41st Year

January 2006

KEVIN LEE

CALLING OUT TO ALL DSE MEMBERS: Your Help is Needed!

Janet Nissenson

One of the main topics of discussion at the December 4, 2005 General Meeting concerned the idea of initiating "term limits" for the five DSE Officer positions. The main reason for this proposal was the concern that once an individual volunteered to serve as an officer, that there was no easy way out of that commitment. Several of the current officers have been in position for a number of years, and spend anywhere from 5-20 hours a week on DSE business, depending on the time of the year and what races/projects are current.

There was a strong enough consensus from the members present at the meeting to not pursue adoption of this initiative. Members felt that if any of the current officers wished to step aside after their 2006 terms of office, other DSE members would volunteer and step forward to take their place. This remains to be seen, however, and will be a development to watch over the summer months when current officers announce their intentions to seek another term (or not) in 2007.

A closely related topic that was also brought up concerned the division of duties among the current officers and coordinators. Some longtime DSE members will recall the days when the club President was a "one-man show" and did it all. Alas, this is a new century and with it come added responsibilities on all sides. Not only are there far more club duties to deal with now then there were in the 60s and 70s—insurance, permits, advertising, more professional timing/finish line, etc.—the personal lives of all of us are unfortunately less carefree than they were 2 or 3 decades ago. Work, home, family, commuting, the economy, etc. are all contributing factors, and all of us have busy and demanding lives.

In order to have the multitude of club responsibilities more evenly divided among the members, and to reduce the workload on the officers and thereby attract more potential candidates to run for office, we would like to ask for your help in volunteering to take charge of one or more of the following jobs. Most of these jobs only involve a modest amount of time, and some (such as obtaining race permits or organizing the DSE Gala), are jobs that are once a year only and not ongoing during the entire year.

DSE should not be a club run by only a few members. With many of our members attending 15 and more races a year, involvement and participation should

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From the President's Desk

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JANUARY COMING ATTRACTIONS

Happy New Year, DSE! I believe whatever motivating running success you had in 2005; bring it with you into 2006. If not, make a 2006 New Year's resolution to become more actively involved with DSE. This means run and volunteer at more DSE Races. Please add the following January coming attractions to your New Year's resolution checklist: 5 DSE Sunday races and the 1/21 DSE Gala Dinner. Please RSVP for the Gala by 1/11; pick up extra Gala flyers at our weekly races or download from www.dserunners.com

DSE FALL GENERAL MEETING REVISITED

At the 12/4/05 General Meeting, since there was no opposing slate of nominees running for DSE Office, the declaration of 2006 DSE Officers was announced: President Kevin Lee, Sr. VP Janet Nissenson, 2nd VP George Sacco, Secretary Roxanna Pezzy and Treasurer Steve Nissenson.

Club membership is on the rise; the club bank account is solvent. As of 12/4/05, the DSE 2005 Profit/ Loss Statement shows a \$992.00 net loss. This figure will change with incoming race revenue from 3 DSE races and expenses for the December newsletter.

The club members agreed that elected club officers should not feel pressured; they have the right to run indefinitely or withdraw their name from re-election. The membership will support and honor their wishes. After this positive support from the

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CALLING OUT TO ALL DSE MEMBERS: Your Help is Needed!

continued from page 1

be widespread. It isn't fair to expect a limited number of individuals to work so hard to put on the weekly races that many of you participate in so often. We ask that you look deep inside yourself and ask, "Am I really doing enough? Is being a Race Director once a year, or working at Double Dipsea, or helping at registration a couple of times a year enough when I did 25 races in 2005?" If your honest answer is "No,", then please consider volunteering for one of the following assignments.

- Course marking: This job could be divided up among 3–4 people, who each take one race a month, or a month at a time, etc.
- Race permits: All permits are requested once a year, usually September— October.
- Race results: Typing up names, ages, times from the weekly race tags, then
 forwarding to the webmaster and newsletter editor for publication. Also
 emailing the Top 5 Male/Female winners to the San Francisco Chronicle for
 publication. This job could also be divided up among 3–4 people.
- Gala Dinner: Planning, making reservations, preparing the invitation, tracking RSVPs, etc. This job could be done via committee, with several people assisting the Committee Chair.
- Volunteer Picnic: Planning, shopping, cooking, preparing the invitation, tracking RSVPs, etc. This is traditionally done by the officers and some coordinators, a true irony since they volunteer more than anyone else in DSE. This job could also be done via committee, with several people assisting the Committee Chair.
- Waterfront 10M Race Director: 2006 will be my 4th year in this capacity. Someday, I would really, really like to run this race instead!
- Folding Session Coordinator: We have been looking for a permanent replacement for 3 months now. This job involves finding volunteers to host a folding session at their home, publishing the date, time, and location and making sure all of the necessary supplies will be on hand.
- New Member Outreach: Another position we have been desperate to fill for over a year. Responsible for maintaining inventory of club flyers and being present at least 1–2 races a month to recruit new members and answer their questions.

If you would be willing to volunteer for any of these jobs, please contact me at <code>jlnissenson@aol.com</code> or Kevin Lee at <code>dse.pekingduck@juno.com</code> or speak to one of us at a weekly race. Volunteering to take on one or more of these assignments will more than satisfy the volunteer requirement necessary to earn a Mongo trophy and an invitation to the annual Volunteer Picnic.

If you have ever thought about becoming an officer, but aren't sure if your schedule will allow you to do so, taking on one or more of these jobs could be a suitable alternative. Please help us out and make a New Year's Resolution to get more actively involved in DSE in 2006. Thank you!

◆ ◆ ◆ ◆ ◆ ◆ 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

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.

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.

FROM THE PRESDIDENT'S DESK

continued from page 1

GM attendees, the DSE Officer Term Limit proposal was withdrawn.

It has become apparent that the DSE Officers' workload is overwhelming. They are appealing to the general membership to share the workload with the important but less demanding administrative race day assignments. Please see the front page article for complete disclosure.

MEMBERSHIP DUES INCREASE

Effective immediately, a \$5 membership dues increase was adopted and approved at the 12/4/05 General Meeting. Individual membership has been increased from \$20 to \$25. Family Membership has increased from \$25 to \$30. A \$5 discount will apply for any membership that opts for switching over to Electronic Newsletter notification.

