

March 2006

Janet Nissenon

helped make this event possible: Liese Rapozo, Myra Green, Barbara Robben, George Sacco; Calvin Chan; Jim Pommier, John Gregson, Richard Hannon; Noe



**Cruz Bustamante addressing the runners
just before the 10M start**

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One slight glitch involved the ill-advised (that would be me!) use of felt-tipped markers (that were evidently not waterproof!) to write in names on the

Castanon, Don Watson, David Klinetobe, Ken Reed; Kevin Lee; Bobby Marty; Steve Nissenson, Roy Clarke, Wally Rapozo, Sylvia Rico, Jane Lee, Jorge Larre, George and Lynne Rodriguez; Sandra Seiki, Grant Kolling, Amy Qu, Roxanna Pezzy, Yong Cho. (If I left out your name, I apologize as we had many people offering to help—please let me know and I will add your name to the official list of volunteers).

Congratulations to all of the runners and volunteers for another very successful race!

◆ ◆ ◆ KEVIN LEE

Thank you DSE for answering last month's call to share the DSE workload. **Joe Connelly** is our primary Race Results Coordinator and **Theo Jones** is our new Club Outreach Officer. In the fall, **Suzana Seban** and **Wendy Newman** will take over Race Permits. I am happy to announce that **Calvin Chan** is our Officer At Large.

Everyone has something they can contribute to the improvement of the DSE. Whether it's volunteering at the weekly DSE Races, designing new race course maps, distributing race flyers at non-DSE races or dropping off race flyers at local running stores, it all adds up. Please continue doing your part. Further club duties are listed in the Volunteers Needed Section.

When in modern DSE history has every DSE Race achieved 100+ race participants? DSE's first six 2006 races have drawn 134, 157, 134, 181, 126 and 147 race participants, respectively. You may ask, why the sudden boost in race attendance? I believe it's a combination of several positive things: fulfilling New Year's resolutions and a running boom resurgence. DSE is very happy to see that many of its race schedule ideas are paying back huge dividends: an alluring race schedule with an assortment of 5K & 10K runs, online *Active.com* registration, and delivering affordable weekly first class club races. They say you make your own good fortune. Online *Active.com* registration has

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RUNNING AND THE LEFTY O'DOUL DRAWBRIDGE

Don Watson

This past Sunday I doubled as a course monitor and picture taker for the Waterfront 10M. My station was the Lefty O'Doul Drawbridge, which has become a part of our DSE life. It is a regular piece of our DSE Ballpark Run and also our Waterfront 10M. What are runners are thinking about as they cross this little bridge? Do they care about its purpose or why it is named the Lefty O'Doul Drawbridge?

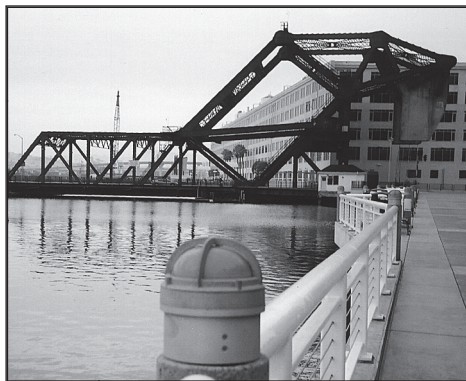
For many decades people knew it simply as the Third Street Drawbridge. When I was working on the San Francisco waterfront I used to drive over this drawbridge often. Built about 70 years ago, it coordinates with the Fourth Street Drawbridge to allow ships to move into the China Basin. The banana boats docked there and in the very early 1950s I worked on unloading a number of these ships. Big time shipping is now gone, but according to the bridge caretaker on duty the O'Doul drawbridge is still manned 24 hours a day by law.

How did the drawbridge get its name? Lefty O'Doul was a town personage for many decades. He was a local boy who around the time of World War I joined the old baseball Pacific Coast League San Francisco Seals. He next rose to the major leagues, first as a pitcher and then as an outfielder. He was twice among the top three candidates for baseball's most valuable player and he played in the 1933 all-star game. He then came back home as manager of the Seals in 1935 and here he won the distinction of sending the legendary San Franciscan Joe DiMaggio to the majors. O'Doul stayed as manager for the next twenty years, into the mid-1950s. During World War II I went regularly to the Seals games and saw him strutting up and down in front of the third base bench almost like God himself. After he retired he opened the Lefty O'Doul Bar and Restaurant on Geary near Powell Street in downtown San Francisco.

