

December 2005

Wayne Plymale

continued on page 2

◆ ◆ ◆ KEVIN LEE

Continued on page 2

it appeared that they were eight to ten rows deep. The Bronx and Harlem were unique as well with the different music and enthusiasm.

Then there was Fifth Avenue—spectacular! Then came Central Park, Central Park South and the final turn again into Central Park. The crowd, some with thundersticks, was larger than the one that saw the men's finish. It was as



New York City Marathon runners on the Verrazano Narrows Bridge
Photo by Manny Millan/SI

if we were the actual winners.

After I finished, a volunteer draped the beautiful medal around my neck and said, "You're all champions!" I couldn't agree with her more.

Veteran DSE runners

like Ed Mahler, Marian Lyons, Lucy Wing, Greg Brown and others were right when they told me that I would love NYC. I can't wait to go back!

should be willing to sacrifice one of your weekly DSE Races to give back to your running club. Believe me, serving as a first-time RD is no different than doing anything else in life the first time. DSE will lend a huge helping hand with your RD debut. At every DSE Race, an Officer of the Day is there to assist you.

I have a final RD appeal. I would like to ask all veteran DSE RDs to take on an apprentice, someone who has never served as a DSE RD. Please take the initiative and sign on as a future DSE RD at the weekly DSE Races or contact George Sacco at 415-695-2951 or gsgasacco@yahoo.com.

DSE FALL GENERAL MEETING—12/4/05

Immediately following the 12/4 Ferry Building Run, the DSE Fall General Meeting will be held. Please note that the General Meeting is the last official open forum to voice your club opinions and ideas this year. Several important agenda items to be discussed include whether to adopt DSE Officer Term Limits and the declaration of 2006 DSE Officers. Your club support is very important; please mark your calendar to attend.

DECEMBER RACE SCHEDULE

DSEers, give yourself a big hand; you have made it to the final month of DSE races. Please join us at the very familiar Dolphin Club location for the 12/4 Ferry Building 4 miler. DSE believes there's no such thing as down time; sign on for an extra week of DSE winter running at the 12/11 Ballpark 5K. On 12/18, there is NO DSE RUN; DSEers have an opportunity to run the Miracle Mile and Xmas Classic 5K. On Christmas morning, all Xmas Blind Date race participants have the opportunity to experience a little DSE Xmas spirit, being paired together on a relay team. Merry Xmas & Happy New Year!

HURRICANE KATRINA RELIEF DONATION UPDATE

If you recall, DSE decided to donate the 10/30 Rainbow Falls 5K net proceeds along with weekly donations to the Hurricane Katrina Relief Fund c/o the Red Cross. Kudos to everyone for your support. The Rainbow Falls 5K net proceeds came to \$242.50 and the weekly race donation total is now \$136.00.

PROFILE OF THE DSE

Richard Finley, DSE Membership Coordinator

GENDER DISTRIBUTION

Male: 312
Female: 203

MEMBERSHIP TYPE (AS OF AUGUST 2005)

Individual: 202
Family: 106

AREA CODE DISTRIBUTION

408: 2
415: 203
707: 8
925: 5
650: 56
510: 28

AGE DISTRIBUTION (BASED ON DECADE OF BIRTH, AND NOT INCLUDING THOSE WHO DECLINE TO STATE)

1910s: 1
1920s: 8
1930s: 32
1940s: 66
1950s: 73
1960s: 86
1970s: 37
1980s: 26
1990s: 29
2000s: 13

◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Fax/Email Address

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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.

GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

This month we profile one of DSE's long-time running couples—Jane Colman and Don Watson. Both Jane and Don have had many interesting running experiences that they have agreed to share with us.

JANE COLMAN

Jane started running in 1978, after years of “knowing” that she was incapable of running. It didn't take long for her to realize that even though she was slow, she enjoyed running and even racing, where the energy of the people around her helped her to run faster. After helping her train for her first marathon (San Francisco 1983), Ted Vincent persuaded Jane that San Francisco was not too far away for a low-key Sunday morning run and started driving her to the DSE races. Jane joined the DSE at the 1984 Hangover Run.

Since then, Jane has completed 12 road marathons, 21 trail marathons and 20 ultramarathons. She has recorded personal best times of 25:30 for a 5K, 50:44 for 10K, a 1:54:56 half-marathon, and a 4:07:42 marathon.

In 1987 Walt Stack gave her a DSE Iron Balls/Iron Belles patch, so she knew she would have to earn it by running the full Pikes Peak Marathon or an ultramarathon. It took three years for her to find the time to train, but in 1990 she ran both Pikes Peak and two “short” ultras—a 50K and the Quadruple Dipsea. The following spring she ran the American River 50 Mile. Since then she has run mostly 50Ks, but also a couple of DSE 12-hour runs and some races of 50 miles or more.

The longest Jane has ever run was the Ruth Anderson 100K (14 laps around Lake Merced) in 1996. The hardest race (and the longest time ever spent on foot) was the Firetrails 50 in the East Bay Regional Parks the same year. Her most challenging and exciting race was the Comrades Marathon in South Africa in 2000—54 miles of hills, with strict time limits, crowds of spectators, and 23,000 runners (Jane finished with 15 1/2 minutes to spare—and nearly 3,000 finished after her).

In addition to the satisfaction and pleasure running gives her, it has been responsible for two of the best things that have ever happened to her. Running gave her the knowledge that one doesn't need natural talent to enjoy an activity, and thus the courage to start playing the flute after a 32-year layoff, something that has changed her life. And, best of all, it was through the Berkeley Runners Club and the Peak Busters that she met Don, something that has changed her life even more.

DON WATSON

Don was on the track team at Lowell High School in San Francisco but stopped running upon graduation in 1947. In the summer of 1948 he had the distinction of sailing on a

merchant ship, the SS General Gordon, to the Far East with our DSE founder, Walt Stack. Neither of them was a runner at the time.

Thirty years later at the age of 49 he returned to running during the running boom. In 1977 Don ran his first Bay to Breakers and did weekly *Runner's World* sponsored fun runs in the Los Altos Hills. He joined DSE in January 1978 and became a Sunday regular. DSE was his “church” with Walt Stack as his “pastor.” Don has been a member for 28 years, and also joined the Pamakids for their weekly runs around Lake Merced.