JANUARY RACE SCHEDULE

Please spread the word,: the 4 mile 1/1 Hangover Run is a FUN RUN. Last year 65+ race participants came out to run/walk across the GG Bridge race course and afterwards party to celebrate this special occasion. The 1/8 Lake Merced 4.5 miler kicks off DSE's 2006 Race Schedule. Its appears that the 5K and 10K distances are very attractive to our race participants. Thus the return of the Embarcadero 10K. The 11/13 Embarcadero 10K drew 100+ race participants; let's see if we can surpass this race attendance at the 1/15 Embarcadero 10K. On 1/22, DSE returns to the crowd-pleasing Golden Gate Park with the Polo Field 5K loop. On 1/29, DSE is proud to debut the Sawyer Camp Trail 5K/10K. This race course is an out and back, in an enclosed traffic-free location at the Crystal Springs reservoir, down the San Mateo peninsula.

KAISER PERMANENTE HALF MARATHON AID STATION 2/5/06

There is no DSE Run on 2/5/06. Everyone is encouraged to participate in the Kaiser Permanente Half Marathon. If you are not running this event, join the DSE Volunteers at the six-mile aid station. Reporting time is 7:30 AM at Bernice Rogers Drive & Martin Luther King Drive. All volunteers will receive the souvenir T-Shirt. Please contact Calvin Chan at 415-370-5572 or calwentjogging@aol.com.

GREAT ACHIEVEMENTS IN RUNNING

anet Nissenson

This month we profile two DSE members who each ran a marathon on the first Sunday in December—Calvin Chan, who completed his 21st marathon in Las Vegas, and Kennet DeSilva, who ran his very first marathon at Cal International in Sacramento.

Calvin Chan was born in San Francisco and has lived most of his life in the Sunset District. While attending high school, he would sometimes ask to run instead of participating in sports during gym. On weekends, his brother and their friends would go out and run. While at City College, he biked to school and took two Running and Conditioning classes.

His first race was in 1981 when he entered the Bay to Breakers. Calvin remembers that he caught up with a nude woman and, not wanting to lose any time, passed her up and sped to the finish. He ran twenty Bay to Breakers in a row, joining many of the club's members at First and Howard St. where they held back hundreds of runners so that the elite athletes could have a safe start.

Calvin joined the DSE Running Club in 1994 and has enjoyed being an officer and an active member ever since. The club allows him to enjoy running races at a low cost. At first he collected every ribbon but now just runs the race and enjoys all the friends that he meets.

On December 4, 2005, he finished his 21st marathon in

Kennet DeSilva began running while playing soccer in school, and has run on and off since then. Knee surgery at age 14 kept him out of sports for over 3 years, and he never thought he would be able to finish a marathon after that surgery. He resumed running in 1999 and continued until he moved to the U.S. in 2001. He began running again at the 2003 Bay to Breakers.

He has been a DSE member for 18 months now, and has been a familiar face at almost every weekly race since that time. He has



Kennet proudly displays his DSE T-shirt at the Cal International Marathon finish line

completed the one marathon and says he has 99 to go. His personal best times include a 3:58 at 1500 meters, a 17:32 5K and a 38:27 10K.

His favorite running experience was participating on the DSE team at the 199-mile Calistoga to Santa Cruz Relay. Kennet thinks it is one kind of race that any runner can experience. He will never forget the event since he got lost after getting bad directions from a Highway Patrol Officer, and wound up running an extra 4 miles!

The strangest thing that has happened to him while running also occurred at The Relay. One of the race volunteers was following Kennet in his truck to make sure he was okay, but for a while Kennet thought he was a serial killer!

Las Vegas. He passed the Mirage Hotel just as the volcano erupted, and was thrilled to run down Fremont Street with a dozen Elvis Presley impersonators!

A few years ago he was thrilled to have run three marathons in three weeks. He promised Tina Chan that he would run the Silicon Valley Marathon in San Jose, and then thought that he could recover in two weeks and decided to run the Lake Tahoe Marathon with Edmund Wong, Wilhelm Yee and Kevin Lee first. He was then offered a chance to go to Amsterdam with Allen Hom and run the marathon there. How could he refuse a vacation between marathons and a chance to finish a marathon in an Olympic Stadium?

Calvin can't decide which he likes more, running or food, so he does both. His times are not the fastest but he enjoys the sport so much that a small group joins him every Tuesday night at 6:30 p.m. at the Sports Basement Store at 610 Mason Street at Crissy Field in the Presidio for a short run. After that they usually go out for dinner. If interested, give him a call at 415-370-5572.

ROAD RACING 1995 AND 2005

Ted Vincent

The bunting over the start-finish line blows in the breeze. Standing at attention are the carefully spaced volunteers holding the signs of "5 Minute Mile," 6, 7, 8, 9, etc. But the contestants are not that numerous, so they all crowd between 5 and 6 MPM. The gun sounds and the racers charge off to applause of the directors and volunteers. The 5K/10K is underway. Some volunteers break open the crates of hundreds upon hundreds of bottles of water, three times more than needed for the runners who showed up. Other volunteers cut oranges, far more slices than will be used, and the same with the slices of banana. Another under-attended road race will soon be in the books. A few days later the directors phone each other and conclude it may not be worth the trouble to try the event next year.

Races come and races go, they say. "First Annuals" that never get a second annual are a part of our sport, as are events that last only a couple of years. It isn't always the racers' doing. The cause that sponsored the race may lose at the polls, or the organization behind the event may fold. That happened to a Golden Gate Park 5K sponsored in 1981 by the San Francisco Pioneers of the professional Women's Basketball League. This three-year-old pioneering women's pro league folded before its '82 season. A pity for runners, because the "First Annual" was well attended, and you got cheered on by all these tall thin athletic women.

The plight of the little races is mentioned because THE SCHEDULE race listings for May 1995 and May 2005 show a marked decline in the little "cause races" that accounts for much of the overall decline in number of road races over that decade.

THE SCHEDULE listed 116 running events for May 1995, continued on page 7



Note: The numbers **0 0 0 0 0** next to a runner's name represent the placement of the first five female finishers.