The City authorities needed to honor O'Doul somewhere. First they named a South of Market street after him. But then the old South of Market population moved out and a new population moved in—people who had never heard of Lefty O'Doul and wanted to rename the street for someone else. The authorities then chose the well-traveled Third Street Drawbridge for the O'Doul name.

The Lefty O'Doul Drawbridge and running came into focus in 1999. Jane and I put together a Drawbridge to Drawbridge 8K Run for a festival organized by the Friends of Islais Creek. We started the course at the Islais Creek drawbridge near Cesar Chavez Street. The course wound down Illinois Street and Terry Francois Street and then turned around at the Lefty O'Doul Drawbridge and went back. Some of the course monitors and registrars from DSE were Bobby Marty, Calvin Chan, Neil Mahoney, Ted Vincent, Bernice Brucker-Vincent, Myra Green and Ken Murray. In addition, Sports Basement had just started in business at China Basin and volunteered an aid station at the O'Doul Drawbridge turnaround. Also the Festival authorities gave us three policemen; thus we ended up with more volunteers than runners.

That wasn't the case this past Sunday. The Waterfront 10M had far more runners than volunteers and I was pleased to be able to get good shots of runners coming from the legendary Lefty O'Doul Drawbridge.



The Lefty O'Doul Drawbridge
awaiting the Waterfront 10M runners
Photo by Don Watson

FROM THE PRESIDENT'S DESK

continued from page 1

been a godsend.

For many years, DSE has thought of holding a Sawyer Camp Trail 5K/10k. With 181 race participants, we may have tapped into the Peninsula runners gold mine. If you enjoy seeing a huge race crowd every week, then you should be willing to do whatever it takes to make it happen. Please keep the weekly 100+ race attendance streak going by supporting/attending as many DSE races as you can.

MARCH RACE SCHEDULE

After completing the Waterfront 10M, DSE knows how to reward everyone. Your next race should be a 5K. Please join DSE on 3/5 for the crowd-pleasing Rainbow Falls 5K; it's where you can show off your foot speed. DSE knows how to celebrate St. Patrick's Day. You are invited to the 3/12 St. Patrick's Day 4M with a post-race celebration. There is NO DSE RUN on 3/19. DSEers are encouraged to enter the Emerald Nuts Across the Bay 12K. DSE closes out its March race schedule with the 3/26 Kennedy Drive 8K.

BAY TO BREAKERS DRAWBRIDGE VOLUNTEERS

DSE will again be anchoring the 1st & Howard Drawbridge intersection. The B2B Tram has spoken. The maximum number for the drawbridges this year is 50, 25 on each side of the street. It's first come, first reserve; if you are truly committed to showing DSE's true volunteer colors, send in your volunteer form ASAP by downloading a copy from www.dserunners.com or picking up a hard copy at your next DSE Race.

◆◆◆◆◆ 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 janeacol@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.

TIME TO START THINKING ABOUT DOING THE DOUBLE DIPSEA

D I P S E A ---- March 25th Dipsea Get Acquainted-learn-the-trail - Run/Walk
DI PS EA ---- April 8th ---- Dipsea training Run
DIP SEA ---- April 22nd ---- Dipsea training Run

AND

DIPSEA ---- June 4th
DIPSEA ---- June 12th
DIPSEA-DIPSEA ---- June 24th
DIPSEA-DIPSEA-DIPSEA-DIPSEA ---- November 25th

OR

Training Runs for Dipsea Races every other week in April and May

DSE Practice Dipsea

"Real" Dipsea

DSE Walt Stack Double Dipsea

Quadruple Dipsea

You can help the DSE by Volunteering or Running the Practice and Double Dipsea. We need 110 volunteers to keep 400 runners safe, hydrated, fed and happy.