Don has run 3 marathons, with his best time a 4:30:06 at the Sri Chinmoy Marathon in Foster City in 1980. He moved to Berkeley in 1982 and joined the Berkeley Runners Club and the Lake Merritt Joggers & Striders, but continued to cross the bridge for the Sunday DSE runs.

In 1985 he ran the Pikes Peak marathon ascent with the Peak Busters, a women's group founded by Walt Stack and led by Annabel Marsh and Caroline Merrill. They had an auxiliary group for the men called the Peakcocks. It was here that he became acquainted with Jane Colman, whom he dated and then married. They have gone to many races together including returning to Pikes Peak three more times. Jane became an ultrarunner and also joined an international Internet group called The Dead Runners Society. Don has gone with her to runs in various parts of the country and also to South Africa. Don does

not consider himself an ultrarunner although he did finish 50K at a DSE 12 hour run. Mostly he has been content with 5Ks and 10Ks and an occasional half marathon.

Don's favorite run has always been the Trinidad Clam Beach Run, and he is grateful to Neil Mahoney for organizing trips to this race for the DSE. The first part of the race is relatively uneventful along paved roads, but then the runners suddenly descend a steep hill, take off their shoes, cross a river, and run the last couple of miles on bare feet. It is hard damp sand, not like the soft S.F. Ocean Beach sand that envelopes your feet. Year in and year out he has usually gloriously glided past everybody in sight on the sand. He also enjoys the annual Jug and Rose race at Volcano in the Gold Country.

Don has enjoyed running for many years but for various reasons has recently stopped running and is now a self-timer. He can be spotted along the course at most DSE races taking pictures of the runners. Fortunately for all of us, Don will be a lifetime member and never leave the DSE!



Crossing the river at the Trinidad-Clam Beach Run

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 30, 2005

Rainbow Falls 5K

Race Directors: Bill Woolf and Wendy Newman

Volunteers: Richard Finley, George Sacco, Richard Hannon, Don Watson, Fred Haber, Mark Janes, Bobby Marty, Kevin Lee

| PL | NAME | AGE | TIME |
|-----|---------------------|-----|-------|
| 1. | David Valles | 32 | 18:20 |
| 2. | Andy Prior | 26 | 18:35 |
| 3. | John Woods | 41 | 19:08 |
| 4. | Kevin Fry | 26 | 19:10 |
| 5. | Matthew Butrimovitz | 15 | 19:29 |
| 6. | Kennet De Silva | 23 | 19:43 |
| 7. | Hashim Bashiruddin | 48 | 19:49 |
| 8. | Roger M. Jones | 45 | 19:52 |
| 9. | Mark Ford | 45 | 20:07 |
| 10. | James Eales | 46 | 20:14 |
| 11. | Emil Martinsek | 24 | 20:18 |
| 12. | Thomas McManus | 35 | 20:26 |
| 13. | Paul Zager | 48 | 20:32 |
| 14. | Daryl Luppino | 45 | 20:50 |
| 15. | Fiona McCusker ① | 41 | 21:15 |
| 16. | Joel Rizzo | 39 | 21:24 |
| 17. | George Baptista | 62 | 21:25 |
| 18. | Male Runner | | 21:34 |
| 19. | David Klinetobe | 44 | 21:46 |
| 20. | Paul Mosel | 64 | 21:53 |
| 21. | Patrick Lee | 58 | 22:16 |
| 22. | Keith O. Johnson | 67 | 22:22 |
| 23. | Robert Sobsey | 54 | 22:29 |
| 24. | Lee Blaine | 63 | 22:49 |
| 25. | Rick Nippes | 57 | 23:04 |
| 26. | Hilary Fong ② | 46 | 23:16 |
| 27. | Ed Kinchley | 56 | 23:39 |
| 28. | Jim McBride | 62 | 23:54 |
| 29. | Kathleen Lail ③ | 37 | 23:57 |
| 30. | Deborah Ulian ④ | 16 | 23:59 |
| 31. | Lucy Wing ⑤ | 48 | 24:09 |
| 32. | Joe Diaz | 41 | 24:57 |
| 33. | Allison Groves | 41 | 25:12 |
| 34. | Cathy Huang | 50 | 25:17 |
| 35. | William Mattimore | 16 | 25:20 |
| 36. | Grant Kolling | 56 | 25:21 |
| 37. | Mark Bautista | 31 | 25:26 |
| 38. | Female Runner | | 25:33 |



Race Directors Bill Woolf & Wendy Newman
Photo © Paul Mosel

| | | | |
|-----|----------------------|----|-------|
| 39. | Bob Morris-Khatib | 53 | 25:41 |
| 40. | Janet Nissenson | 46 | 26:07 |
| 41. | Joseph Connelly | 44 | 26:20 |
| 42. | Aram Durgarian | 10 | 26:20 |
| 43. | George Durgarian | 38 | 26:21 |
| 44. | Tom Christian | 45 | 26:27 |
| 45. | Brian Fry | 25 | 26:28 |
| 46. | Gary Brickley | 52 | 26:29 |
| 47. | Richard Drechsler | 52 | 26:30 |
| 48. | Joseph Diaz | 10 | 26:31 |
| 49. | Johanna Merriss | 55 | 26:47 |
| 50. | Olivia Horgan | 32 | 27:09 |
| 51. | Christianne Chen | 34 | 27:13 |
| 52. | Janet Fry | 26 | 27:14 |
| 53. | Suzana Seban | 52 | 27:16 |
| 54. | Norman Ching | 58 | 27:24 |
| 55. | Michael Sovik | 40 | 27:34 |
| 56. | Evelyn Martinez | 57 | 27:40 |
| 57. | Gary Bengier | 50 | 28:06 |
| 58. | Stephanie Gruszynski | | 28:13 |
| 59. | Miriam Butrimovitz | 54 | 28:17 |
| 60. | Patrick Mattimore | 55 | 28:38 |
| 61. | Calvin Chan | 55 | 28:52 |
| 62. | Thomas Smiley | 47 | 29:08 |
| 63. | Yong Cho | 48 | 29:11 |
| 64. | Stu Ruth | 69 | 29:22 |
| 65. | Jim Kauffold | 68 | 29:45 |
| 66. | Don Brown | | 29:54 |
| 67. | Jeff Houston | 47 | 31:03 |
| 68. | Marcia Martin | 53 | 31:04 |
| 69. | Kenneth Fong | 43 | 31:07 |