December 4, 2005
Ferry Building Run, 4 miles
Race Director: Julius Schillinger
Volunteers: Roxanna Pezzy, George
Sacco, Bobby Marty, Richard Finley,
Hilary Fong, John Gregson, Richard
Hannon, George Rehmet, Jeff & Colby
Houston, Joel Rizzo



Race Director Julius Schillinger Photo © Paul Mosel

I joined the DSE in 2001, after running in the DSE Portero Hill 4 mile race, which began and finished about 5 blocks from where my wife and I lived at the time. After the race, I was looking at the DSE T-Shirts and got a good laugh out of the "Start Slowly and Taper Off" slogan. I thought any running club that can make me laugh after a tough race, must be a pretty interesting group, and one we should join. Plus, the price was right.

I've been running 33 years, inspired by Frank Shorter's gold medal in the 1972 Olumpic marathon. First and foremost, I like running fast, or at least as fast as I'm capable of at this age (58). I like the fact that I'm mostly competing against myself and the clock. I also like the fact that on any given day, running is as easy or difficult as you want it to be. Specifically, running with DSE, I enjoy the diversity of people in the club and I've had a chance to run in so many places in San Francisco, that I otherwise might not have visited.

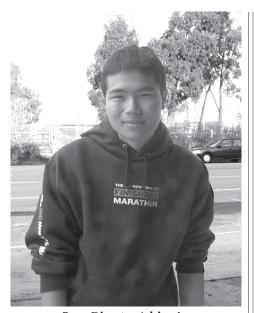
<u>PL</u>	<u>NAME</u>	<u>AGE</u>	TIME
1.	Patrick Sullivan	15	24:59
2.	Tyler Abbott		25:19
3.	Mark Ford	45	25:30
4.	Wayne Plymale	53	25:45
5.	Hashim Bashiiruddin	48	26:59
6.	Cam Stewart	34	27:16
7.	Noe Castanon	35	27:55
8.	Daryl Luppino	46	28:10
9.	Jim Buck	63	28:22
	Joel Rizzo	39	28:28
	Gene French	59	28:35
	Butch Alexander	52	28:50
	Phil Melman	40	28:56
	Mark Kelley	49	29:14
	Libby Freeman ①	16	29:16
	Victoria Osman 2	41	29:17
	Patrick Lee	58	29:34
	Dimitris Skavopoulos	60	29:44
	Amy Sonstein 6	35	29:46
	Theo Jones	67	30:19
	Paul Mosel	64	30:25
	Rick Nippes	57	30:48
	Janet Alexander 4	54	30:59
	George Musante	50	31:01
	Daniel Walworth	29	31:31
	Bru Wong	47	31:36
27.		34	31:50
	Jim McBride	62	31:55
	Lina Morris-Khatib 6		32:02
	Steve Nissenson	57	32:05
	Sam Roake	69	32:15
	Karla Martinez	36	32:32
	Peter Royce	70	32:33
	Rene Menjivar	49	32:41
	Kenneth Fong	44	32:44
36.	,	38	33:12
	Richard Drechsler	52 E1	33:17
	Michael Nordberg Mc Lavelle	51 53	33:25 33:34
	Patrick Regan	38	33:38
	Kira Stackhouse	25	33:58
	Janet Nissenson	46	34:04
	Mark Magers	47	34:10
	Stephanie Gruszynsl		34:34
	Allison Groves	42	34:39
	Brian Hartley	52	34:39
	Peking Duck	50	34:45
	Joe Harrison	24	35:10
	Michael Sovik	40	35:19
	Jen Melman	34	35:24
	Rebecca Pollock	28	35:28
	Dan Taoffe	20	35:36
	Lorrie Kalos	45	35:39
	Spencer Sokoly	28	35:40
	Russell Breslauer	60	35:41
	Diana Stralberg	35	35:57
57.	Wendy Newman	55	36:17
58.	Joy Goodwin	27	36:17
59.	Gary Brickley	52	36:40
00.	, <i>-</i>	-	55



Ferry Building turnaround Photo by Don Watson

Pho	to by Do	n Watson
60. Suzana Seban	52	36:55
61. Michele Wayne	35	37:06
62. Eric Shackelford	55	37:06
63. Roni Kornitz	49	37:13
64. Martyn Griffiths	57	37:13
65. Brian Fry	25	37:18
66. Jim Kauffold	68	37:43
67. Jennifer Tate	34	37:45
68. Kathleen Hunter	32	37:52
69. Bill Woolf	70	37:53
70. Joe Connelly	44	38:17
71. Dennis Hassler	72	38:29
72. Martha Chambers	49	38:34
73. Thomas Smiley	47	38:42
74. Franny Brogan	18	38:43
75. Tony Wasserman	60	38:52
76. Henry Nebeling	73	38:59
77. Barbara Robben	71	40:06
78. Tim Oliver	39	41:04
79. George Sacco	67	42:31
80. Jane Colman	62	42:43
81. Bruce Oliver	77	46:21
82. Shannon Luppino	9 1/2	49:21
83. Judith Jarosz		49:37
SELF-TIMERS		
Ken Reed		
John Lang	66	
Brie Reybine		
Judy Goddess	68	
Judith Sandoval	68	
Don Watson	76	
Gary Davis	53	

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Ken Reed	
John Lang	66
Brie Reybine	
Judy Goddess	68
Judith Sandoval	68
Don Watson	76
Gary Davis	53
Ellen Breslauer	58
Jim Pommier	72
Carolyn Clark	
Elaine Gecht	
Doerte Murray	65
Bob Theis	77
Marian Lyons	
Ada Thomas	92



Race Director Adrian Jue Photo © 2005 Paul Mosel

December 11, 2005
Ballpark 5K
Race Director: Adrian Jue
Volunteers: Robert Brizuela, George
Sacco, John Weidinger, Selma Vincent,
Richard Hannon, Gary Brickley, Kevin
Lee, Thomas McManus, Bobby Marty

<u>PL</u> NAME	<u>.</u>	<u>AGE</u>	TIME
1. Mark Ja	nes	30	18:14
2. Camero	n Stewart	34	18:33
3. Jason R	eed	26	18:34
4. Thomas	McManus	35	19:06
5. Kevin F	ry	26	19:10
6. Rangaraj	an Rajagopalan	22	19:37
7. Gene Fi		59	20:22
8. Daryl L	uppino	46	20:37
9. David k	Klinetobe	44	20:58
10. Patrick	Lee	58	21:17
11. G. Clif	ton	46	22:38
12. Paul M	osel	64	22:41
13. Jim Mo	Bride	62	22:44
14. Lina Mo	orris-Khatib 🛭	40+	22:48
15. Allison	Groves 2	42	23:20
16. Ed Kinc	hley	56	23:27
17. Richard	Drechsler	52	23:27
18. Steve N	Nissenson	57	23:28
19. Michae	el Sovik	40	23:35
20. Stephe	n Boesch		24:15
21. Gregor	y Brown	56	24:16
22. Rene N		49	24:30
23. Bob M	orris-Khatib	52	24:35
24. Roni K	ornitz	49	24:39
25. Stepha	nie Gruszynsl	ki 🚱	24:46
26. Johann	a Merriss 4	55	24:53
27. Nicole	Chappelle 6	35	24:58
28. Janet N	lissenson	46	25:03
29. Alma P	Pulido	23	25:35
30. Suzana	ı Seban	52	26:45