PLEASE help by running or volunteering.

If you want to run and would like to learn to walk or run the trail with seasoned Dipsea Runners please email Ken Reed at runkenrun@aol.com or 415-810-3832 to get on the Double Dipsea training list.

If you can help volunteer, please contact Double Dipsea Volunteer Coordinator Janet Nissenson at mom114@aol.com.

Thanks and CU on the trails.....

Ken



This could be you. ...Toeing the line with Double Dipsea legend & DSE member Russ Kiernan, winner of the Double Dipsea 11 times and still counting!

DSE IS STARTING 2006 WITH A BANG

George Sacco

2006 is really looking good; we have not had a race with fewer than 126 in attendance. Maybe we can go back to the old days when 100 was the norm. We must be doing something right. One of things we are doing right is that club members are coming forth to sign up as race directors. We now have race directors signed on until the last week of May.

We need a race director for the 5/28 Mission Rock 5K. This is a very easy one to race direct. Please sign up now, so I can say that we are set until June. Remember, our race directors are important; they are the focal point on race day.

Lastly, thanks to all of you who have signed up so far.

ATTENDANCE INCREASE BODES WELL FOR THE FUTURE

Ted Vincent

"What a crowd! The club's on the way back." and like expressions have been heard at races in recent weeks. Attendance figures suggest the year ahead will be a good one for the DSE.

Discounting the Hangover Run (an event with odd attendance swings) a comparison of the four races following the Hangover for 2004, 2005 and 2006 shows the following.

The figures include racers, walkers, volunteers and kids runners.

2004		2005		2006	
Lake Merced	98	Lake Merced	93	Lake Merced	144
Windmill	101	W, Stack	134	Embarcadero	167
Embarcadero	88	Muni Piers	79	Polo Fields	152
Cure Course	101	Windmill	101	Sawyer Camp	181
2004 total	397	2005 total	407	2006 total	644

The 2006 races average 161 at a month. To do that brings back memories of "the good ole days." Back then, like in the Winter of '87, the runs included February's Fort Point, with 282, Mission Rock with 196, and Diamond Heights with 143. These totals fail to include the volunteers, and Diamond Heights is perhaps the club's most unloved course..

The start of the year has traditionally been good for club attendance. Janet Nissenson points out that, "The real test of club growth will come in the summer. The competition with so many other races always cuts our numbers during the warmer months." One test of whether or not this year's January totals are part of a trend is a comparison of some races this past summer with those a few summers earlier.

For June 2003, four races beginning with the first week in June (and not counting the "damn average raiser" Double Dipsea) had 348 runners, walkers and volunteers (121, 100, 68, 58). This past June 2005, four races beginning with the first week in June and discounting the Double Dipsea produced 420 runners, walkers and volunteers (92, 119, 91, 118) It appears that the club definitely has caught some good karma.



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

January 29, 2006

Sawyer Camp Trail 5K & 10&

Race Directors: Jim Kauffold & Stephanie Gruszynski

Volunteers: Calvin Chan, Richard Finley, Gene French, Richard Hannon, Helen Kauffold, Kevin Lee, Bobby Marty, Wendy Newman, Steve Nissenson, Ken Reed, George Sacco, Bill Woolf

5K RESULTS

PL	NAME	AGE	TIME
1	Chafik	32	17:08
2	Eric Bone	32	18:39
3	Caden Taylor	29	18:50
4	John Mintz	39	19:04
5	Greenfield	43	20:01
6	Phil Deciberiso	45	20:09
7	David Smith	37	20:16
8	Tracy Hogan ①	35	20:34
9	Thomas McManus	36	20:38
10	Jennifer Kuhn ②	41	21:01
11	Kelly Emo ③	41	21:12
12	Frank Markowitz	49	21:22
13	Amy Sonstein ④	36	21:43
14	Aaron Low	45	22:06
15	Kevin Trock	51	22:18
16	Patrick Lee	58	22:22
17	Matthew Barajas	24	22:23
18	Jim Flanigan	56	22:28
19	Larry Wuerstle	50	22:37
20	Sara Shriver ⑤	28	22:49
21	Joe Araujo	56	23:07
22	Brendan Leary	54	23:37
23	Mark Frappier	50	23:39
24	Leslie Hunter	23	23:40
25	David Silverman	34	23:40
26	Kevin Scott	43	23:55
27	Steve Nissenson	57	24:18
28	Michelle		24:19
29	Grant Kolling	57	24:27
30	Jordan Smith	11	24:38
31	Neal Ashton	49	25:23
32	Tom Smiley	47	25:31
33	Irena Smith	37	26:03
34	Janet Nissenson	46	26:04
35	Colleen Collins	24	26:05