Front runners at the turnaround
Photo by Don Watson

| | | | |
|-----|-----------------|----|-------|
| 70. | Wayne Plymale | 53 | 31:14 |
| 71. | Harry Cordellos | 67 | 31:14 |
| 72. | George Sacco | 67 | 32:09 |
| 73. | Kay Teiber | 66 | 32:20 |
| 74. | Julie Owen | 45 | 33:28 |
| 75. | Cecilia Diaz | 45 | 39:13 |
| 76. | Ruby Diaz | 8 | 39:19 |
| 77. | Claire Musngi | 32 | 43:25 |
| 78. | Bob Theis | 77 | 43:37 |
| 79. | Wally Rapozo | 77 | 43:47 |

SELF-TIMERS

| | | |
|-----------------|-----|-------|
| Jack Bascom | 64 | 25:20 |
| Ted Vincent | 69 | |
| Tony Stratta | 75 | 55:10 |
| Cammie Dingwall | 40+ | 35:00 |
| Neil Mahoney | | |
| Liese Rapozo | 78 | |
| John Gregson | 74 | |
| Don Watson | 76 | |
| Roxanna Pezzy | 45 | |
| Phyllis Nabhan | 58 | |
| Doerte Murray | | 65 |
| Jim Pommier | | 72 |
| Ada Thomas | | 91 |
| Marian Lyons | | 58 |

Kids' Run

Race Director: Daryl Luppino

Volunteer: Patrick Lee

| | | |
|------------------|-------|------|
| Aidan Durgrian | 8 | 4:18 |
| Adrian Shore | 6 | 4:56 |
| Shannon Luppino | 9 1/2 | 5:19 |
| Zawrey Weiler | 5 | 5:27 |
| Helena Stafford | 6 1/2 | 5:28 |
| Tommy Christian | 5 | 5:50 |
| Anya Durgerian | 4 | 6:03 |
| Scott McManus | 3 1/2 | 7:14 |
| MacKenzie Ridone | 3 1/2 | 9:22 |

November 6, 2005

Great Highway Run, 4 miles

Race Director: Suzana Seban

Volunteers: Kevin Lee, Bobby Marty, George Sacco, Roxanna Pezzy, Marian Lyons, Wally Rapozo, John Gregson

| PL | NAME | AGE | TIME |
|-----|------------------|-----|-------|
| 1. | Sundance Kid | 32 | 21:11 |
| 2. | Butch Cassidy | 32 | 21:23 |
| 3. | Patrick Sullivan | 15 | 24:13 |
| 4. | Roy Clarke | 49 | 24:34 |
| 5. | James McCay | 34 | 25:07 |
| 6. | John Woods | 41 | 25:25 |
| 7. | Kennet De Silva | 23 | 25:54 |
| 8. | Thomas McManus | 35 | 26:07 |
| 9. | Devin Wolfe | 37 | 26:39 |
| 10. | Phil Melman | 40 | 27:26 |
| 11. | Daryl Luppino | 46 | 27:46 |
| 12. | Paul Mosel | 64 | 28:58 |
| 13. | David Klinetobe | 44 | 29:05 |



Great Highway Race Director Suzana Seban with DSE officers Roxanna Pezzy and George Sacco
Photo © 2005 Paul Mosel

| | | |
|--------------------------|----|-------|
| 14. Kevin Sullivan | 13 | 29:10 |
| 15. Rick Nippes | 57 | 29:12 |
| 16. Patrick Lee | 58 | 29:35 |
| 17. Caniglia | 38 | 29:46 |
| 18. Aaron Kohr | 41 | 30:14 |
| 19. Kathleen Lail ① | 37 | 30:35 |
| 20. Steve Nissenson | 57 | 31:10 |
| 21. Mc Lavelle | | 31:42 |
| 22. Lucy Wing ② | 48 | 31:50 |
| 23. Patrick Mattimore | 55 | 32:42 |
| 24. Hannah Blumenstiel ③ | 38 | 33:01 |
| 25. Sam Roake | 69 | 33:06 |
| 26. Richard Drechsler | 52 | 33:20 |
| 27. Krista Enns ④ | 33 | 33:31 |
| 28. Janet Nissenson ⑤ | 46 | 33:33 |
| 29. Wendy Newman | 55 | 33:59 |
| 30. Kenneth Fong | 43 | 34:39 |
| 31. Bob Morris-Khatib | 53 | 34:58 |
| 32. Gary Brickley | 52 | 35:06 |
| 33. Joe Connelly | 44 | 35:14 |
| 34. Jason Pegueros | 22 | 35:18 |
| 35. Russell Breslauer | 60 | 35:22 |
| 36. Peter Royce | 70 | 35:36 |
| 37. Jennifer Melman | 33 | 35:43 |
| 38. Norman Ching | 58 | 35:59 |
| 39. Michael Sovik | 40 | 36:21 |
| 40. Rod Hall | | 36:35 |
| 41. Stephanie Gruszynski | | 36:46 |
| 42. Yong Cho | 47 | 36:55 |
| 43. Janet Fry | 26 | 37:28 |
| 44. Jeff Houston | 47 | 38:48 |
| 45. Harry Cordellos | 67 | 39:07 |
| 46. Jim Kauffold | 68 | 39:07 |
| 47. Calvin Hom | 52 | 40:29 |
| 48. Tim Oliver | 39 | 40:41 |
| 49. Kay Teiber | 66 | 40:42 |
| 50. George Sacco | 67 | 41:00 |
| 51. Jane Colman | 62 | 42:11 |
| 52. Bill Woolf | 70 | 42:15 |
| 53. Calvin Chan | 55 | 44:41 |
| 54. Stu Ruth | 69 | 45:10 |
| 55. Bruce Oliver | 77 | 45:21 |
| 56. Judith Jarosz | 65 | 48:58 |

| | | |
|---------------------|-------|---------|
| 57. Elaine Koga | 63 | 59:06 |
| 58. Shannon Luppino | 9 1/2 | 1:02:00 |

