and the runners who had just finished running 26.2 miles were now singing, dancing and partying. It just went on and on, non-stop. I really don't remember when we left the marathon village to return to our motel and finally rest.

Sunday, September 11th: This was the day of the Balade de Récupération or recuperation walk. The walk began at the same château as Friday night's pasta party. We were all given souvenir cups to wear hanging like medals from our necks and it soon became apparent that the cups were to be used for more wine tasting. And that is how we recuperated: a 10K walk through the vineyards with more music and wine. When we finished recuperating, it was back into the huge tent for more food, wine, music, dancing, singing and on and on into the afternoon. And then, around 4:30 in the afternoon, it was over.

From DSE we were: John Lang, Janice Rensch, her friend Anne Wilson, Susan Herder, JoAnne Desmond, Peter Royce, Brierly Reybaine, April Chun, Wendy Newman, her friend Amy Kanfer and me (Bill Woolf). From the Woodside Runners: Many of the above plus Carole and Sten Mawson, their son Sven Mawson and his wife Sheena. We were 15 in all.



DSE runners and some of the French Spiridonians in front of their Hourtin residence the morning after the marathon

Photo courtesy of Bill Woolf

I AM A LITTLE DOUGHNUT—THE RUNNING OF THE BERLIN MARATHON

Jim Buck

September 25, 2005 marked the 32nd running of the Berlin Marathon. I was there amidst a very international field of 40,000 runners, by far the largest field for any marathon I've ever done, my 21st on a gloriously sunny morning in the heart of Berlin's Tiergarten area. The temperature was perhaps 55-60 degrees and there was no wind to speak of. The walk from my apartment, about a mile away, was sufficient to get me limbered up and in the mood for heavy movement. Runners were formed up in groups based on previous marathon performance, placing me in the front quarter. Amazingly, I was in about 5,000th place and the race hadn't even started yet.

Having gotten to the start area an hour early, I struck up a conversation with a couple of Brits from a small town south of London. My ears had perked up as soon as I heard them talking. It was definitely not German. These were two 18-year old guys who crossed the channel to run their first marathon. These boys and I were about to put all we had into this same 26.2-mile test of endurance. They had youth and vigor. I had age and determination. For me there was also an additional 45 years of worldly experience to draw upon. My goal was to finish this marathon somewhere around 3:15, certainly below 3:30.

The Berlin course is almost completely flat. No hills to speak of. Accordingly, the current world record of 2:04:55 was set here in 2003. The starting horn sounded at 9:00 AM, hundreds of white balloons rose into the air, and feet began moving up and down. They weren't going anywhere, just up and down. Eventually came the surge forward and we were underway.

As I crossed the start line, three and a half minutes were showing on the clock. But the timing chip on my shoe made this irrelevant for me. Continuing down the boulevard, runners passed around either side of the Siegessaule heading for a grand tour of the city. Berlin is beautiful, rich in history and tradition. Our 26-mile journey took us through many of Berlin's neighborhoods and past numerous significant landmarks. Nearly all vestiges of the wall which once separated west Berlin from the Communist east are now gone. In the 15 years since the dismantling began, the stark contrasts between east and west are giving way to the homogeneity of a unified city.

Except for the portion spent in the Tiergarten, the marathon course wound mostly along Berlin's wide boulevards through residential, business and cultural areas. We passed the city hall (Rathaus Shoneberg) where President Kennedy in 1963 expressed solidarity with the residents of West Berlin. We ran past the upscale shops along Kurfurstendamm, past the old and new towers of the Kaiser Wilhelm Church, the ultra-modern Potsdamer Platz, across the bridges of museum island, passing by the magnificent Berliner Dom church and the classical architecture of the Altes Museum. From here the runners were on the home stretch down the tree-lined boulevard Unter den Linden. On the front of the Deutsches History Museum a 40-foot likeness of Albert Einstein stared down as we shuffled by. Yes, $E=MC^2$. If only that energy were available now. Up ahead in the middle of the boulevard stood the equestrian statue of Frederick the Great. If only I had that horse... But it was only a mile to the finish. Soon the Brandenburg Gate was in sight. As we passed by its columns,

the finish line, adjacent to the Soviet memorial, was in clear view. But a desperate dash to the finish could not salvage my marathon goal. I crossed the line at 3:31:07.