36	Keith Sullivan	26	26:20
37	Susan Bush	38	26:29
38	Russell Breslauer	60	26:40
39	Evan Albright	14	28:29
40	A. Lee	34	28:30
41	Olivia Horgan	32	28:46
42	Jeff Houston	47	28:49
43	Shannon Roberts	39	28:50
44	Terry Farrah	46	29:13
45	Jim Matzger	57	29:19
46	Hashim Bashiruddin	49	29:19
47	Calvin Chan	55	29:26
48	Jeanie Jones	70	29:27
49	Michael Wong	41	29:45
50	Chris Beasley	39	29:48
51	Lorri Hamilton	38	30:03
52	Jessica Osika	29	31:05
53	Cindy Toler	44	31:26
54	Gary Davis	53	31:45
55	John Weidinger	64	32:05
56	Joy Su	26	32:18
57	Chris Boome	59	32:24
58	George Sacco	68	32:41
59	Rachel Nave	34	32:55
60	Kyrstin Stedlmayer	33	32:56
61	Marilyn Crilley	57	33:00
62	Nicole Atkins	8	33:19
63	Vicki Foshay	44	33:20
64	Brooke Smith	33	33:27
65	Sara Catalano	35	33:30
66	April Schwegel	39	33:31
67	Samantha	8	33:41
68	No Name		33:42
69	Carmella Corrigan	57	33:52
70	Amy Albert	41	34:11
71	Melissa Bender	25	34:13
72	Carole Smith	64	35:34
73	Jenny Fang	28	36:38
74	Alan Chen	27	36:48
75	No Name		36:49
76	No Name		36:55
77	Melanie Staley	23	37:28
78	Emily Curcio	8	37:29
79	Denise		37:30
80	Jill Curcio	40	37:31
81	Lindzi Bagley	24	37:32
82	Sharon Boome	56	40:49
83	Bob Theis	77	41:05
84	Maya Nagaraj	8	43:40
85	Molly Vanderlip	8	43:41
86	Scott Vanderlip	45	43:52
87	Vileena Nagaraj		44:01
88	Sheila Holmes	34	44:07
89	Steven Holmes	39	44:07
90	Samatha Holmes		44:07
91	Gracie Holmes	2	44:07
92	Shannon Luppino	9	52:55



Race Directors Stephanie Gruszynski & Jim Kauffold

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10 K RESULTS

PL	NAME	AGE	TIME
1	Brent Wright	29	36:16
2	Mark Janes	30	37:11
3	Edvardo Vazkez	33	38:22
4	David Kiefer	41	38:37
5	Marc Forde	45	39:43
6	Jakob Gron	34	40:12
7	Kennet De Silva	24	40:50
8	Tom Ziola		41:05
9	Luis Vargas	48	41:21
10	Andi Smith ①	39	42:52
11	Jason Reed	26	42:58
12	James Eales	46	43:05
13	Megan Bitter ②	24	43:58
14	Duncan Stone	32	44:00
15	Luciano Costantini	42	44:00
16	Sarah Steer ③	30	44:02
17	Tyler Griffith	23	44:14
18	Daryl Luppino	46	44:15
19	Cammie Dingwall ④	40+	44:36
20	Ted Durbin	33	44:51
21	Jorge Larre	49	45:05
22	Ben Maser	41	45:07
23	Theo Jones	67	45:23
24	Nancy Kerrebrock ⑤	48	46:01
25	Carol Lewis	39	46:32
26	Dave Sprague	44	46:37
27	Jed Stremel	30	46:50
28	Michael Berman	38	47:19
29	Keith Johnson	67	47:45
30	Paul Mosel	64	47:47
31	Jay Webster	40	47:49
32	John McGrath	41	47:54
33	Jeff Brennan	34	48:30
34	Lina Morris-Khatib	40+	49:09
35	Fairn Foshay	49	49:11
36	Jim Wingrove	39	49:21
37	Jerry McGowan	67	49:27
38	Jaime Parady	31	49:40
39	Ben Blizarn	30	50:03
40	Kurt Dala	29	50:37
41	Jim McBride	63	50:43
42	Richard Drechsler	52	51:04
43	Karla Martinez	36	51:15

