41st Year

**FEATURES** 

February 2006

## DSE LIFETIME SERVICE AWARD WINNER RICK SHEA

We are pleased to present to all DSE members the speech that Rick Shea made at the annual Gala upon receiving the 2005 DSE Lifetime Service Award.

I am very humbled and honored to receive this recognition from the DSE Running Club. Walt Stack's encouragement and inspiration and the DSE club's camaraderie played a verg big part of my life and gave me focus. I learned that by working hard at something you can set and achieve goals that you at first believe are out of reach, and I found that you can have a lot of fun and satisfaction along the way.

In our currect hectic world our goals are often long term, such as raising children, buying a car or a home and paying off the car loan or home mortgage and retiring. We often aren't satisified until we reach some of our goals...and this is where the joy of running comes in. We can all set personal goals...whether it be running your first mile, 5K, 10K, half marathon or marathon and for some even ultramarathons. Then, once distance goals are achieved, PRs can be set for those distances, and once your speed starts diminishing you can always set PRs at new courses or even give trail running a try. By reaching these goals you instantly have a sense of satisfaction and accomplishment. The Club Trophies handed out tonight are the perfect example of the result of achieving goals. Walt Stack and the old time DSE Club offices and volunteers knew this and wanted to share their enjoyment with others. And don't forget that the journey is more important than the destination. By putting in your training miles you end up in better shape, good health, are happier and are a better person.

I myself am currently not able to run due to an old injury that recently required a second operation to my right knee. So...I will now start setting my walking goals. I've walked over 1,000 miles since June and have a lot more to go.

Walt Stack entrusted us with something very special and I am happy to see that it is still present with the DSE Club today.

I give special thanks to Kevin Lee for being club president for sooo many years and to Ken Reed who was my right hand man during my four years as DSE president and who is still very active in the DSE, Pamakids, and Bay Area Ultra Runners. I also thank each of you present here tonight for keeping Walt's spirit alive by being present or past club officers, volunteers, or participants in the best damn running club around.

Keep up the good work and, like Walt always said, "Just put one foot in front of the other."

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# From the President's Desk • • • • • KEVIN LEE

#### **FAMILY LOSS**

Recently one of my brothers died of cancer. I would like to thank the DSE family for your best wishes, prayers and condolences. At the same time, I found out that long time DSEer Priscilla Black has lung cancer. Husband Henry thanks DSE for the get well card and your prayers. He said she has completed chemo and radiation and feels stronger every day. Let's hope she receives positive test results. I am sure many fellow DSEers have experienced the same tragedies. If you have, I send out my heartfelt prayers and condolences to you.

This is a wakeup call. No one is guaranteed a long life. I suggest you take the initative, to enjoy your life. If running or walking is a passion of yours, do it as often as you can. I look forward to seeing you quite often at our 2006 DSE Race events.

## 2006 DSE GALA—A NIGHT TO REMEMBER!

You may ask how we can top last vear's successful DSE Gala. This is how: add new dinner entrees, new Mongo Trophies, an entertaining and lively Elvis impersonator and an inspirational thank you speech. 100+ gala attendees returned to the spacious confines of the Irish Cultural Center. They dined on a choice of corned beef, salmon or vegetable pasta. Throughout the evening Volunteer and Runner recognition held center stage. Rick Shea was presented with the 2005 DSE Lifetime Service Award. He gave an inspirational and moving acceptance speech (you can read

Continued on page 2



Ken Reed and Gala T-shirt contest judges Yong Cho, Bobby Marty, Marian Lyons and Kevin Lee

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#### A RUNNING STORY-DICK COLLINS

Mike Pechner

I can't remember when I was first aware of Dick Collins but I know it was back in the 70s. I lived on Potrero Hill from 1968 to the summer of 1988. Dick and his brother Jim owned Alta Mechanical, a construction company that helped build many of the city's skyscrapers during the building boom of the 1970s and 80s. Their office was a few blocks away from the east side of Potrero Hill, a couple of blocks west of Third Street. I had met Jim Collins during that time; he would occasionally show up at Stow Lake after work and run with a bunch of us called the "Stow Lake Joggers." We were talking one day and I brought up Dick's name and Jim said, "Hey, that's my baby brother!" Anyway, Jim was a much faster runner, but Dick had surpassed Jim in distance.

Jim had started running first and was the one that got Dick into running. As Jim tells the story, he invited Dick to go running with him around Lake Merritt one afternoon in the spring of 1972. By this time, Jim was running

around three to four miles at a time and Dick, overweight and out of shape, hadn't given it a thought. On this day at Lake Merritt, the legendary Dick Collins ran about 100 yards before he almost collapsed fighting for air! Now here is the rest of the story: About this same time, Dick saw his doctor who said he needed to do something about his health. He was overweight and a smoker. So with Jim's gentle prodding, Dick started to run, slowly at first, and then beginning to chalk up the miles. His brother invited him to join the DSE and about the same time he met Ruth Anderson. The two, as I related in the last Running Story, became inseparable. They took long distance running to new heights and became ultramarathoners. Ruth told me that Dick was her best friend and that she idolized him. They trained together for almost every event and fed off of each other's energy. Ruth said that they were each other's own support group and it was this type of

continued on page 9

#### ••• • • • 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 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

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it on the front page of this newsletter). Bobby Marty was the top Volunteer of the year and received the 2005 Walt Stack Award. Phyllis Nabhan, Sandra Seiki and Rick Shea all received the 2005 RRCA National Volunteer Award for 2000+ volunteer hours of service. Award/volunteer listings may be found on the DSE website, www.dserunners. com. It was a rewarding experience to see club members being presented with their Mongo Trophy, Top 5 Category and Age Division presentations. To balance the evening, a White Elephant Gift Exchange and a highly entertaining Tshirt contest were held with an abundant number of raffle prize giveaways. DSE saved the best for last, closing the evening with an Elvis impersonator. Many special thanks to Gala Coordinator Janet Nissenson and all the gala volunteers and presenters. Thank you for making this year's DSE Gala another memorable experience. I look forward to seeing you at next year's DSE Gala.