The Berlin Marathon was expertly managed. Refreshments for runners were more than adequate along the route. The first few miles were crowded with runners and it was frustrating at times not being able to establish a steady pace. But eventually, the wide avenues allowed runners to spread out and establish their individual rhythm. Occasionally we passed bands or DJs providing a musical beat. Two groups of football-style cheerleaders with pompoms and short skirts provided a touch of Americana. Marathon supporters and the people of Berlin lined the route in the thousands and provided spirited encouragement. The most enthusiastic of these were the Danes. The red flags with white crosses were everywhere.

Whenever I was afforded a long view of the road ahead, I was always amazed by the mass of runners as far as I could see. This is not surprising when the number of participants is taken into account. I finished in 5,168th place overall and a distant 27th among the 646 males in the 60-64 age group. Nearly 35,000 runners were bearing down on me as I crossed the finish line. A runner from Poland won my age group in a time of 2:50:24. The overall male winner was a Kenyan in 2:07:41. A Japanese woman took first in 2:19:12. Interestingly, she is the reigning Olympic marathon champion and her likeness is embossed on the back of this year's finisher medals. It was only fitting that she should win this marathon.

The hamstring and groin injuries I dealt with during the months leading up to the marathon were not a factor in the race itself. However, the intentional slower training pace that allowed me to continue the marathon build-up probably also reduced my marathon speed. Training speed invariably has its affect on marathon race pace. My technique in running the marathon was to walk through each water stop, drinking a full cup of water or Gatorade. In the second half of the race I also dumped a second cup of water over my head, the cold water sending a shiver down my back. The drenching, however, kept my shirt and race bib soaked.

I spent nearly a full week in Berlin, arriving on a Thursday evening and leaving the following Wednesday morning. Although there's a 9-hour time difference between Berlin and San Francisco, arriving two full days before the race made its impact negligible. The City of Berlin rivals Paris in its history and beauty. In the 50 years since the end of WWII it has been rebuilt and reborn. Getting around is easy using the subways, trolleys and buses. Little or no German is required. Most people know some English. People were polite, helpful and had a sense of humor. I got along well with a few German words and a lot of hand gestures. As a destination marathon, this is expensive, but one of the best. Oh, and the beer is good.

One last thought. Much like President Kennedy in 1963 when he said "Ich bin ein Berliner" (I am a Berliner), I feel an affinity for and friendship toward the people of Berlin. Some linguists, however, say that Kennedy's translator gave him the wrong words and what he said really was "I am a little doughnut." Perhaps that's why the thousands of Berliners gathered in front of the rathaus gave him such a rousing ovation. Here was a world leader with a sense of humor.

◆◆◆ 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 Jan 8 *Lake Merced Run, 4.5 M, S/F Sunset Blvd. parking lot at Lake Merced
- Sun Jan 15 Embarcadero 10K, S/F Jefferson & Hyde Sts.
- Sun Jan 22 *Polo Field 5K, S/F South side of Polo Field, GG Park
- Sun Jan 29 Sawyer Camp Trail 5K/10K, S/F South Trail entrance at Crystal Springs Rd. & Skyline Blvd., San Mateo
- Sun Feb 12 GG Bridge Vista Run, 5M, S/F Northwest Legion of Honor parking lot along El Camino del Mar (behind Legion of Honor water fountain)
- Sun Feb 19 *Windmill 10K, S/F Kennedy Drive & Great Highway, GG Park
- Sun Feb 26 Waterfront 10M & 5K, S/F Jefferson/Hyde Sts. **8:00 AM Start!**
- Sun Mar 5 *Rainbow Falls 5K, S/F Transverse & Kennedy Drive, GG Park
- Sun Mar 12 St. Patrick's Day Run, 4M, S/F Yacht Rd parking lot (Little Marina Green)
- Sun Mar 26 *Kennedy Drive 8K, S/F South side of Polo Field, GG Park
- Sun Apr 2 Twin Peaks Loop, 3.63M, S/F Portola Drive & Twin Peaks Blvd.
- Sun Apr 9 Great Highway Run, 4M, S/F Lincoln Blvd. & Lower Great Highway path
- Sun Apr 16 *Easter Roller Coaster Run, 2.92M, S/F west end of Mountain Lake Park, 12th Ave. & Lake St.
- Sun Apr 23 *Golden Gate Park 10K, S/F Transverse & Kennedy Drives, GG Park
- Sun Apr 30 *Stern Grove Run, 4.4M S/F 33rd Avenue & Wawona
- Sun May 7 DSE 40th Anniversary 5K, S/F at the Walt Stack Memorial Bench, Marina Green Dr. parking lot (1 block north of Marina Green Blvd., enter via Scott or Fillmore St.)
- Sun May 28 Mission Rock 5K, S/F Third Street & Mission Rock
- Sun Jun 4 Practice Dipsea 6.8M, S/Old Mill Park, Mill Valley; F/Stinson Beach **8:00 AM Start!**
- Sun Jun 11 *GG Park Conservatory 5K, S/F Kennedy Dr. & Bowling Green Dr., GG Park