SAWYER CAMP TRAIL RUN
continued from page 4

44	Rene Melljivar	49	51:16
45	Frank Tsen	42	51:29
46	Lance Cummins	12	51:50
47	Jeff Bedolla	52	52:17
48	Michael Mucha	37	52:21
49	Maryam Farzad	32	52:40
50	Sten Mawson	64	54:03
51	Michael Schiff	41	54:05
52	Lisa Tracy	38	54:36
53	Gregory Brown	56	54:54
54	Joe Connelly	44	55:03
55	Julius Schillinger	59	55:25
56	Patrick Regan	38	55:50
57	Kat Powell	55	56:30
58	Suzana Seban	52	56:33
59	Rene Encarnacion	51	56:34
60	Carole Mawson	67	56:46
61	Lorrie Kalos	45	57:45
62	Sandy Smith	37	57:59
63	Yong Cho	48	58:30
64	Bob Morris-Khatib	52	58:51
65	Lorena Wong	44	58:57
66	Mike Gallagher	38	59:43
67	Becka Stinson	32	60:08
68	Dennis Hassler	72	60:27
69	Marcia Martin	53	63:08
70	Raqib Jones	36	63:24
71	Brie Reybine		64:35
72	Debra Buchanan	43	64:39
73	Melinda Klayman		64:41
74	Viki Maxwell	36	64:43
75	Carla Punch	44	65:55
76	Patrick O'Connor	38	66:28
77	Katie Moser		68:46
78	Jane Colman	62	68:48
79	Randi Sosnow	31	78:10

SELF-TIMERS

Don Watson (5k)	76
Gene French	
Jack Bascom	64
Jim Pommier (10k)	73
Liese Rapozo (10k)	78
Marika Litras	
Neil Mahoney	Old
Robert Brizuela (10k)	66
Wally Rapozo (10k)	77
Wendy Newman (10k)	55



The view from Sawyer Camp Trail
Photo by Don Watson

February 12, 2006

Golden Gate Bridge Vista Run, 5 miles

Race Directors: Ellen and Russell Breslauer

Volunteers: Mark B., Robert Brizuela, Larry D., Richard Hannon, Shannon Luppino, George Sacco, Laurie Sullivan, Roxanna Pezzy, Kevin Lee, Bob Theis

PL	NAME	AGE	TIME
1	Mark Janes	30	31:57
2	Bruce Adams	32	32:51
3	David Davis	37	32:56
4	Gabe Loeb	21	33:22
5	Michael Lopez	48	33:39
6	Eduardo Vazkez	33	33:55
7	Marc Forde	45	34:01
8	Jerry Flanagan	40	34:14
9	Corrie Drakulich ①	24	34:29
10	Gary Wheeler	39	34:53
11	Patrick Sullivan	15	34:54
12	Ronald Lau	20	35:02
13	Jason Reed	27	35:06
14	Jeff Clark	37	35:10
15	Kenet De Silva	24	35:32
16	Steve Stephens	62	35:50
17	Goodwin Ogbuehi	25	35:56
18	Thomas McManus	36	36:09
19	Gavin Grace	20	37:26
20	James Eales	46	37:29
21	Don Spencer		37:33
22	Daryl Luppino	46	37:51
23	Jim Misener	45	38:50
24	Noe Costanon	35	39:12
25	Jorge Larre	49	39:16
26	Amy Sonstein ②	36	39:23
27	Matthew Fabry	33	39:28
28	David Klinetobe	45	39:39
29	Jim Buck	63	39:50
30	Liliana Roman ③	26	40:03
31	Constine Lopez ④	43	40:51
32	Brewster Wong	48	40:54
33	Mark Kelley	49	41:02
34	Joel Rizzo	40	41:12
35	Mark Hamm		41:21
36	Marc Perramond	29	41:21
37	Keith Johnson	67	41:22
38	Lina Morris-Khatib ⑤	43	41:35
39	Steve Braggs	40	41:42
40	Paul Mosel	64	41:54
41	Aaron Low	45	42:25
42	Patrick Lee	58	42:55
43	Richard Foxall	42	43:10
44	Glenn Behnke	53	43:12
45	Lucy Wing	49	43:29
46	Kevin Voarsi	29	44:14
47	Jeff Brennan	34	44:43
48	Don Hilse	39	45:03
49	Patrick Mattimore	55	45:04