SELF-TIMERS

| | | |
|-----------------|-----|---------|
| John Lang | 66 | |
| Ed Olkowski | 62 | |
| Thomas Boyd | 59 | |
| Tony Stratta | 75 | 1:14:50 |
| Neil Mahoney | old | |
| Sasha Vitomski | | 1:10:00 |
| Mary Tully | 56 | |
| Don Watson | 76 | |
| Ada Thomas | 92 | |
| Annabel Marsh | 82 | |
| Ellen Breslauer | 57 | |
| Jim Pommier | 72 | |
| Gary Davis | 53 | |
| Doerte Murray | 65 | |
| Liese Rapozo | 78 | |
| Bob Theis | 77 | |
| Roxanna Pezzy | | |



On the Great Highway bike path
Photo by Don Watson

November 13, 2005

Embarcadero 10K

Race Director: Cammie Dingwall

Volunteers: Robert Brizuela, George Sacco, Eduardo Vazkez, Selma Vincent, Hilary Fong, Bobby Marty, Calvin Chan, Kevin Lee, Edmund Wong

| PL | NAME | AGE | TIME |
|-----|--------------------|-----|-------|
| 1. | Jose Hernandez | 24 | 37:33 |
| 2. | Mark Janes | 30 | 38:23 |
| 3. | Brian Roby | 51 | 40:44 |
| 4. | John Woods | 41 | 40:49 |
| 5. | Kennet De Silva | 23 | 40:54 |
| 6. | Mark Ford | 45 | 41:04 |
| 7. | Hashim Bashiruddin | 48 | 41:40 |
| 8. | Steve Trutane | 40 | 41:49 |
| 9. | Wayne Plymale | 53 | 41:54 |
| 10. | Francis Pinckers | 43 | 42:26 |
| 11. | Thomas McManus | 35 | 43:02 |
| 12. | Stephen Tracy | 42 | 43:20 |
| 13. | Mark Strohl | | 44:39 |
| 14. | Jason Chen | 29 | 44:33 |
| 15. | Amalo Stellato | 49 | 44:56 |

| | | |
|------------------------|----|-------|
| 16. Adrian Jue | 23 | 45:22 |
| 17. Joel Rizzo | 39 | 45:33 |
| 18. Matthew Upton | 37 | 45:50 |
| 19. Phil Melman | 40 | 45:55 |
| 20. David Klinetobe | 44 | 46:18 |
| 21. Michael Caniglia | 38 | 46:47 |
| 22. Noe Castanon | 35 | 46:52 |
| 23. Roger Chandler | 34 | 47:01 |
| 24. Patrick Lee | 58 | 47:50 |
| 25. Andres Stinchfield | | 48:12 |
| 26. Noe Agabo-Martinez | 22 | 48:28 |
| 27. Rick Nippes | 57 | 48:48 |
| 28. Jim Jones | | 49:01 |
| 29. Male Runner | | 49:05 |
| 30. Matt Frauenzimmer | 32 | 49:10 |
| 31. Renee Wung ① | 28 | 49:12 |
| 32. Saqib Jalil | 31 | 49:20 |
| 33. Ian Wagner | | 49:25 |
| 34. Charles Bingham | 42 | 49:28 |
| 35. Steve Nissenson | 57 | 50:08 |
| 36. Theo Jones | 67 | 50:27 |
| 37. Larry Alves | 28 | 50:31 |
| 38. Steve Braggs | 40 | 50:40 |
| 39. Rene Menjivar | 49 | 50:48 |
| 40. Daz Lamparas | 53 | 51:00 |
| 41. Aaron Kohr | 47 | 51:01 |
| 42. Steve Cickay | 50 | 51:14 |
| 43. Zack Lamb | 23 | 51:22 |
| 44. Jessica Agavo ② | 14 | 51:25 |
| 45. Enrique Agavo | 15 | 51:33 |
| 46. Gregory Brown | 56 | 51:51 |
| 47. Jeff Hildebrand | 41 | 52:09 |
| 48. John Dixon | 29 | 52:17 |
| 49. Jared Brockway | 34 | 52:27 |
| 50. Eric Johnson | 24 | 52:46 |
| 51. Patrick Mattimore | 55 | 52:47 |
| 52. Lee Salas | 33 | 53:03 |
| 53. Daniel Sherburne | 23 | 53:13 |

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Race Director Cammie Dingwall
Photo © 2005 Paul Mosel

| | | |
|-----------------------|----|---------|
| 54. Carlos Massone | 22 | 53:38 |
| 55. Amanda Braggs ③ | 38 | 53:43 |
| 56. Duane Menigoz | 36 | 53:44 |
| 57. Sam Roake | 69 | 53:56 |
| 58. Ceci Fresques ④ | 27 | 54:05 |
| 59. Janet Nissenson ⑤ | 46 | 54:27 |
| 60. Richard Drechsler | 52 | 55:30 |
| 61. Jason Pegueros | 22 | 56:09 |
| 62. Chantha Kim | 24 | 56:32 |
| 63. Wendy Kleven | 24 | 56:40 |
| 64. Michele Wayne | 35 | 56:42 |
| 65. Jack Bascom | 64 | 56:44 |
| 66. Eric Vo | 37 | 57:29 |
| 67. Kenneth Fong | 43 | 57:33 |
| 68. Sherwin A. Panem | 32 | 57:43 |
| 69. Jen Melman | 33 | 57:48 |
| 70. Ellen Hedfield | 42 | 57:50 |
| 71. Gary Brickley | 52 | 58:01 |
| 72. Susan Duponde | 39 | 58:20 |
| 73. Lan Nguyen | 27 | 58:47 |
| 74. Wendy Newman | 55 | 59:06 |
| 75. Yong Cho | 47 | 1:00:37 |
| 76. Bob Morris-Khatib | 53 | 1:00:38 |
| 77. Kenneth Thomas | | 1:00:39 |
| 78. Jim Kauffold | 68 | 1:00:40 |
| 79. William Woolf | 70 | 1:01:07 |