#### **FEBRUARY RACE SCHEDULE**

February may be the shortest month of the year, but this didn't stop DSE from scheduling a bonanza of exciting footraces. There is no NO DSE RUN on 2/5; instead DSE would like to encourage everyone to participate at the Kaiser Permanente 1/2 Marathon. If you are not running, contact Calvin Chan at 415-681-0105 or calwentjogging@aol. com to volunteer at the DSE aid station and reserve your souvenir Tshirt. It is time to meet the challenge of running a hilly race course. On 2/12, the spectacular scenic views looking over the Presidio golf course and the GG Bridge are more than enough of an allure to run the GG Bridge Vista 5 miler. To attract more first time runners. the DSE Windmill Run is now a 10K distance. Please join DSE on 2/19, run an old familiar DSE race course and set a new 10K PR. On 2/26 the Waterfront 10M/5K is the ideal race series for both long and short distance runners.

#### **HURRICANE KATRINA RELIEF FUND**

It gives me great pleasure to report DSE will be issuing a \$400.50 check to the Red Cross c/o Hurricane Katrina Relief Fund. \$242.50 was raised at the Rainbow Fall 5K and \$158.00 from weekly donations.

## THE WATERFRONT 10 MILE & 5K

Date: Sunday February 26, 2006 Time: 8:00am - 10M 8:10am - 5K

Fees: 10M - \$5

5K - \$3 for DSE members, \$5 for non-members

Awards: 10M - Medals 3 deep in 10-year divisions (19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+) 5K - Ribbons to Top 5 Overall Male/Female Finisher ribbons to all participants for both races

Start/Finish: The Dolphin Club

Foot of Jefferson & Hyde Streets, San Francisco

Both courses are out and back - flat, fast & scenic - great training race for spring marathons one of only a very few 10M races in northern California

Water station at 3 miles and 7 miles for 10M Race

Register online at www.active.com
Race day registration begins at 7:00am

FOR MORE INFORMATION:

www.dserunners.com
Race Hotline: 415-978-0837

## **DSE'S 40TH ANNIVERSARY**

Janet Nissenson

This May, DSE will be marking a significant milestone—its 40th anniversary! We haven't been able to determine the exact date the club was founded, only that it was sometime in May or June of 1966. With June so busy with our Dipsea races, and Bay To Breakers in mid-May, May 7 will be the date when we commemorate this very special event.

Our race that day will be the Walt Stack 5K course, with start and finish at the Walt Stack Memorial Bench on the Marina Green. We will have refreshments, age division awards, a special T-shirt available for sale (separate from race entry), and possibly some raffle prizes.

It is our hope to have as many current and former DSE members as possible in attendance at this event. Even if you don't wish to run, walk or self-time, please come out to greet old friends and meet some new ones.

Over the next months, we would like to reach out to as many former members as possible and invite them to attend. We are asking all DSE members to send us names, addresses, and/or emails of former DSE members whom we should be contacting. Please forward this information to Janet or Kevin.

We would also like to get as much media coverage as possible for our 40th anniversary, We are the oldest running club in San Francisco, very likely in Northern California, and quite possibly one of the oldest in the U.S. If any of you have contacts at local TV or radio stations, newspapers or magazines, please help us out and alert them to our upcoming anniversary. We also hope to contact the Mayor and the Board of Supervisors and any other local politicians of note.

A race flyer will be available in early March and more details will be posted soon on the DSE website. In the meanwhile, if you have any more ideas about how to commemorate this anniversary, please let us know.

#### MEMBERSHIP RENEWALS

We would like to ask all current DSE members to please mail their annual membership dues directly to Richard Finley, DSE Membership Coordinator, unless there are very exceptional circumstances. We often receive at least 2–3 renewals at every race, seldom accompanied by a completed renewal form, and it can make for accounting nightmares when it comes time to deposit the race receipts, especially if you are paying by cash. If you have volunteered at registration at any of our races, you

will know how hectic it can get at the table registering runners. We ask for your cooperation in not adding to the race day

mania by mailing your dues directly to Richard at 805 Vega Circle, Foster City CA 94404 or renewing online at www.active. com. Also, please don't mail your dues to the DSE post office box, or to any of the DSE officers, as this delays processing of your renewal by 1–2 weeks. Thank you for your cooperation in making this a more efficient process.



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

#### January 1, 2006 Hangover FUN RUN, 4 miles

Since the Hangover Run is a fun run rather than a DSE race, it had no race director, no timing, and no official finishers. However, since there was an unofficial sign-in, we do have a list of those who were there. If you were there and your name is missing, it means that either you did not sign in, or that the editor could not decipher your handwriting.