*Pending race permit approval

FOLDING SESSION COORDINATOR NEEDED

If you would like to take over as the next Folding Session Coordinator, please contact Kevin at 415-751-9653 (after 7:00 PM) or dse.pekingduck@juno.com.

A RUNNING STORY—RUSS KIERNAN

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1996, 2 1/2 months after the surgery. I guess that's a pretty good excuse for a poor finish! He has a record 24 Black shirts for his efforts. What is even more amazing is that he has a 2:45 marathon time under his belt at the old Paul Masson Marathon in 1980. In this year's Dipsea, he did a remarkable 63:44 to go along with a 40 minute 10K earlier this year. By comparison, at 59, my best marathon is 3:43 and around 47 minutes for a 10K. Russ could have lunch and drive home before I cross the finish line!

Behind every good runner is an equally remarkable and supportive woman, and that distinction goes to his wife Marilyn. Russ is in the Dipsea Hall of Fame and the Tamalpa Hall of Fame. He has been a member of the DSE since 1970 and Tamalpa for nearly 40 years. He is a retired teacher with an MS in Education. He cross-trains by cycling and swimming. Russ will be back to defend his Dipsea title in June of next year. I, for one, can't wait to see what he does next.

Good luck and Good Speed, Russ!

SACAGAWEA DOLLAR COINS

continued from page 6

The banks, in turn, sell them to their customers and non-customers. The Post Office uses them to make change in postage stamp Machines. If you put in a \$20 paper dollar to buy 20 37¢ stamps, your charge is \$7.40. You get \$12 in dollar coins, and 60¢ in other coins (usually 2 quarters and a dime).

When I give them to shop keepers, the usual reaction is, "Is it really a dollar? I have never seen one before. I'm going to buy it from the store and give it to my children." I've used them to pay \$6 for DSE races and seen other DSE members buy them from the Club. Go, Marian Lyons! Once in a while a shop keeper won't want the dollar coins, saying, "I might give it to a customer, thinking it was a quarter."

Who Else is Using Them? The riders of many Transit Systems are using Sacagawea dollar coins: Boston, Massachusetts; Portland, Oregon; Philadelphia, Pennsylvania; Washington, D.C.

The most exotic use we know is in the Galapagos Islands, off the coast of Ecuador. Ecuador's money standard is the U.S. Dollar. Souvenir shops were delighted to get Sacagawea dollars. They would give them as change, and those dollar coins were far more worn than the ones we had brought with us. While Ecuador has their own coins for the lower denominations, the only dollar coins were U.S. At the end of our Galapagos trip, we used Sacagawea dollar coins to tip the crew and received lots of positive feedback.

What About our Foreign Allies? England has a one pound coin. Canada, which used to have a \$1 paper bill and a \$2 paper bill, now has a \$1 coin and a \$2 coin. Those of you who travel more than we do, please let us know your thoughts.

Banks: Any bank can order Sacagawea dollar coins from the Mint. I've gotten the majority of mine from Wells Fargo and Bank of America.

Questions? I'd be happy to discuss Sacagawea dollar coins with you. My husband Russell and I wear funny hats and often wear matching outfits.