31. Joseph Connelly	44	26:49
32. Yong Cho	47	26:57
33. Tony Wasserman	60	27:00
34. Kenneth Fong	44	27:06
35. Stephen Burch	23	27:29
36. Shari Pietz	40	27:39
37. Mort Weisberg		27:48
38. Janet Fry	26	27:55
39. Jim Kauffold	68	28:00
40. Bill Woolf	70	28:31
41. Calvin Chan	55	28:45
42. Barbara Robben	71	29:22
43. Rhodora Garcia	24	29:33
44. Jeff Houston	47	29:45
45. Thomas Smiley	47	30:14
46. Tim Oliver	39	30:19
47. Olivia Horgan	32	30:29
48. Edward Roubal	23	31:11
49. George Sacco	67	31:39
50. Bruce Oliver	77	32:37
51. Richard Finley	57	35:41
52. Shannon Luppino	9 1/2	38:47
53. Bob Theis	77	39:38
54. Rick Nippes	57	40:27
55. Dina Kovash	67	40:40
SELF-TIMERS		
Tony Stratta	75	53:10
Ken Reed	60	
Jim Pommier	72	
Gary Davis	53	
Wendy Newman		
Mary Tully	56	
Gary Brickley	52	25:01
Richard Hannon	70	
Doerte Murray	65	
Ted Vincent	69	
Don Watson	76	
Ed Olkowski	63	52:01
Judith Goddess		



68

Judith Sandoval

Greg Brown returning from the ballpark Photo by Don Watson



Patrick Lee running in back of the ballpark Photo by Don Watson

December 25, 2005 Xmas Blind Date Relays, 2 x 2 miles Race Director: Wayne Plymale Volunteers: Bobby Marty, George Sacco, Joe Connelly, Calvin Chan, Hilary Fong



Race Director Wayne Plymale with volunteers Calvin Chan and Bobby Marty Photo © 2005 Paul Mosel

rı	1010	© 2005 Pa	iui Mosei
NAME	AG	E <u>TIME</u>	PLACE
Greg Burke	59		
Randy Conner	37	26:13	1 Men
LouAnn Conner	38		
Chris Phipps	35	27:17	1
Keith Johnson	67		
David Moulton	38	27:57	2 Men
Amy Sonstein	36		
Nick Butterfield	48	28:32	2
Cammie Dingwall	42		
Bob Archibald		29:28	3
Frank Shum	38		
Eric Park		30:06	3 Men
Lina Morris-Khatib)		
Hashim Bashirudd	lin	30:12	4
Susan Herder			
Jim Misener	45	31:55	5
Paul Mosel	64	33:13	

continued on page 6

XMAS BLIND DATE RELAYS
continued fromn page 5

continued from pe	ige J		
Marcia Martin	53		
Adrian Jue	24	33:31	6
Sandra Seiki			
Joel Rizzo	40	33:47	7
Denise Leo	30		
Jack Bascom	64	34:36	8
Amy Qu	37		
Jorge Larre	49	35:32	9
Stephanie Gruszy	nski		
Eric Shackelford	55	35:43	10
Suzana Seban	51		
Rick Nippes	57	35:54	11
Phyllis Nabhan	58		
Kevin Lee	50	39:26	12
SELF-TIMERS			
Norma Etzler	56		
Lilia Perez	70+	-	
Marian Lyons	50+	-	
Ada Thomas	92		
Savaje			

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! Membership dues have been increased by \$5, but you get a \$5 discount if you receive the newsletter online.

Just send a request to Richard at *nishikifinley@sbcglobal.net* 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

2410 Kat Powell



DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results.