Cindy Toler Calvin Chan Fred Haber Yong Cho Kay Teiber Geroge Teiber Bob Archibald Keith O. Johnson

Marcia Martin **Bruce Oliver** Bill Woolf Wendy Newman Jessica Love April Lax Rick Nippes James O'Donnell Frank Shim Lina Morris-Khatib Larry Wuerstle Peter Royce Ed Olkowski Suzana Seban Robert Silverman Jeff Bedolla Kat Powell John Lang John Gregson Sam Stevenson Diane Okubo-Fong Paul Mosel Sandra Seiki Dimitri Sklavopoulos Alexandra Dixon (and Liberty Belle) Phil Melman

Amy Melman Jen Melman Aaron Low **Jeff Houston** Doerte Murray Russell Breslauer Ellen Breslauer Patrick Lee Jane Lee Kenneth Fong Phyllis Nabhan Elaine Gecht Lisa Griffin Jina Janaus Joanne Desmond **Bobby Marty** Wally Rapozo Liese Rapozo Bill Dake Pauline Dake Hashim Bashiruddin Hilary Fong Mary Magee Carolyn Clark Kevin Lee Tony Wasserman



Lake Merced Race Director Kenneth Fong ©2006 Paul Mosel

22	Daryl Luppino	46	31:21
23	No Name	10	31:42
24	Robert Sobsey	54	31:56
25		_	31:57
26	No Name	00	31:59
27	Joel Rizzo	40	32:09
28	David Klinetobe	54	32:15
29	King Wayman	56	32:17
30	Amy Sonstein <b>2</b>	36	32:19
31	Mark Kelley	49	32:20
32	No Name	49	32:47
33	Patrick Lee	58	32:53
34	Paul Mosel	64	33:01
35		67	33:17
36	Fiona McCusker <b>3</b>	41	33:19
37	Catherine Filippone 4		33:39
38	Marie Appel 6	41	33:42
39	Jonathon Gould	50	33:47
40	Ashley Block	29	34:08
41	Eric Park	60	34:13
42	Karl Olson	53	34:35
43	Michael Leeds	26	34:36
44	David Barber	32	34:38
45	Lina Morris-Khatib	40+	34:42
46		25	34:47
47	Gregory Brown	56	35:32
48	Jim McBride	63	35:40
49	Steve Nissenson	57	36:02
50	Jeremy Campbell	25	36:06
51	Adam Brown	25	36:17
52	Patrick Mattimore	55	36:22
53	Daz Lamparas	53	36:37
54	Richard Drechsler	52	36:39
55	Marian Lyons	50+	36:54
56	George Durgerian	39	37:13
57	Dan Smith	28	37:14
58	Benjamin Rainera-de Haan	_	37:34
59	Nathaniel Leeds	29	37:39
60		30	37:42
61	Mark Olson	14	37:46
62	Sam Steveson	71	37:49
02		ı ntinued oı	
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New Year's Day Hangover runners

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January 8, 2006
Lake Merced Run, 4.5 miles
Race Director: Kenneth Fong
Volunteers: George Sacco, Jorge Larre,
Gene French, John Gregson, Rene
Menjivar, Janet Nissenson, Hilary Fong,
Ken Reed, Bobby Marty

<u>PL</u>	<u>NAME</u>		<u>AGE</u>	TIME
1	Mark Janes		30	27:20
2	Peter Hsia		45	27:27
3	Eduardo Vazkez			27:39
4	Tanja Tamguney	0	27	28:02
5	Jerry Flanagan		40	28:11
6	Patrick Sullivan		15	28:13.35

7	Mark Ford	46	28:15
8	Samuel Harvell	43	28:24
9	David Moulton	38	28:32
10	Genaro Diaz	44	28:37
11	Dan Ramos	55	28:45
12	Andrew Bloch	43	28:57
13	Josh Olkowski	31	29:00
14	John Woods	41	29:20
15	Paul Zager	48	29:58
16	Kennet DeSilva	23	30:05
17	Stephen Tracy	42	30:21
18	Hashim Bashiruddin	49	30:52
19	Rangarajan Rajagopalan	22	30:54
20	Noe Castanon	35	30:55
21	Gene French	59	31:04

## DSE LAKE MERCED RUN continued from page 4

COIL	unaca nom page 4		
63	Lisa Anter	31	37:53
64	Neal Block		38:50
65	Neil Ashton	49	38:57
66	Maryam Farzad	32	39:04
67	Ed Kinchley	56	39:07
68	Bob Morris-Khatib	52	39:27
69	Julius Schillinger	59	39:49
70	Jerry Applegate	57	40:00
71	Dana O'Neill	29	40:02
72	Allan Blomquist	24	40:03
73	Guy Murtagh	56	40:17
74	George Tharakan	25	40:26
75	Yong Cho	47	40:47
76	Katherine Moser	36	40:58
77	Gary Brickley	53	41:00
78	Joe Connelly	44	41:07
79	Russell Breslauer	60	41:10
80	Steven Scotten	36	41:19
81	Evelyn Martinez		42:20
82	Olivia Horgan?		42:45
83	Tony Wasserman	60	42:53
84	Eric Shackelford	55	42:55
85	Mort Weisberg		43:06
86	Barbara Robben	71	43:23
87	Lorrie Kalos	45	43:25
88	Kiren Jolly	25	43:27
89	Tom Huster	62	43:40
90	Jeff Houston	47	43:47
91	Dennis Hassler	72	43:58
92	Lucy Wong	43	44:17
93	Calvin Chan	55	44:23
94	Patrick Cunneen	72	44:35
95	John Casey	44	44:40
96	Jeanie Jones		44:57
97	Phil Gallagher	55	45:18
98	Tom Casey	41	45:24
99	Kay Teiber	66	45:40
	) Rosa Murtagh	41	46:27
	Sree Vallath	31	46:46
	George Sacco	68	48:45
103	Peking Duck	50	48:46