George Sacco leading the back of the pack
Photo by Don Watson

| | | |
|------------------------|----|---------|
| 80. Renate Williams | 29 | 1:01:51 |
| 81. Carmen Viduya | 35 | 1:02:01 |
| 82. Maria Horn | 39 | 1:02:06 |
| 83. Tristan E. Mendoza | 32 | 1:02:24 |
| 84. Henry Nebeling | 73 | 1:02:35 |
| 85. Olivia Horgan | 32 | 1:02:48 |
| 86. Dan Oehlberg | 29 | 1:02:59 |
| 87. Bo Allen | 60 | 1:03:16 |
| 88. Ben Allen | 26 | 1:03:17 |
| 89. Kay Teiber | 66 | 1:03:20 |
| 90. Gwynne Teass | 25 | 1:04:03 |
| 91. Michael Lavelle | 53 | 1:05:03 |
| 92. Nalima Malhotra | 28 | 1:05:54 |
| 93. Emilie Truman | | 1:05:56 |

| | | |
|---------------------|-----|---------|
| 94. Stephanie Ho | 24 | 1:06:19 |
| 95. Aaron Low | 40+ | 1:07:09 |
| 96. Jeff Houston | 47 | 1:07:12 |
| 97. George Sacco | 67 | 1:08:16 |
| 98. Jane Coman | 62 | 1:08:41 |
| 99. Christine Rocca | 39 | 1:09:56 |
| 100. Bill Rocca | 39 | 1:09:57 |
| 101. Bruce Oliver | 77 | 1:13:13 |

SELF-TIMERS

| | |
|-------------------|------------|
| Gary Davis | |
| Paul Mosel | 64 |
| Doerte Murray | 65 |
| Don Watson | 76 |
| Ellen Breslauer | 58 |
| Russell Breslauer | 60 |
| Ed Olkowski | 63 |
| Ted Vincent | 69 |
| Tony Stratta | 75 2:01:15 |
| Carolyn Clark | |
| Sasha Vitomski | 1:50:00 |

November 20, 2005

Conservatory 5

Race Director: Andrew Bloch

Volunteers: Steve Nissenson, George Sacco, Eduardo Vazkez, John Gregson, Stu Etzler, Hilary Fong, Bobby Marty, Shannon Luppino

| PL | NAME | AGE | TIME |
|-----|--------------------|-----|-------|
| 1. | Michael Scanlon | 26 | 17:21 |
| 2. | Cris Niell | | 17:41 |
| 3. | Mark Janes | 30 | 17:52 |
| 4. | Sebastian Tocchet | 34 | 17:56 |
| 5. | Adam Lucas | 38 | 18:25 |
| 6. | John Woods | 41 | 19:20 |
| 7. | Kennet De Silva | 23 | 19:20 |
| 8. | David Moulton | 38 | 19:28 |
| 9. | Jerry Flanagan | 40 | 19:34 |
| 10. | Mark Ford | 45 | 19:35 |
| 11. | Thomas McManus | 35 | 19:49 |
| 12. | Denise Piscopo ① | 34 | 19:56 |
| 13. | Jim Buck | 63 | 20:41 |
| 14. | Douglas Higashi | 43 | 20:44 |
| 15. | Daryl Luppino | 46 | 20:59 |
| 16. | Noe Castanon | 35 | 21:07 |
| 17. | Brad Spielman | 38 | 21:08 |
| 18. | Wayne Plymale | 53 | 21:14 |
| 19. | Hashim Bashiruddin | 48 | 21:19 |
| 20. | Joel Rizzo | 39 | 21:37 |
| 21. | Chad Slife | 25 | 21:53 |
| 22. | Fred Leach | 24 | 21:57 |
| 23. | Anne Schmage ② | 28 | 22:03 |
| 24. | Patrick Lee | 58 | 22:38 |
| 25. | Lee Blaine | 63 | 22:39 |
| 26. | Theo Jones | 67 | 22:56 |
| 27. | Jim Kauble | 63 | 22:56 |
| 28. | Karl Olson | 53 | 22:58 |
| 29. | Jeff Brennan | 34 | 23:06 |

| | | |
|-----------------------------|-----|-------|
| 30. George Durgerian | 38 | 23:07 |
| 31. Mark Magers | 47 | 23:07 |
| 32. Eric Park | 56 | 23:08 |
| 33. Keith O. Johnson | 67 | 23:23 |
| 34. Mark Olson | 14 | 23:42 |
| 35. Kathleen Lail ③ | 37 | 24:02 |
| 36. Paul Mosel | 64 | 24:02 |
| 37. John Gorenfeld | | 24:05 |
| 38. Rick Nippes | 57 | 24:17 |
| 39. Patrick Mattimore | 55 | 24:33 |
| 40. Peking Duck | 50 | 24:44 |
| 41. Liz Kauble ④ | 52 | 25:06 |
| 42. Romero Alves | 29 | 25:16 |
| 43. Johanna Merriss ⑤ | 55 | 25:32 |
| 44. Becky Pollock | 28 | 25:32 |
| 45. Joe Harrison | 24 | 25:34 |
| 46. Peter Royce | 70 | 25:34 |
| 47. Joe Diaz | 41 | 25:39 |
| 48. Jack Bascom | 64 | 25:48 |
| 49. Sophia Cannata-Bowman11 | | 25:59 |
| 50. Janet Nissenson | 46 | 26:08 |
| 51. Bob Bowman | 51 | 26:09 |
| 52. Russell Breslauer | 60 | 26:12 |
| 53. Stephanie Gruszynski | | 26:14 |
| 54. Bob Morris-Khatib | 53 | 26:21 |
| 55. Kenneth Fong | 43 | 26:27 |
| 56. Female Runner | | 26:34 |
| 57. Gary Brickley | 52 | 27:09 |
| 58. Thomas Smiley | 47 | 27:18 |
| 59. Wendy Newman | 55 | 27:22 |
| 60. Lina Morris-Khatib | 40+ | 27:23 |
| 61. Jack | 9 | 27:33 |
| 62. Andy Edmondson | 62 | 27:50 |
| 63. Aram Durgerian | 11 | 27:52 |
| 64. Fiona McCusker | 41 | 27:53 |
| 65. Joseph Diaz | 10 | 27:57 |
| 66. Jim Kauffold | 68 | 28:16 |
| 67. Kara Yi | 23 | 28:25 |
| 68. Yong Cho | 47 | 28:40 |
| 69. Aaron Low | 45 | 28:41 |
| 70. Tony Wasserman | 60 | 28:54 |
| 71. Calvin Chan | 55 | 29:45 |
| 72. Tom Cappels | 52 | 30:10 |