Clarksburg (Country	Run,	30K,	November	13
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	sburg Country Kuii, 30k				
<u>PL</u>	<u>NAME</u>	<u>age</u>	<u> A.G. PL</u>	<u>age group</u>	<u>TIME</u>
31	Tyler Abbott	44	12	M40-49	2:02:45
150	Megan Smirti	24	10	F 20-29	2:44:11
188	Kat Powell	54	8	F 50-59	3:02:24
224	Dennis Hassler	72	6	M70-99	3:40:21
Run f	or the Hungry, 1 Mile, S	an Francis	co. Novemb	er 24	
<u>PL</u>	NAME	<u>AGE</u>	A.G. PL	AGE GROUP	<u>TIME</u>
6	Mark Kelley	49	3	M40-49	6:30
8	Cammie Dingwall	42	1	F 40-49	6:44
32	Barbara Robben	71	1	F 70-79	9:18
			-		5.10
	or the Hungry, 5K, San I				TIA 4F
<u>PL</u>	NAME NAME	<u>AGE</u>	<u>A.G. PL</u>	AGE GROUP	TIME
17	Wayne Plymale	53	1	M50-59	21:24
31	Cammie Dingwall	42	1	F 40-49	22:48
138	Roxanna Pezzy	47		F 40-49	30:11
155	Barbara Robben	71	1	F 70-79	30:43
Turke	y Beach Trot, 6 miles, Sa	an Francisc	o, Novemb	er 24	
<u>PL</u>	<u>NAME</u>	<u>AGE</u>	A.G. PL	AGE GROUP	<u>TIME</u>
65	Adrian Jue	23	18	M20-29	44:42
99	Paul Mosel	64	1	M60+	47:24
204	Kenneth Fong	43	24	M40-49	54:12
IMIS	4th Sunday 5K, Oakland	d Novemb	er 27		
<u>PL</u>	NAME	AGE	<u>A.G. PL</u>	AGE GROUP	TIME
37	Jane Colman	62	1	F 60-69	33:05
	4th Sunday 10K, Oaklar		her 27		
<u>PL</u>	NAME	AGE	A.G. PL	AGE GROUP	TIME
1	Wayne Plymale	53	71.0.11	M50-59	40:29
11	Gregory Brown	56	2	M50-59	56:33
	<i>o</i> ,			10130-39	30.33
	ay Run for Shelter 5K, A		ecember 3		TIME
<u>PL</u>	NAME	<u>AGE</u>			<u>TIME</u>
65	Jane Colman	62			30:33
New	Las Vegas Marathon, De	cember 4			
<u>PL</u>	<u>NAME</u>	<u>AGE</u>	<u> A.G. PL</u>	<u>AGE GROUP</u>	<u>TIME</u>
1275					
	David Klinetobe	44	209	M40-44	3:47:56
3973		44 56	209 148	M40-44 M55-59	3:47:56 4:36:47
	David Klinetobe Gregory Brown Calvin Chan				
7009	Gregory Brown	56	148	M55-59	4:36:47
7009 7390	Gregory Brown Calvin Chan Wilhelm Yee	56 55 42	148 269 785	M55-59 M55-59 M40-44	4:36:47 6:00:00
7009 7390 Califo	Gregory Brown Calvin Chan Wilhelm Yee ornia International Mara	56 55 42 athon, Sacra	148 269 785 amento, De	M55-59 M55-59 M40-44 cember 4	4:36:47 6:00:00 6:22:51
7009 7390 Califo <u>PL</u>	Gregory Brown Calvin Chan Wilhelm Yee Ornia International Mara NAME	56 55 42 a thon, Sacra <u>AGE</u>	148 269 785 amento, De <u>A.G. PL</u>	M55-59 M55-59 M40-44 cember 4 AGE GROUP	4:36:47 6:00:00 6:22:51
7009 7390 Califo <u>PL</u> 166	Gregory Brown Calvin Chan Wilhelm Yee Ornia International Mara NAME Adam Lucas	56 55 42 a thon, Sacra <u>AGE</u> 38	148 269 785 amento, De <u>A.G. PL</u> 27	M55-59 M55-59 M40-44 cember 4 AGE GROUP M35-39	4:36:47 6:00:00 6:22:51 TIME 3:02:02
7009 7390 Califo <u>PL</u> 166 192	Gregory Brown Calvin Chan Wilhelm Yee Ornia International Mara <u>NAME</u> Adam Lucas Eduardo Vazkez	56 55 42 thon, Sacra <u>AGE</u> 38 32	148 269 785 amento, De <u>A.G. PL</u> 27 36	M55-59 M55-59 M40-44 cember 4 AGE GROUP M35-39 M30-34	4:36:47 6:00:00 6:22:51 <u>TIME</u> 3:02:02 3:04:58
7009 7390 Califo <u>PL</u> 166 192 237	Gregory Brown Calvin Chan Wilhelm Yee ornia International Mara NAME Adam Lucas Eduardo Vazkez Jakob Gron	56 55 42 thon, Sacra <u>AGE</u> 38 32 34	148 269 785 amento, De <u>A.G. PL</u> 27 36 45	M55-59 M55-59 M40-44 Cember 4 AGE GROUP M35-39 M30-34 M30-34	4:36:47 6:00:00 6:22:51 TIME 3:02:02 3:04:58 3:08:55
7009 7390 Califo <u>PL</u> 166 192 237 805	Gregory Brown Calvin Chan Wilhelm Yee ornia International Mara NAME Adam Lucas Eduardo Vazkez Jakob Gron Kennet De Silva	56 55 42 athon, Sacra <u>AGE</u> 38 32 34 24	148 269 785 amento, De <u>A.G. PL</u> 27 36 45 37	M55-59 M55-59 M40-44 Cember 4 AGE GROUP M35-39 M30-34 M30-34 M20-24	4:36:47 6:00:00 6:22:51 TIME 3:02:02 3:04:58 3:08:55 3:35:37
7009 7390 Califo PL 166 192 237 805 1099	Gregory Brown Calvin Chan Wilhelm Yee Ornia International Mara NAME Adam Lucas Eduardo Vazkez Jakob Gron Kennet De Silva Megan Smirti	56 55 42 athon, Sacra AGE 38 32 34 24 24	148 269 785 amento, De A.G. PL 27 36 45 37	M55-59 M55-59 M40-44 Cember 4 AGE GROUP M35-39 M30-34 M30-34 M20-24 F 20-24	4:36:47 6:00:00 6:22:51 TIME 3:02:02 3:04:58 3:08:55 3:35:37 3:46:24
7009 7390 Califo PL 166 192 237 805 1099 2112	Gregory Brown Calvin Chan Wilhelm Yee ornia International Mara NAME Adam Lucas Eduardo Vazkez Jakob Gron Kennet De Silva	56 55 42 athon, Sacra <u>AGE</u> 38 32 34 24	148 269 785 amento, De <u>A.G. PL</u> 27 36 45 37	M55-59 M55-59 M40-44 Cember 4 AGE GROUP M35-39 M30-34 M30-34 M20-24	4:36:47 6:00:00 6:22:51 TIME 3:02:02 3:04:58 3:08:55 3:35:37

55

15

F 55-59

4:35:31

Hon	olulu Marathon, Sacrame	nto, Dece	mber 11		
<u>PL</u>	NAME	<u>AGE</u>	A.G. PL	AGE GROUP	TIME
3450	O Sam Roake	69	35	M65-59	4:21:27
6273	Rob Kay	53	916	M50-54	6:21:46
Mira	acle Mile, San Francisco, I	December	18		
<u>PL</u>	NAME	<u>AGE</u>	A.G. PL	AGE GROUP	TIME
17	Fiona McCusker	41	2	F 40-49	5:58
19	Keith Johnson	67	1	M60-69	6:09
21	Julius Schillinger	58	3	M50-58	6:23
29	Andrew Bloch	43	13	M40-49	7:01
42	Marcia Martin	53	2	F 50-59	8:10
43	Dennis Hassler	72	2	M70-79	8:11
44	Barbara Robben	71	1	F 70-79	8:39
46	Jane Colman	62	2	F 60-69	8:45
Chri	stmas Classic 5K, San Fra	ncisco, De	cember 18		
PL	<u>NAME</u>	<u>AGE</u>	A.G. PL	AGE GROUP	TIME
8	Andrew Bloch	43	4	M40-49	19:58
21	Amy Sonstein	36	1	F 30-39	22:28
22	Keith Johnson	67	3	M60-69	22:50
40	Paul Mosel	64	5	M60-50	24:32
56	Julius Schillinger	58	7	M50-59	26:24
59	Eric Shackelford	56	8	M50-59	26:54
64	Russell Breslauer	60	6	M60-69	28:02
72	Stephanie Gruszynski	36	5	F 30-39	28:16
81	Patricia Baker	45	6	F 40-49	31:35
84	Dennis Hassler	72	2	M70-79	32:07
85	Barbara Robben	71	2	F 70-79	32:16
86	Jane Colman	62	2	F 60-69	32:29
89	Bruce Oliver	77	3	M70-79	33:24
Sant	a Claus Gold Medal Five	Miler, Rich	mond, Dec	cember 25	
	<u>NAME</u>	<u>AGE</u>			TIME
	Greg Brown	56			54:24