Kevin Lee clowning his way around Lake Merced Photo by Don Watson

104 Bruce Oliver	71	48:55
105 Amanda Moore	30	49:21
106 No Name		54:18
107 Lynne Rodriguez	67	54:32
108 Jane Colman	62	57:05
109 Judith Jarosz	65	57:10
110 Cynthia Bobo	39	57:19
SELF-TIMERS		
Doerte Murray	65	
Wally Rapozo	77	
Liese Rapozo	78	
Bob Theis	77	
George Rodriguez	68	
Jim Pommier	73	
Kelly Cunneen		
Roxanna Pezzy		
Betty Cunneen	72	
Don Watson	76	
Ellen Breslauer	58	
Elaine Gecht	62	
Gary Davis	53	
Richard Hannon	70	
Jack Bascom	64	
Richard Finley	57	
Robert Brizuela	66	55:00
Tony Stratta	75	1:23:00
Ed Olkowski	63	
John Lang	66	
Jack Olson	9	
Judith Sandoval	68	
Judy Goddess	68	
Jane Lee	55	

# January 15, 2006 Embarcadero 10K Race Directors: Suzana Seban and Susan Herder Volunteers: Calvin Chan, John Gregson, Richard Hannon, Jane Lee, Kevin Lee, Bobby marty, Steve Nissenson, George Sacco, Selma Vincent

Special note: Mark Kelley, age 49, finished 49th—in a time of 49:12

tinis	tinisned 49th—in a time of 49:12				
<u>PL</u>	<u>NAME</u>	<u>age</u>	TIME		
1.	Paulo Acoba	18	36:50		
2.	Jeremy Butler-Pinkham	25	38:13		
3.	Peter Buhl	42	38:26		
4.	Tony Roberts	17	38:30		
5.	Eduardo Vazkez	33	38:53		
6.	Peter Hsia	45	39:12		
7.	Jodi Dailey <b>0</b>	30	39:32		
8.	Jefferson Laffey	25	40:36		
9.	Wayne Plymale	54	40:52		
10.	Patrick Sullivan	15	41:00		
11.	Mark Ford	45	41:01		
12.	Jeff Clark	37	41:09		
13.	Steve Stephens	62	41:15		



Race Directors Susan Herder and Suzana Seban © 2006 Paul Mosel

	= 6	
14. Jim Granahan	56	41:17
15. Jerry Flanagan	40	42:13
16. Stephen Tracy	42	42:48
17. Dan Lanting	46	43:13
18. Ronald Lau	19	43:46
19. Geoff Farrell	44	43:54
20. David Luginbuhl	35	44:13
21. Steve Schmitt	39	44:43
22. Melissa Tauscher <b>2</b>	23	45:07
23. Paige Sommer <b>3</b>	35	45:09
24. Daryl Luppino	46	45:22
25. James Eales	46	45:34
26. Milton Lorig	53	45:41
27. Nick Pegley	44	45:45
28. Harold Fournier	38	45:47
29. Jim Buck	63	45:49
30. Dimitri Sklavopoulos	60	46:04
31. Liliana Roman <b>4</b>	26	46:16
32. Joel Rizzo	40	46:31
33. John Yi	31	46:32
34. Amy Sonstein 6	36	46:44
35. George Musante	51	46:49
36. Kevin Vaarsi	29	46:57
37. Todd Anderson	48	47:0
38. Patrick Lee	58	47:10
39. Phil Melman	40	47:12
40. Theo Jones	67	47:34
41. David Klinetobe	45	47:37
42. Irving Gomez	38	48:08
43. Sven Van Der Sluis	36	48:17
44. Derick Fogt	33	48:20
45. Peter Lynch	42	48:25
46. Paul Mosel	64	48:31
47. Amos Kohn	45	48:42
48. Beth Brewster	28	48:44
49. Mark Kelley	49	49:12
50. Tim Tung	25	49:26
51. Margaret Daum	27	49:30
52. Ed Celestina	55	49:46
53. Lina Morris-Khatib	40+	50:04
54. Adam Brown	25	50:06
55. Herschel Stiles	56	50:12
56. Steven Tanori	51	50:22