Race Director Andrew Bloch
Photo © 2005 Paul Mosel

DSE AT THE RACES

| | | |
|---------------------|-----|-------|
| 73. Marcia Martin | 53 | 30:12 |
| 74. Bill Woolf | 70 | 30:27 |
| 75. Harry Cordellos | 67 | 31:07 |
| 76. Gregory Brown | 56 | 31:07 |
| 77. Kay Teiber | 66 | 31:18 |
| 78. Tim Oliver | 39 | 31:48 |
| 79. Roxanna Pezzy | 40+ | 31:52 |
| 80. Evelyn Martinez | 57 | 32:13 |
| 81. Jane Colman | 62 | 32:22 |
| 82. R. Hippard | | 32:26 |
| 83. George Sacco | 67 | 32:35 |
| 84. Elgin Acorda | | 33:01 |
| 85. Hanakei Muliufi | 20 | 33:02 |
| 86. Bruce Oliver | 77 | 33:38 |
| 87. Richard Finley | 57 | 35:54 |
| 88. Judith Jarosz | | 37:43 |
| 89. Cecilia Diaz | 45 | 38:34 |
| 90. Larry Cruz | 55 | 39:13 |
| 91. Bob Theis | 75 | 40:51 |
| 92. Elaine Gecht | 61 | 42:34 |
| 93. Rudy Diaz | 8 | 42:38 |
| 94. Amy Capps | 22 | 43:00 |
| 95. Diane Tait | 45 | 43:03 |
| 96. Dina Kovash | 67 | 43:20 |
| 97. Elaine Koga | 63 | 50:24 |

SELF-TIMERS

| | | |
|------------------------|-----|-------|
| John Lang | 66 | |
| Carolyn Clark | | |
| Tony Stratta | 75 | 54:40 |
| Sasha Vitomski | | 55:00 |
| Thomas Boyd | 60 | |
| Robert Brizuela | 65 | |
| Neil Mahoney | | |
| Ellen Breslauer | 58 | |
| Gary Davis | | |
| Mary Tully | 56 | |
| Jim Pommier | 72 | |
| Don Watson | 76 | |
| Doerte Murray | 65 | |
| Phyllis 'Saida' Nabhan | 58 | |
| Ada Thomas | 92 | |
| Marian Lyons | 50+ | |
| Judy Goddess | 68 | |
| Judith S. | 68 | |
| Sandy Edmondson | | |
| Ted Vincent | | |

Kids' Run

| | | |
|-----------------|-------|------|
| Joseph Diaz | | 2:35 |
| Aidan Durgerian | 8 | 2:46 |
| Jaile Prince | 9 | 3:09 |
| Adrian Shore | 6 | 3:31 |
| Shannon Luppino | 9 1/2 | 3:42 |
| Zawrey Weiler | 5 | 3:47 |
| Anyia Durgerian | 4 | 4:13 |
| Scott McManus | 3 | 5:11 |
| Sam Spielman | 3 | 8:11 |

Lafayette Reservoir Run 5K, October 20

| PL | NAME | AGE | A.G. PL | AGE GROUP | TIME |
|-----|--------------|-----|---------|-----------|-------|
| 317 | Tim Oliver | 39 | 29 | M30-39 | 30:57 |
| 317 | Bruce Oliver | 77 | 1 | M70-79 | 32:49 |

Lafayette Reservoir Run 10K, October 20

| PL | NAME | AGE | A.G. PL | AGE GROUP | TIME |
|-----|----------------|-----|---------|-----------|---------|
| 460 | Barbara Robben | 71 | 1 | F 70-79 | 1:05:49 |

Cape Cod Marathon, Falmouth, MA, October 30

| PL | NAME | AGE | | TIME |
|-----|---------------|-----|-------------|---------|
| 677 | Gregory Brown | 56 | 50th state! | 4:29:44 |

New York City Marathon, November 6

| PL | NAME | AGE | | TIME |
|-------|---------------|-----|--|---------|
| 11800 | Adrian Jue | 23 | | 4:12:10 |
| 20094 | Wayne Plymale | 56 | | 4:42:23 |

Santa Clarita Marathon, November 6

| PL | NAME | AGE | | TIME |
|-----|---------------|-----|-----------------|---------|
| 256 | Gregory Brown | 56 | 139th marathon! | 4:49:49 |

Run to the Far Side 5K, November 27

| PL | NAME | A.G. PL | AGE GROUP | TIME |
|------|--------------------------|---------|-----------|---------|
| 67 | Kyoung Lee | 3 | F 40-49 | 20:15 |
| 135 | Any Sonstein | 11 | F 30-39 | 22:22 |
| 272 | Denise Leo | 18 | F 30-38 | 25:49 |
| 332 | Kat Powell | 7 | F 50-59 | 26:40 |
| 351 | Grant Kolling | 40 | M50-59 | 26:54 |
| 389 | Russell Breslauer | 13 | M60-69 | 27:32 |
| 488 | Juliette Johnson | 36 | F 30-39 | 29:16 |
| 628 | Jeff Houston | 89 | M40-49 | 31:01 |
| 630 | Aaron Low | 90 | M40-49 | 31:01 |
| 685 | Lee Blaine | 20 | M60-69 | 31:38 |
| 1019 | Gail Igawa | 115 | F 30-39 | 35:10 |
| 1620 | Ted Vincent | 40 | M60-69 | 40:23 |
| 1856 | Al Hom? | 207 | M40-49 | 43:19 |
| 1899 | Edwin Dunn | 60 | M60-69 | 43:41 |
| 1890 | Lucille Wing | 224 | F 40-49 | 43:42 |
| 1952 | Dan Gonzalez | 119 | M 6-13 | 44:26 |
| 1953 | Lourdes Mosqueda | 272 | F 30-39 | 44:28 |
| 2415 | Susan Allen? | 51 | F 50-59 | 52:06 |
| 2440 | Rebecca Rozewicz | 186 | F 50-59 | 52:20 |
| 2588 | Rose Royce | 14 | F 70-79 | 55:01 |
| 2731 | Shannon Luppino | 119 | F 6-13 | 57:14 |
| 2844 | Gloria McKay | 21 | F 70-79 | 58:54 |
| 2859 | Kristine Lee? | 380 | F 30-39 | 59:00 |
| 2939 | Isabella Gonzalez-Mosque | 13 | F 1-5 | 1:00:20 |
| 3004 | Rafael Gonzalez-Amezcu? | 301 | M40-49 | 1:01:25 |