Ellen G. Breslauer
886-37th Avenue
San Francisco, CA 94121-3408
e-mail: Bres@pacbell.net

◆◆◆ 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) pay \$1. Teens (12–17) pay \$2.**
- 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 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.

Sun Nov 13 Embarcadero 10K

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

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic), which turns onto Embarcadero (sidewalk). Turnaround at mini-park beyond Townsend St. Return same way to wooden post finish.

Sun Nov 20 Golden Gate Park Conservatory 5K

START/FINISH: Kennedy Drive/Bowling Green Drive, 1 block east of Conservatory of Flowers, GG Park

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 westbound on Kennedy Drive, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive. Return to Kennedy Drive/Bowling Green Drive finish.

Fri Nov 25 FUN RUN—Day after Thanksgiving Run

START/FINISH: Warming Hut at bottom of Long Avenue/Crissy Field

STARTING TIME: **8:00 AM.**

COURSE DESCRIPTION: Run up Long Avenue staircase, exit onto path that travels across Golden Gate Bridge, turn around at Vista Point. Retrace steps across GG Bridge, exit left under the GG Bridge onto Coastal Trail entrance gate, exit downhill (stay inside) of Lincoln Blvd. guard rail. Complete clockwise Baker Beach loop (trail sand ladder). Retrace eastbound Coastal Trail race course back to Warming Hut finish.

Sun Nov 27 NO DSE RUN—Opportunity to Run to the Far Side 5K/10K

Sun Dec 4 Ferry Building Run, 4 miles

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

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic), which turns onto Embarcadero (sidewalk). Turnaround is 2 feet beyond the south side of Ferry Building courtyard. Return the same way to the wooden posts adjacent to the Dolphin Club.

◆◆◆ 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.

AN INVITATION TO DSE MEMBERS

Bill Dake

On November 24, Thanksgiving Day, San Francisco's Run & Walk for the Hungry Mile & 5K does it for the Food Bank in Golden Gate Park. It includes an 8:00 AM Mile and an 8:30 AM 5K, set 1/2 hour apart so that participants can do both. Doing the Combo is some of the best fun you can have running. This is early and quick so that you have plenty of holiday left over. Come out and help make this event successful for the San Francisco Food Bank. If you would like to volunteer, we can make that wish come true, too. For an entry or to enter online, go to www.OhanaRRCA.org, call 650-291-8531, or pick up an entry form at a DSE run.

1	Rafael Gonzalez
	Helen Fauss
	Michael Uhl
6	Vivien Elsener
	Daryl Luppino
	Karl Olson
	Marsha Takemoto
	Ada Thomas
7	Denise Leo
12	Roy Clarke
	Len Garriot
13	Ellen Breslauer
14	John Houghton
15	Maryam Farzad
	Allison Groves
16	Irene Pleasure
17	Byron Rakitzis
19	Gloria McKay
20	Meg Glasson
22	Jeanie Jones
	Peter Webb
23	Robert Brizuela
	Carol Casey
24	Paul O'Connor
	Cate Zovod

26	Tom Baruch
	Karl Ludwig
	Deborah Nielsen
27	Kenneth Fong
28	Harry Cordellos
	Martin Gutierrez
	Becky Rozewicz
29	Schuyler Horn
30	Alex Dutra
	Max Glasson

New ♦ ♦ ♦
♦ ♦ ♦ Members

BENICIA
Alex Nissenson
Steve Nissenson
Emory Porhola

NOVATO
Pablo Perez

REDWOOD CITY
Cecilia Diaz
Joe Diaz
Rudy Diaz

SAN FRANCISCO
Jason Chen
Carolyn Johnston
Hannah Nichols
Lan Nguyen
Jack Olson
Karl Olson
Mark Olson
Ruth Perez

SANTA CLARA
John Mintz

SOUTH SAN FRANCISCO
Daniel Gonzalez
Rafael Gonzalez
Isabella Gonzalez-Mosqueda
Lourdes Mosqueda



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

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to [***http://groups.yahoo.com/group/DSERunnersClub/join.***](http://groups.yahoo.com/group/DSERunnersClub/join)

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!