continued on page 6

EMBARCADERO 10K continued fromn page 5		
57. Jonathon Gould		50:29
58. Jim McBride	63	50:52
59. Lori Lopez	39	50:54
60. Lior Zorea	35	50:56
61. Susan Halsan	33	51:00
62. Dan Walworth	29	51:05
63. Richard Drechsler	52	51:36
64. Marty Benson	25	52:01
65. Roni Kornitz	50	52:27
66. Duncan Turner	55	52:30
67. Jeremy Campbell	25	52:51
68. Karah Nazor	28	52:53
69. John Stark	41	52:56
70. Marian Lyons	50+	53:06
71. Gail Rosemeyer	54	53:13
72. Aaron Low	45	53:17
73. George Tharakan	29	53:25
74. Marcela Barrio de Perez		53:36
75. Nathaniel Leeds	29	53:41
76. Jessica Winter	24	53:46
77. Reba Halverson	41	54:22
78. Julius Schillinger	59	54:25
79. Hanoch Raviv	44	55:04
80. Eric Vo	37	55:08
81. Nicholas French	12	55:12
82. Wendy Newman	55	55:15
83. Kenneth Fong	44	55:17
84. Larry Mercer	44	55:42
85. Susan Garvey	38	55:50
86. Janet Nissenson	46	56:24
87. Jack Bascom	64	56:36
88. Judy Waitz	46	56:54
89. Jen Melman	34	56:57
90. Christie Stiles	25	57:27
91. Gary Brickley	52	57:54
92. Bob Morris-Khatib	52	58:00
93. Joseph Connelly	44	58:08
94. Lynette Trawin	36	58:10
95. Jeff Buie	42	59:13
96. Yong Cho	47	59:20
97. Michele Wayne	35	59:27
98. Ali Hall	44	59:32
99. Mort Weisberg	77	59:54
100. Bill Woolf	70	60:00
101. Arly Cassidy	24	60:04
102. Sachi Rastogi	31	60:21
103. Jeff Houston	47	60:43
104. Pricela Benson	36	60:44
105. Nancy Tung	30	61:25
106. Kira Stackhouse	30	62:14
107. Jim Kauffold	68	62:35
108. Evan Rick	31	62:41
109. Andrea Woodhall	24	63:26
110. Barbara Robben	71	63:32
111. Sandy Hawke	37	64:24
112. Henry Nebeling	73	65:09
113. Kay Teiber	66	65:40
114. Gregory Brown	56	66:00
TTT: Gregory brown		30.00

115. Harry Cordellos	68	66:01
116. Lea Anne Parlette	39	66:19
117. Rosey Kobliska-Becker	29	66:45
118. Annie Kobliska-Becker	26	66:46
119. Lucas Vandenberg	26	68:34
120. Jennifer Tung	33	68:52
121. Evelyn Morales	34	68:53
122. Alan Hepple	36	68:57
123. Laura Lombardi	27	70:17
124. Sarah Pletcher	28	70:44
125. Kurt Pletcher	35	70:46
126. May Chou	70	70:47
127. George Sacco	68	71:09
128. Peking Duck	50	71:10
129. Gary Bengier	50	72:13
130. David Lam	31	72:40
131. Susan Olsen	37	74:42
132. Paula Hannigan	33	75:37
133. Bruce Oliver	77	75:43
134. Jane Colman	62	76:51
135. Mercedes Acosta	62	85:02
136. Thulie	23	85:05
137. Valerie Turck	30	85:11
138. Kate Richards	25	87:59
SELF-TIMERS		
Tom Boyd	60	
Russell Breslauer	60	
Robert Brizuela	66	
Gary Davis	53	
Roxanna Pezzy		
Jim Pommier <sup>'</sup>	73	
Wally Rapozo	77	
Liese Rapozo	78	
Ken Reed	60	
Brie Reybine		
Lynne Rodriquez	67	
George Rodriquez	68	
Tony Stratta	75	1:56:20
Bob Theis	77	
Cindy Toler	44	
Ted Vincent	69	
Don Watson	76	
Lucy Wing		
, 0		
0	A.	



**Embarcadero 10K runners Photo by Don Watson** 

January 22, 2006 Polo Field 5K Race Directors: Hashim Bashiruddin and Hilary Fong <u>Volunteers</u>: Richard Hannon, Shannon Luppino, Kevin Lee, Bobby Marty, Liese Rapozo, George Sacco, Claire Zager, **Denise Zager** 



**Race Directors** Hilary Fong and Hashim Bashiruddin
© 2006 Paul Mosel

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	TIME
1	David Clayman	24	17:49
2	Chafik		18:04
3	Mark Janes	30	18:28
4	John Sullivan	40	18:34
5	Rick Trevino	20	18:35
6	Mike Fanelli	49	18:44
7	Patrick Sullivan	15	19:13
8	Jerry Flanagan	40	19:35
9	Ronald Lau	19	19:58
10	Mark Ford	46	20:19
11	Paul Zager	48	20:25
12	Aaron Duran	39	20:30
13	Gavin Grace	20	20:55
14	Jakob Gron	34	20:58
15	Erik Brudvig	24	20:59
16	Rangarajan Rajagopalan	122	21:04
17		24	21:28
18	Jason Reed	26	21:53
19	Daryl Luppino	46	21:54
20	James Eales	46	22:09
21	Joel Rizzo	40	22:14
22	Amy Sonstein <b>1</b>	36	22:17
23	Jorge Larre	49	22:21
24	George Baptista	63	22:23
25	Liliana Roman 2	26	22:31
26	Amy Lapine <b>3</b>	25	22:40
27	Karl Olson	53	22:48
28	David Klinetobe	45	22:49
29	Tia Kilpatrick 4	25	22:53
30	Patrick Lee	58	23:04
31	Matthew Fabry		23:13
32	Aaron Low	45	23:40
33		67	23:23
34	Colby Allerton	37	23:28
35	Mark Kelley	49	23:30
36	Mark Magers	47	23:46
37	Paul Mosel	64	23:50