Run to the Far Side 10K, November 27

| PL | NAME | A.G. PL | AGE GROUP | TIME |
|-----|-------------------|---------|-----------|-------|
| 32 | Tom Knauer | 6 | M40-49 | 37:36 |
| 35 | Tori Tyler | 1 | F 14-19 | 37:56 |
| 54 | Roy Clarke | 4 | M50-59 | 39:24 |
| 55 | Eduardo Vazkez | 20 | M30-39 | 39:30 |
| 73 | Andrew Bloch | 17 | M40-49 | 40:27 |
| 79 | David Moulton | 28 | M30-39 | 40:48 |
| 110 | Bob Bowman | 5 | M50-59 | 42:18 |
| 160 | Hashim Bashirudin | 38 | M40-49 | 44:04 |

continued on page 8

A RUNNING STORY—RUTH ANDERSON

Mike Pechner

There are a lot of people I miss in the DSE. Some have passed on, some have moved away, and others, like myself, are just not running at all because of injuries.

I probably miss Ruth Anderson as much as I miss anyone who has ever been in the DSE, including our founder, Walt Stack. Ruth, along with her husband, John, moved to the number one running community in the nation, Eugene, Oregon, home to Nike and the Prefontaine Running Classic.

I met Ruth some 30 years ago, shortly after she joined the DSE. The first thing I became aware of was that she was fast and graceful. I never ran with her because she was a lot faster than me, but on shorter turn-around runs on the Embarcadero, the Golden Gate Bridge or in Golden Gate Park, she would pass me running back to the finish while I was still headed for the turnaround point. I would shout encouragement to her, and she would yell back to me. Granted, she did a lot more training than I did, but Ruth also knew how to train to get the maximum effort from her running.

She was also a very close friend to someone I really looked up to, the legendary ultramarathoner Dick Collins. The two of them wrote the book on ultrarunning and ultramarathoning. I'll be writing my thoughts about Dick Collins in an upcoming Running Story. Ruth and Dick ran side by side on hundreds of runs, with energy feeding off of each other, propelling the other to greater heights on 50 to 100 mile runs.

Ruth, a former nuclear physicist, began running in 1972 at the tender age of 43 at Livermore Lab. She recalls that she didn't like it very much! Ruth swam to stay in shape but one day the pool's heater was on the fritz and a fellow employee suggested that she start running. As they say, the rest is history. She joined the DSE the following year and flourished in a running club that embraced women under the leadership of Walt Stack.

Ruth is a masters distance running legend. Her first title was the 40 and over category in one of the very first Napa Marathons. At 57, she ran 110

miles in 24 hours.

She has run 108 marathons. Her best time is 3 hours and 4 minutes at the Humboldt Redwoods Marathon. She still holds the 60–64 age group record in the 1990 Pikes Peak Marathon with an incredible time of 7 hours and 15 minutes. By comparison, my best time in 1983 was 5 hours and 7 minutes for the 14 mile ascent which climbs nearly 8000 ft. from 6600 ft. at Manitou Springs to the nearly 14,110 foot summit.

However, I think Ruth is most proud of her role as pioneer in pushing for women's rights in distance running. She was the first woman to compete in the prestigious London to Brighton 54 mile ultramarathon. Her efforts have opened the doors for other women. She played a key role in getting the AAU to form a separate women's distance running and masters committee.

Her running accomplishments have been rewarded with a race named after her and of course the Ruth Anderson

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DSE AT THE RACES

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| <u>PL</u> | <u>NAME</u> | <u>A.G. PL</u> | <u>AGE GROUP</u> | <u>TIME</u> |
|-----------|-----------------|----------------|------------------|-------------|
| 188 | Daryl Luppino | 45 | M40-49 | 44:56 |
| 234 | Noe Castanon | 78 | M30-39 | 45:47 |
| 254 | Adrian Jue | 27 | M20-29 | 46:11 |
| 317 | Richard Nippes | 25 | M50-59 | 47:19 |
| 320 | Mark Kelley | 87 | M40-49 | 47:23 |
| 350 | Paul Mosel | 10 | M60-69 | 47:59 |
| 369 | Leland Faust | 35 | M50-59 | 48:18 |
| 397 | Boku Kodama | 39 | M50-59 | 48:48 |
| 459 | Jack Major | 12 | M60-69 | 49:40 |
| 588 | Mitchell Sollod | 16 | M60-69 | 51:52 |
| 640 | Jim McBride | 18 | M60-69 | 52:41 |
| 744 | Kenneth Fong | 181 | M40-49 | 53:56 |
| 748 | Peter Royce | 3 | M70-79 | 53:58 |
| 838 | Heather Yeowell | 2 | F 60-69 | 55:17 |
| 891 | Elaine Mah | 62 | F 40-49 | 55:55 |
| 898 | Julius Ng | 105 | M50-59 | 55:56 |
| 1008 | John Stauffer | 118 | M50-59 | 57:26 |
| 1045 | Wendy Newman | 18 | F 50-59 | 57:54 |
| 1093 | Gary Brickley | 126 | M50-59 | 58:20 |
| 1117 | David Yeowell | 29 | M60-69 | 58:47 |
| 1162 | William Woolf | 5 | M70-79 | 59:13 |
| 1187 | Suzana Seban | 28 | F 50-59 | 59:34 |
| 1429 | Tony Wasserman | 34 | M60-69 | 1:02:04 |
| 1451 | Barbara Robben | 1 | F 70-79 | 1:02:22 |
| 1747 | Janice Rensch | 13 | F 60-69 | 1:05:32 |
| 1944 | Dennis Hassler | 8 | M70-79 | 1:08:08 |
| 1967 | Kevin Lee | 215 | M50-59 | 1:08:30 |
| 2079 | Joan Tyler | 72 | F 50-59 | 1:10:21 |
| 2169 | Irene Pleasure | 234 | F 40-49 | 1:12:20 |
| 2322 | Robert Brizuela | 60 | M60-69 | 1:16:35 |
| 2381 | Lynne Vogel | 102 | F 50-59 | 1:18:54 |
| 2536 | Stu Etzler | 263 | M50-59 | 1:50:31 |

Race results are not yet available for the Thanksgiving Day Run & Walk for the Hungry or the November LMJS 4th Sunday Run.