NYC MARATHON SUNDAY

Adrian Jue

I woke up at 3:45am in my hostel located in the Upper West Side and scurried over to the greatest race in the world—the NYC marathon. I went over to the 103rd Street subway station and took the #1 train downtown to 42nd Street, where I headed over to the NY Library for the 5:00 AM bus that would cross the Verrazano-Narrows Bridge, the first miles of the marathon, and into the starting area located on Staten Island.

It was still dark and very few runners had arrived so I plopped down under a tent and sat firmly on a grassy area. I forgot I had delicately placed 4 Clif Gels into my rear pocket the night before. BAM, they exploded and were now all gone. My hands became sticky as I wiped the glop on the grass trying to get all the excess mess from the back of my shorts.

Minutes later I realized that the Athlete Village was set up so I went to it and waited around the food area. I sat and talked to a South African who lives in the U.K. and fellow DSE runner Wayne Plymale. We talked about being early at the start, the wonderful atmosphere before the race, European sports, and the expo, which was the biggest I've ever seen. It was where I met many international runners including Grete Waitz and Frank Shorter, who signed an autograph for me which read "Don't go off too hard. You'll thank me at mile 23." Wise words...a premonition perhaps? The weather at the start was reminiscent of San Francisco, 55 degrees with fog. I lined up with the 3:40 pace team. It was a good-sized group of foreigners and I was scared of how much weaving in and out we might have to overcome to keep an even pace.

As the starting time got closer, we inched our way toward the Verrazano-Narrows Bridge. The pace leader kept insisting that it was chip time and not gun time that we should be concentrating on. As I stood at the foot of the bridge, an announce-continued on page 8

ROAD RACING 1995 AND 2005 continued from page 3

and only 50 for May 2005. The listings include a few out-of-state events, and excluding those, the numbers are 113 California runs in 1995 and 46 in May of 2005.

Among the races dropping off the schedule was the Alameda "Run the Runway 5K." In 1995 there was much public interest in the revamping of the old Alameda Naval Air Station. Down in Inglewood in '95 there was "The Crippled Children's Run, Roll and Stroll 5K/8K"—with that name no wonder it folded.

There were four charity "Human Race 5k/10K" runs listed in May '95. Two survived to '05, the San Rafael and Mountain View races, according to THE SCHEDULE. The DSE has had an important role in holding up Bay Area running during the decade slide. Counting only locations by the Bay (the City over to East Bay Hills and down to San Jose and up to Napa), we find 33 races listed in May 1995, and 21 in 2005. This decline of 36% compares with a 69% decline in races listed in the rest of the state. Of the 21 in the Greater DSE Area, we can count four being our races, three actual DSE races and the Bay to Breakers which we are all over as volunteers, human walls, and expo workers, not to mention runners. In addition to our club races and the B to B, the Bay Area held up comparatively well in races thanks to other "oldies but goodies" that reflect how the area was a center for road racing decades ago, when other areas were just starting. Holding strong in both decades are the longtime Marin Memorial Day run, the Lake Merritt Joggers and Striders 4th Sunday Runs, the Tilden Tough Ten, and the 19year-old Bolinas Ridge Wild Boar Run.

NOTICE FROM THE EDITOR

It has been over a year since I became Newsletter Editor and passed on the job of Membership Coordinator to Richard Finley. Yet I am still receiving some membership renewals in the mail. Sending your check to the wrong person delays your renewal.

If you generate your renewal check automatically or have my address stored somewhere, **PLEASE** change the address to Richard's, which can be found both on page 11 and the back cover of every issue of the newsletter.

ment was made about how many people were watching us on TV, and then the Star Spangled Banner was sung. After a few seconds, cannons started the race and Sinatra's "New York, New York" was played. Spectators and volunteers were cheering us on from a double-decker bus. The fog was beginning to burn off and it was apparent that it was going to be a warm day as timing chips on shoes beeped on the start line mat.

Running through the bridge's gates, I looked up at the enormity of them and compared them to how small we, runners, really were. As the pace team clawed and pried for excellent position, the pace leader cut through slow runners. I saw one or two major accidents within the first two miles. A runner followed too closely to a person in front of him, lost balance, and ate the pavement really hard. Not only did you have to remain focused on pacing and concentrate on even effort but you must also be aware of your surroundings. That's a lot to take in within the first few miles. With a brief apology, I cut between a couple to keep even pace. They replied sarcastically, "Yeah, sure you're sorry. There are 25 more miles to go, idiot." I wish I had heeded their advice.

As we descended onto mile 2, people were peeing off the side of the bridge before spectators welcomed them into Brooklyn and I was getting a little tired from all the zigzagging across the road. We were now in Brooklyn and the crowds were beginning to show up. From this point on everything became a blur, but I'll try to remember everything I saw and felt along the route. From miles 4–8, I felt increasingly confident that I could run negative splits. The crowds were so loud and huge in number that it was hard to keep track of one's progress or hindrance in the race. I didn't even know that at one point I was going around 7:00 min/mile pace. I hugged the side of the road for shade and tried to slow down. The water stations were busy and I was worried about not getting enough nutrition into my body. The humidity was getting higher, but I wouldn't notice it until the halfway mark. People were walking or stopping to drink at the water station, which caused runners to wait. For a while, I was ahead of the pace leader and I remained positive about maintaining current pace of 8:00 MPM. n elevated subway stopped on an overpass and honked its horn as passengers waved down at the runners beneath them.