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39 Don Els		50	24:15
40 Daz La		53	24:26
41 Ed Kind		56	24:32
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44 Theo Jo		67	25:01
45 Lucy W		48	25:03
	l Dreschsler	52	25:05
47 Sean Su		32	25:25
48 John Cr		32	25:26
	cCarthy	59	25:47
50 Rick Ro		38	25:49
51 Tom S	/	47	25:51
52 Sam R		69	25:57
	Kolling	57	25:59
	n Lyons	50+	26:05
55 Neal A		49	26:10
	Cickay	51	26:14
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	th Fong	44	26:37
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	na Merris	55	26:52
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	l Breslauer	60	27:35
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77 Tom ⊢		62	29:23
78 Bill W		70	29:27
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80 Bob B		63	30:15
81 Jim Ka		68	30:42
82 Jeanie	-	70	30:47
83 Calvin		55	31:09
84 Mike I		41	31:17
	le White	38	31:42
	a Martin	53	32:17
87 Cindy		44	32:50
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97 Luz D	e Lima	33	34:08
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98	Mark Boyle	32	34:08
99	Cathrine Schmidt		34:12
100	George Sacco	68	34:28
101	Jean Ann Scharer	40	34:32
102	Jenna Sarton	33	34:34
103	Sherry Heldens	37	34:42
104	Jane Colman	62	36:15
105	Valerie Sabbag	35	36:50
106	Sharon Ofek	34	37:03
107	Bob Kovash	67	38:13
108	Marica Bradley	39	38:21
109	John Weidinger	64	40:33
110	Dina Kovash	67	40:47
111	Joleen Roach	38	42:25
112	Cindy Pappas	40	42:28
113	Bob Theis	77	42:28+
<u>SELI</u>	-TIMERS		

Brie Reybine		
Don Watson	76	
Ellen Breslauer	58	
Carolyn Clark		
Elaine Gecht	62	
Gary Davis	53	
George Anderson	77	
George Rodriguez	68	
Jeff Shopoff	61	
Jim Pommier	73	
John Lang	66	
Judith Sardone	68	
Judy Goddess	77	
Liese Rapozo	78	
Lynne Rodriguez	67	
Mary Tully	56	
Phyllis "Saida" Nabhai	n58	
Richard Hannon	70	
Tony Stratta	45	59:50
Wally Rapozo	77	
Mark Olson	14	
's Race (1/2 mile)		

#### Kid

's Kace (1/2 mile)		
Eduardo Roman	10	5:16
Elena Helden	7	6:41
Lindsey Helden	5	6:42
Shannon Luppino	9	8:03
Katelyn Glanagan	4	11:40
Jakob Lail	2	
Tim Abbott	2	



Marian Lyons enjoying Golden Gate Park Photo by Don Watson

#### PLANTAR FASCIITIS

#### From aches to agony

Dr. Amelia Mazgaloff, D.C

Nowhere is the miracle of the foot more clear than watching the human body in motion. The combination of 26 bones, 33 joints, 112 ligaments, and a network of tendons, nerves, and blood vessels all work together to establish the graceful synergy involved in running. However, poor biomechanics within the foot can result in plantar facilitis, an inflammation of the fascia resulting from being pulled too hard and too often. If left untreated, the fascia will pull away from the heel bone resulting in a heel spur.

What do you do if you have feet or heel pain? Here are few suggestions:

- 1. Have your feet evaluated and your gait analyzed. Reserve your video taped gait analysis before every 3rd Tuesday of the month.
- Treat your injuries with ice and rest.
- Do not stretch or strengthen until the inflammation has subsided.
- Massage your feet first thing upon awakening and before you take off your first step from bed.
- Seek expert advice when you buy running shoes, but get your gait analyzed first
- Sports specific custom orthotics are the best way to alleviate the problem.
- Arch support taping may be needed while running.
- Myofascial work and gentle manipulation of the foot helps to quickly restore the correct alignment of the bones in the foot.
- Heel pads or cups will help cushion the heel spur.
- 10. To avoid developing plantar facilitis seek help and treat pain properly as soon as symptoms appear.

For more information on this article or the video gait analysis you can reach Dr. Mazgaloff at 415-546-1461 or on the web at www.chirohealthsf.com.

Next Month: Heel spurs

Many thanks to DSE member Joe Connelly for typing up this month's race results.

#### **GREAT ACHIEVEMENTS IN RUNNING**

anet Nissenson

This month we profile another longtime DSE couple (one who claims the distinction of having been married by Walt Stack!)—Theo and Jeanie Jones. They have both had amazing running careers, which continue to this day. Following are just some of these highlights.

#### THEO JONES

My running career began when I lived in Boston and found that when I went hiking with friends I was usually the last person up the hills. I began to run around a track to improve my condition and gradually built up to 2 miles at a time...a big deal to me! When I came to the University of San Francisco in 1970 I started running with the cross-country coach (he had no cross-country team!) and a student and they encouraged me to do a DSE race. What was my first race? The Daly City Hill Climb, three and a half miles up a serious hill and then down again, a terrible experience for a novice runner. My second race several months later was no better: still not doing much training I allowed myself to be talked into doing the 1971 West Valley marathon. I got totally lost in the streets and finally found my way back to the start five hours later to find them closing up the gymnasium where the race began and sending out a search party for me! Like so many other marathoners I swore I would never run one again but of course within a few days I was planning improvements in my training and thinking about next year.