◆◆◆ 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 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 26 *Kennedy Drive 8K, S/F South side of Polo Field, GG Park
- 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 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 11 GG Park Conservatory 5K, S/F Kennedy Dr. & Bowling Green Dr., GG Park
- Sun Jun 18 Walt Stack 10K S/F Jefferson & Hyde Streets
- Sun Jul 16 Legion of Honor Run, 4.3M, S/F Legion of Honor, 36th Ave. & Clement St.
- Sun Jul 23 Windmill 10K, s/F Kennedy Drive & Great Highway, Golden Gate Park
- Sun Aug 6 Daly City Scenic Run, 6.8M & 5K, S/F Colma School, East Market & Hillside Drive, Daly City

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—RUTH ANDERSON

continued from page 8

Ultrarunner of the Year Award. The Ruth Anderson 100K Race (now 50K/50M/100K) has been held at Lake Merced since 1993.

Ruth is the only woman ever to have competed in all Olympic type games for athletes older than 35. She has run all events from the 800 meters to the Marathon! She still competes and, this past summer, she participated in her 16th World Masters Game in Spain. Like the Energizer Bunny, she keeps going and going and going.

DSE 2005 DOUBLE DIPSEA HOLIDAY CLOTHING SALE

Double Dipsea blue Sweatshirts, green or purple Shorts, and red or navy Polo Shirts are 25% off during December.

See Ken Reed December 4th or 11th at the runs for size and color availability, or email to runkenrun@aol.com.

Help support our 2006 Double Dipsea race by giving Double Dipsea Clothing to friends and family for the Holidays.

◆◆ Letters ◆◆

MORE ABOUT RUSS KIERNAN

Nice article by Mike Pechner on Russ in the November issue.

I would like to tack on an addendum to those achievements. Russ is a life member of the South End Rowing Club and is in our Runners Hall Of Fame. This year he was also chosen Runner of the Year in our Club.

*Sincerely,
Patrick F. Cunneen, DSE'er,
Pamakid and South Ender*

ONLINE DSE NEWS

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

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

CLASSIC STU-PEDS

by Stu Ruth



◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) 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. All others pay at the adult rate.**
- 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 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.

Sun Dec 11 Ballpark 5K

START/FINISH: Terry Francois & Illinois Streets

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

COURSE DESCRIPTION: Travel north on Terry Francois, right onto Third Street, right turn across Lefty O'Doul Bridge. Upon exiting the bridge, run a double counter-clockwise loop around SBC Park. Recross Lefty O'Doul Bridge; make left turn back onto Terry Francois to finish line.

Sun Dec 18 NO DSE RUN—Opportunity to run Christmas Classic 5K & Miracle Mile, www.peopleevents.org

Sun Dec 25 Xmas Blind Date Relays, 2 x 2 miles

START/FINISH: Stow Lake Boathouse, GG Park

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

COURSE DESCRIPTION: Take immediate right turn around Stow Lake, right over bridge, take left fork of dirt trail, complete clockwise (up & downhill) Strawberry Hill loop, exit loop back over bridge onto Stow Lake, complete clockwise (one mile) loop of Stow Lake to finish.

Sun Jan 1 Hangover FUN RUN, 4 miles

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd. & East Battery Road

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

COURSE DESCRIPTION: Run north on East Battery Road path onto GG Bridge; turn around at Vista Point viewing area. Return same way to finish.

NOTE: **FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance**

Sun Jan 8 Lake Merced Run, 4.5 miles

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

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

COURSE DESCRIPTION: Run clockwise around the lake staying entirely on jogging/pedestrian path before merging left to the straightaway finish back at Sunset Blvd. parking lot.

Sun Jan 15 Embarcadero 10K

START/FINISH: Dolphin Club, Jefferson and 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). Turn around at mini-park beyond Townsend St. Return same way to wooden post 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.
- ◆ 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.

Happy Birthday!

| | | | | | |
|----|------------------|--|----|--|----------------------|
| ? | Benny Yih | | | | Grant Kolling |
| 1 | Neil Mahoney | | 15 | | Rod Hall |
| 2 | George Durgerian | | | | Jim Pommier |
| 3 | Aidan Durgerian | | 17 | | Blake Bengier |
| | Wes Thurman | | | | Christine Lamkin |
| 4 | Kat Powell | | | | James O'Dea |
| 5 | David Gemigniani | | | | George Sacco |
| | Megan Nguyen | | | | Stacy Thurman |
| 6 | Len Wallach | | 18 | | Steve Stephens |
| 7 | Devin Wolfe | | 19 | | Poitier Choi |
| 8 | Juliette Johnson | | | | Eduardo Vazkez |
| | Joel Rizzo | | 20 | | Susan Herder |
| 9 | Wayne Plymale | | 22 | | Elaine Gecht |
| | Peter Royce | | 23 | | Sonja Severson |
| 10 | Gary Brickley | | 24 | | Fred Dunn |
| 11 | Adrian Jue | | 25 | | Stephanie Gruszynski |
| | David Mackesey | | | | Mary Stratta |
| 12 | Hilary Fong | | 26 | | Tim Oliver |
| | Megan Smirti | | 27 | | Steven Scotten |
| | Amy Sonstein | | 28 | | Barbara Bernhart |
| | John Tyler | | 31 | | John F. Guinee |
| 13 | Bean Anderson | | | | Robert Moser |

New Members

BELMONT

Kevin Sullivan

Laurie Sullivan

Patrick Sullivan

EMERYVILLE

Lisa Mitchell

SAN FRANCISCO

Judy Goddess

Stephanie Gruszynski

Tom Huster

WALNUT CREEK

Jason Pegueros



San Francisco

Dolphin South End Running Club

Postmaster, Return Undeliverable Mail To:

Richard Finley

805 Vega Circle

Foster City, CA 94404

DSE email list and electronic newsletter

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!