By miles 8-13 we had run through Brooklyn and into Queens. Once there were Italians, Puerto Ricans and African Americans, now there were Hasidic Jews into the mix. The Jews didn't really care about the race whatsoever and went about their Sunday business in nice suits and dresses. A few rises and bumps along the Bedford-Stuyvesant area seemed negligable until we saw people running slower. The little rises and bumps also known as false flats—hurt your body without your noticing, and false flats would be a major theme for the entire race.

By miles 13–15, I was feeling the heat clawing on my back as I approached the Pulaski Bridge heading toward the Queensboro Bridge. One thing I will never forget in the NYC Marathon was where I bonked—a body shop with a huge metal garage door. It was easy to give up in this area where few spectators were lined up before the Queensboro Bridge. Many of those I talked to after the race claim that the ascent onto the 59th Street/Queensboro Bridge became their breaking point. I began my painful run/walk routine. People were passing me in mass numbers on the Queensboro. I

continued from page 7

knew I would have to do something fast if I wanted to go sub-4:00. My goal of 3:40 was over; now it was time to salvage this race and do my best. There were no more wild and obnoxious spectators to guide me forward for the next two miles. Silence was what I wanted to stop the ringing in my ears, and that I got. Quitting was not an option, but my mind was in worse shape than the rest of my body. I was feeling beaten and demoralized. The crowds were nil except a few ING/Dutch orange supporters here and there on the Queensboro. The endless patter of feet and heaving breathing of runners on the bridge gave me some time to internalize how my race was to go from here on out to the finish.

Descending off the bridge, I was unprepared for what was awaiting me on First Avenue—crowds ten deep were along the ENTIRE avenue! Many of the one hundred bands that were on the course were within that area of Manhattan. It became apparent that it was time to REALLY slow down and savor the excitement. Anyway, I had to; it was not by choice.

I was also getting so desperate for food that I accepted a banana from a spectator and gulped a couple Powergels down at mile 18. The sun was bearing down on me as I headed toward Harlem-East, crossing into the Bronx. The black community was so cool and uplifting. I knew I couldn't stop. But when I did, someone would yell or scream out my name. That was all it took to make me break into a jog. I was going to get to the finish even if I had to crawl to it.

Soon enough, I crossed the bridge into the Bronx but not before bagpipers played Hava Nagila and other Jewish tunes. The Bronx went by so fast that I was already crossing the bridge back into Manhattan. The crowds were big as always, turning back onto Fifth Ave. To be honest, I hadn't paid much attention to what was going on around me except for what was up ahead on the road, although I did become increasingly aware that more and more people were shouting out my name. It must have been really apparent that I was out of my comfort zone and dying like a sick dog. I was now around Central Park, reminiscent of the gradient of the Champs-Elysées in Paris. It appears flat, but soon it begins to go uphill without your realizing it. On Central Park South, the smell of horse dung was strong, and a cop screamed at the runners that "last year, 36,000 runners finished the race; it is now your duty to become one of them. The record can only be broken by you!" Then we passed Columbus Circle and went back into Central Park for the final two miles.

It was a struggle with all the rollers thrown into it. I finally stirred up some energy to sprint the last 200 meters and finished in 4:12:10 net time. After crossing the mat and receiving the heat sheet, I couldn't control the tears coming down my eyes. I had worked my body and mind beyond anything I have ever dealt. Despite my shortcomings, I felt proud to complete my first marathon in the greatest city to have the greatest marathon in the world. Not many people can say that. Fred Lebow, founder of the NYC Marathon, said, "In running, it doesn't matter whether you come in first, or last. You can say 'I have finished.' There is a lot of satisfaction in that."

I would like to thank all of my mentors and fellow runners of the DSE Saturday morning runs and Sunday races, who have provided me with never-ending wisdom and timeless stories which heightened my interest in running.

♦ ♦ ♦ 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 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 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
- Sun Aug 13 Golden Gate Park Cross Country 5K, S: Upper Speedway Meadow, F: Lower Polo Field track
- Sun Aug 20 Fort Point Promenade Run, 7.13M, S/F Dolphin Club, Jefferson & Hyde Streets
- Sun Sep 3 Potrero Hill Run, 4M, S/F 17th Street & Arkansas Street
- Sun Sep 10 Lake Merced Half Marathon & 4.5 M, S/F Sunset Blvd. parking lot at Lake Merced, **8:30 AM Start!**
- Sun Sep 17 Single & Double Muni Pier Runs, 1.25 & 2.47 M, S/F Dolphin Club, Jefferson & Hyde Streets
- Sun Sep 24 Polo Field 5K Loop, S/F Southside of Polo Field, GG Park

WATERFRONT 10M VOLUNTEERS NEEDED

In the years since its inception, the Waterfront 10M race has quickly become one of our most popular and fastest growing events. This year, the race and its accompanying 5K will be held on Sunday, February 26.

With the longer than average distance of this race, we need more volunteers than usual to help out. At present we need DSE members to help with the following assignments:

- 2-3 people to distribute race flyers after the Kaiser Permanente Half Marathon on February 5
- 4 people to work as course monitors along the 10M course (corner of 3rd Street near SBC Park, corner of Terry Francois & 3rd Street just after the Lefty O'Doul Bridge, corner of Terry Francois & Illinois Streets, and at the turnaround at Illinois & 25th Streets)
- 3-4 people to man the aid station located on Terry Francois Street (approximately the 3.5 mile and 7 mile mark on the course)
- 2-3 people to help with registration and finish line

If you can help with one of these assignments, please contact Janet at *jlnissenson@aol.com* or 650-355-7660. Thanks for your help in putting on another successful race.

TOP 11 INJURIES IN RUNNERS!

Amelia Mazgaloff

And the winners are:

- 1. Plantar Fasciitis
- 2. Heel Spurs
- 3. Bunions
- 4. Repetitive Ankle Sprains
- 5. Runner's Knee (occurs from abnormal patella tracking)
- 6. Iliotibial Band Syndrome (outer knee or hip pain)
- 7. Shin Splints
- 8. Pelvic Torsion (Short leg syndrome)
- 9. Hip Pain
- 10. Low Back or Neck Pain
- 11. Muscular Imbalance

More than 25 million Americans run regularly and 70% of them will sustain an injury sometime during their running careers. But studies show that experienced runners who keep their weekly mileage in moderation (less than 30 miles per week) have less risk of injury than novice runners, runners logging more than 30–40 miles per week, and runners who have improper biomechanics.