Eventually I found myself frustrated trying repeatedly to break 3 hours 45 minutes. Runners pointed out an old guy and told me to stick with him so I started out many marathons with Walt Stack, enjoying his socializing and risqué stories along the way, but each time I would get impatient at his slow pace and push on ahead. Time after time I would hit the wall at 17 miles and here would come Walt chugging away, with a beer in his hand, still at the same steady pace, and he would end up finishing in 3 hours 40 minutes every time while I would stagger home in a survivor's shuffle at 4 hours.

I eventually got my marathon time down to a personal best of 2 hours 45 minutes, run three times at age 43. My 54 marathons include 6 ultras, 3 of them being the Jedediah Smith 50 milers, where I once finished fourth overall and first in my age group (6 hr 55 min), making me the Northern California champion for that year! I've run Boston three times and New York once and enjoyed all of these.

The years have taken a toll on my knees and ankles, and that together with lowered motivation means that I am running only 30–40 miles per week but I am lucky to have people like Keith Johnson, Paul Mosel and Jerry McGowan in my age group to chase and that keeps me motivated and still trying to train seriously.

So, any advice from someone who has been running for 36 years? If I could do it all over again, I would stretch much more and strengthen more; the key to a long and successful racing career is to avoid injuries because every time one is laid off for an injury it becomes much harder to regain the speed and endurance that you had before.

Relatives and non-running friends question the wisdom of running and continuing to do so with aches and pains but the proof for me is in the results: I am in far better condition now than most of them and indeed than many of my 20 year old college students. It has been a superb investment of time and effort. We are all immensely lucky to have a club like DSE that provides us with running opportunities and encouragement every Sunday; let's continue to support it fully so it will prosper over the next 40 years!

#### JEANIE JONES

In 1970 Theo and I were in Golden Gate Park, he running and I riding a bike. Wanting to see how far I could run, I asked Theo to switch and I was amazed to be able to run a mile without stopping! That was the beginning of my running career, and I haven't stopped running since.

I was teaching at the University of San Francisco at that time and spending a lot of time at my desk. To change my sedentary lifestyle, I decided that I would run a mile every Saturday. One Sunday, Theo encouraged me to go to a DSE race, and I became a member. I met Walt Stack, and he was so supportive of the women who were running. It was always fun to go to the DSE races, knowing that Walt would be there to encourage us and give hugs and kisses to the women as he handed out the ribbons.

In 1973, Theo was going to run the Avenue of the Giants marathon, and he asked if I would like to go along. The night before the race, someone suggested that I run the marathon, too. I was only running a few miles a week, but Walt said, "When you get tired, you just stop and walk a while, and then you can start running again." Amazingly, I finished, but only Theo, Walt and one or two other people were at the finish line. Everyone had gone home; my time was so slow (4:43), but I was thrilled to have run a marathon.

In 1975 I ran the Sonoma marathon in 3:27:42, then a 3:23:28 at Boston in 1976 in spite of 105 degree weather at the starting line. I ran my best marathon at West Valley in 1977, where I ran a 3:07:01 time, but one of the highlights of my marathon experience was the Nebraska marathon. I was born and raised in Nebraska, and many family members were at the finish line. It was a hot and humid August day, but I finished in 3:16:17 and was the first woman overall.

In 1976 I learned that for the first time ever Masters women would compete in a mile event in the SF Examiner Indoor Games, an important track meet. My friends encouraged me to compete, but I was dubious, and quite honestly afraid, because I had never run the mile or on an indoor track, and I had only five weeks to train. I talked to my running friends and we decided that doing intervals twice a week was the best preparation. Theo, Otto Sommerauer, and several friends came to the track at SF State twice a week, on cold winter nights, while I did intervals. Theo patiently timed every 440, 880, and mile workout; it was surprising how quickly my times improved. When we arrived at the Cow Palace on the night of the event, many of our running friends were sitting in the front row, and I could hear them cheering, "go Jeanie, go," as I ran 11 laps to complete the mile. Suddenly, the race was over, and I had won the gold medal in a time of 5:41. This was one of the most exciting experiences of my life. The next year I again ran the mile, and again I won the gold medal with a time of 5:51. In 1978 I competed for the third time, winning the silver medal with a time of 6:04.

Running is a wonderful experience. We meet wonderful people and make great friends, it helps us to stay healthy, and it provides us with lasting memories. I have completed 25 marathons and three ultramarathons, but now I run primarily to stay healthy. I am amazed at and appreciative of the generosity of so many DSE members who do so much for the club. I have a very busy career, but when I do retire I hope to give back to the club some of what others have given to make our races possible. It is a privilege to be associated with such a fine group of people.

# ♦ ♦ ♦ 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 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 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 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
- Sun Oct 8 Rockaway Beach 5K, S/F Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica
- Sun Oct 15 Stern Grove Run 4M, S/F 33rd Avenue & Wawona Street
- Sun Oct 29 Rainbow Falls 5K, S/F Transverse & Kennedy Drives, Golden Gate 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 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.

Unfortunately, we do not have space in this month's newsletter to list all the award winners from the DSE Gala. The information is available at <a href="https://www.dserunners.com">www.dserunners.com</a>. If you do not have internet access, contact Janet Nissenson if you want copies of the awards listings.

#### New Age Divisions for 2006

Janet Nissenson

Due to the increased number of competitors, not to mention the "graduation" of several members from the 30–39 age group, effective immediately the Mens 40–49 age division will be split into two: 40–44 and 45–49. Age division points have already been recalculated for the first two races of the year and will be split this way henceforth. We hope this encourages even more "friendly" competition in this division and will allow more of our top masters runners to earn points.

A RUNNING STORY continued from page 2

camaraderie that enabled Dick and Ruth to not only survive in the very hostile environment of ultramarathoning but to excel in it. Dick became famous for the hundreds of races he ran, many of them ultramarathons.

A year or so before Dick died, he was sidelined by a damaged nerve in his neck which required surgery. He ran hurt for many months which undoubtedly hurt his performance in some races, and not until the pain became almost unbearable did he finally give in to the surgery. One doctor told him to give up running, but barely two months after the surgery, Dick was back training and running marathons.

Dick died of a heart attack while watching television at the age of 63. We will never know the great new running feats he would have accomplished if he had lived and run into his 70s.

Editor's note: Along with his fame as an ultrarunner, Dick was also known for his encouragement to other runners. I was just one of many whom he inspired to start running ultras and encouraged to run longer and more difficult ones. And when he was race director of the Firetrails 50M, I learned the hard way that he always ran in the last finisher for the last mile or so.

Two days before his death, I talked to Dick at the DSE race. He was a bit tired after having run a trail marathon the day before and the Las Vegas Marathon the previous week (he was training for Western States 100M), but he was still full of enthusiasm and appeared to be running strongly.

### ◆ ◆ ◆ 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

#### NO DSE RUN-DSE volunteers at Kaiser Permanente Half Sun Feb 5 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.

#### Sun Feb 19 Windmill 10K

START/FINISH: Kennedy Drive at Great Highway (Dutch Windmill) STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early. COURSE DESCRIPTION: Run up Kennedy Drive to intersection prior to McLaren Lodge (Kezar Drive/Second Barricade). Turn around and run back same way to finish.

#### Sun Feb 26 Waterfront 10 Mile

START/FINISH: Dolphin Club (Jefferson and Hyde St.)

START TIME: 8:00 AM. Walkers are encouraged to start early.

**Entry Fee: \$5.00**; Online at www.active.com or Race Day registration

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic), which turns onto Embarcadero (sidewalk), past Willie Mays Plaza (statue around SBC Stadium), left onto Third Street, cross over Lefty O'Doul Bridge, left/right onto Terry Francois,

left onto Illinois; turn around at 1192 Illinois Street (prior to 23rd Street). Return same way to Jefferson Street wooden post finish.

#### Sun Feb 26 Waterfront 5K

START/FINISH: Dolphin Club (Jefferson and Hyde St.)

STARTING TIME: 8:10 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run eastbound on Jefferson, which turns onto Embarcadero sidewalk. Run beyond Pier 9 entrance way; turn around at first planter. Return same way to Jefferson Street wooden post finish.

#### Sun Mar 5 Rainbow Falls 5K

START/FINISH: Transverse Drive & Kennedy Drive

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

COURSE DESCRIPTION: Run along Kennedy Drive, turn around at barricade at Kezar Drive, run up and around East Conservatory Drive, back onto Kennedy Drive westbound 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: Tuesday, February 28, 2006

7:00 PM TIME:

PLACE: Fred Haber and Yong Cho

1261 - 31st Avenue

(between Lincoln and Irving)

San Francisco 94122

415-242-3304

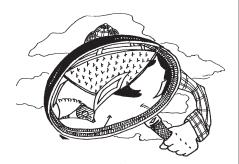
Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session. Folding session host needed for August 2006. If you can help, please contact Kevin at 415-751-9653 or dse.pekingduck@juno.com.



Meteorologist Mike Pechner

Unlike January, which was wet and relatively cool, February should be both drier and warmer than normal. After a day or two of rain in the first week of the month, expect dry, mild weather from the 8th until mid-month. We do expect a weather system right after mid-month, but then it should be dry and mild for the rest of the 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/LOST & FOUND 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

**RACE RESULTS** Joe Connelly & Sandra Seiki

**CLUB OUTREACH** Theo Jones

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! $\leftrightarrow \leftrightarrow \leftrightarrow \leftrightarrow$

28

- 1 Erika Brickley Hannah Nichols 2 Vance DeWitt 3 **Evelyn Martinez** George Massey 8 Nick Gallagher Elaine Koga Kevin Lee Eric Shackelford Tom Whitnah Louise Chu 9 Rick Shea
- 11 Terri Griffin Geoff Jones 12 Anna Livesey Adam Lucas 14 Zoe Pleasure Yuriko Shimoyama 16 Tyler Abbott 17

David Stratta

Kevin Sullivan

18 Kathleen Lail Sam Roake 19 Sig Berven Scott Thomas McManus Mark Kelley 20 22 Jeff Hacker Marianne Kohlmann 23 Carolyn M. Clark 24 Jenny Gallagher Phil Gallagher Allen Hom Holly Pillsbury Ted Vincent 25 Gary F. Bengier Fran Crawford Shannon Luppino 26 Michele Wayne

Stev Aitkins

Michael Kiser

Greg Rosenberg

# Members

Burlingame Nick Pegley Meno Park Napier Fuller PACIFICA Jeff Hacker SAN FRANCISCO Jerry Applegate Jeff Buie Connor, Jerry, Katelyn and Stephanie Flanagan Elena, John, Lindsey and Sherry Heldens Daz Lamparas Santa Clara David Barber Santa Rosa Vance DeWitt Terri Griffin SOUTH SAN FRANCISCO George Baptista Vallejo Ed Celestina



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 vour dues and we'll keep sending you the news!