Of course, the simple act of running was not the actual "cause" of those injuries. No, the leading cause of injury among runners stems from "overuse"—trying to get too much of a good thing.

A COMMON CAUSE

In overuse injuries, normal tissue is subjected to repetitive stress, which, in turn, causes microtrauma. Over time, the effects of microtrauma add up resulting in tissue injury, joint dysfunction, and pain.

If you now suffer or have previously suffered any of our *Top 11 Running Injuries*, you should make the effort to be evaluated for those factors that you can easily correct.

Dr. Amelia Mazgaloff is a Doctor of Chiropractic practicing in San Francisco. For the last five years she has specialized in the treatment of sports injuries, neck and back conditions, and headaches. To relieve pain, and maintain wellness, she integrates chiropractic, physiotherapy, Active Release Technique (ART) and athletic training to produce optimal long lasting results. For more information regarding this or related topics, you can reach Dr. Mazgaloff at 415-546-1461 or on the web at www.chirohealthsf.com.

Next month: Plantar Fasciitis

◆ ◆ ◆ M onthly Running Schedule ◆◆◆

- 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.
- All races are \$3 for members and \$5 for non-members unless otherwise noted.
- Kids (under 12) pay \$1. All others pay at the adult rate.
- Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 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

Hangover FUN RUN, 4 miles Sun Jan 1

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 Ian 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 Streets 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.

Sun Jan 22 Polo Field 5K Loop

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

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

***KIDS' RUN (1/2 mile) at 9:45 AM START!

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

Sun Jan 29 Sawyer Camp Trail 5K/10K

START/FINISH: South trail entrance at Crystal Springs Rd & Skyline Blvd., San Mateo

STARTING TIME: 10K - 9:00 AM START! 5K - 9:05 AM START! Walkers are encouraged to start early.

COURSE DESCRIPTION: Run out and back on paved bike path; turnaround at 5K/10K location markings.

NOTE: No pets allowed on trail.

Sun Feb 5 NO DSE RUN—DSE volunteers at Kaiser Permanente Half Marathon water station

MEETING PLACE: Bernice Rogers Drive & Martin Luther King Drive

REPORTING TIME: 7:30 am

Sun Feb 12 Golden Gate Bridge Vista Run, 5 miles

START/FINISH: Northwest Legion of Honor parking Lot along El Camino del Mar (behind Legion of Honor water fountain) STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run downhill on El Camino del Mar, take lower fork of 30th Ave., stay on El Camino del Mar which runs into Lincoln Blvd., follow guard rail onto dirt trail. Turn around at end of Merchant Road parking lot next to bus stop. Return the same way back to 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.

Membership ◆◆◆ ◆◆◆ Information

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

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2-6+ miles).

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

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online. Renewal dues are payable by the date shown on the mailing label of your DSE newsletter. Dues can be paid by either personal check or money order made out to DSE and mailed to Richard Finley at the address shown below, or online at www.Active.com.

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

Folding ◆◆ ◆ ◆ ◆ ◆ Session

DATE: Monday, January 30, 2006

TIME: 7:00 PM PLACE: Amy Sonstein

> 786 Sanches Street, Apt. B (in the Presidio, off Morton St.) San Francisco 94129

415-441-1416

NOTE: Street parking is O.K. in spots that say VISITOR or are not marked RESERVED, as well as along the curb or farther down the hill on Morton Street.

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

Please remember to bring drinks or snacks to share after the folding session.

Folding session hosts are needed for February 2006 and beyond. If you can help, please contact Kevin at 415-751-9653 or dse.pekingduck@juno.com.

Weather ◆◆◆ ◆◆◆ Report ◆◆◆

Meteorologist Mike Pechner

It should be dry for the Hangover Run. However, overall, January looks to be a wet month with several days of rain after the 1st and another couple of days around the 9th, followed by a dry period until after mid-month, with heavy rain around the 18th. We should have generally dry and mild weather in the third week of January before a new storm moves in on the 27th, with heavy rain continuing through the end of the month.

Mike's RUNNING STORY will return to the newsletter next month.







PRESIDENT ANGELICUS Walt Stack

PRESIDENT

Kevin Lee 415-751-9653 dse.pekingduck@juno.com

SR.VICE PRESIDENT Janet Nissenson 650-355-7660 Mom114@aol.com

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

SECRETARY Roxanna Pezzy rpez0@allstate.com

* * ***** * * ***** * *

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

DSE Runners P.O. Box 210482 San Francisco, CA 94121-0482 Hotline: 415-978-0837 Website/Membership Application:

www.dserunners.com WEBMASTER: Natalie Nissenson

sparklethenfade@aol.com ASSISTANT: Stephen Boesch

★★★★★★ DSE Coordinators

MEMBERSHIP Richard Finley nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

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

LOST & FOUND George Sacco gsgasacco@yahoo.com

FOLDING SESSION

KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com

DD CLOTHING

Yong Cho yongdse@yahoo.com

Happy Birthday! ************

4	Thomas McManus
8	Russ Kiernan
	Joshua Lail
11	Roni Kornitz
	Lina Morris-Khatib
12	David Bates
13	Don Brown
14	Chris Boome
15	Laura Tapia
20	Stan Yasuhara
21	Augustine Perez
22	John Peterson

23	Yong Cho
	Phyllis Nabhan
	Lucy Wing
25	Robert Fry
26	Steve Nissenson
27	Hashim Bashiruddin
29	Susan Blair
	Thomas Kutrosky
30	Kevin Cuevas
	Wilhelm Yee
31	Judy Goddess
	Cliff Lentz



DALY CITY Amy Qu El Granada Marnie Kelley Newark Michael King Maggie Mortimer SAN CARLOS Chris Boome Sharon Boome San Francisco Jakob Gron Jorge Larre Anna Livesey Rick Moser Patrick O'Hara Rishi Raghavan Judith Sandoval Raghavan Sarathy Lakshi Srinivasan Michele Wayne Jean Haber Jung Sook Lee

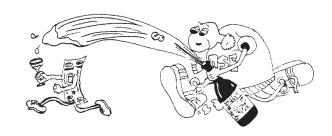


San Francisco
Dolphin South End Running Club
Postmaster, Return Undeliverable Mail To:
Richard Finley
805 Vega Circle
Foster City, CA 94404

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.

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at *nishikifinley@sbcglobal.net*. 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!