Race Directors
Russell and Ellen Breslauer
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50	Kathleen Lail	37	45:41
51	Richard Drechsler	52	45:58
52	Janet Nissenson	46	46:39
53	Mary Barlow	29	47:12
54	Kenneth Fong	44	47:34
55	Johanna Merriss	55	47:39
56	Mort Weisberg		47:47
57	Marian Lyons	58	48:07
58	Amanda Braggs	38	48:19
59	Josh Weddle	24	48:32
60	Maryam Farzad	32	48:40
61	Tom Cech	25	49:05
62	BJ Gray	39	49:13
63	Waseem Iqbal	25	49:48
64	Wendy Newman	55	49:55
65	Gary Brickley	53	49:58
66	Michele Wayne	35	50:02
67	Marie-Pierre Carlotti	49	50:03
68	Jack Bascom	64	50:38
69	Maggie Pinzuti	32	50:45
70	Yong Cho	48	50:49
71	Maricela Castaneda	32	51:08
72	Dave Floersch	65	51:15
73	Jeff Houston	47	51:19
74	Sam Roake	69	51:27

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Golden Gate Bridge Vista runners
on Lincoln Blvd.
Photo by Don Watson

75	Suzana Seban	52	52:13
76	Teresa Hoffman	39	53:05
77	Baz Basnett	37	53:06
78	Gary Bengier	50	53:45
79	Kerri Allen		53:47
80	Rob Schmidt	41	53:56
81	Bill Woolf	70	54:04
82	Lila Raygoza	30	54:36
83	Olivia Horgan	32	54:41
84	Don Brown	63	54:41
85	Evelyn Martinez		54:43
86	Marcia Martin	53	55:21
87	Brienne Fisher	39	55:44
88	Norman Ching		55:52
89	Sky Dwyer	53	56:39
90	Eduardo Roman	10	57:06
91	John Weidinger	64	57:25
92	Paige Klugherz	12	57:33
93	Jen Colosi	42	57:34
94	Luz Boyle		58:20
95	Cathryn Schmidt	38	58:25
96	Robbin Pastran	56	58:35
97	Cindy Toler	44	58:59
98	Rachel Nelson	26	59:24
99	George Sacco	68	59:50
100	Bruce Oliver		60:11
101	Amanda Moore	30	61:10
102	Patrick Moore		61:11
103	Gaurav Parnami	30	62:49
104	Poonam Whabi		62:50
105	Jane Colman	62	64:27
106	Azucena Roman	34	65:13

SELF-TIMERS

Bryna Adelson	65
Bob Theis	77
Carolyn Clark	
Don Watson	76
Ed Olkowski	63
Elaine Gecht	62
Gary Davis	53
George Rodriguez	68
Joanna Pastor	21
Judith Sandoval	68
Judy Goddess	77
Liese Rapozo	78
Lynne Rodriguez	
Maria Espiritu	42
Mary Tully	56
Melissa Hurst	21
Phyllis Nabhan	59
Susan Herder	
Tom Boyd	60
Tony Stratta	45
Wally Rapozo	77

February 19, 2006

Windmill 10K

Race Director: Joel Rizzo

Volunteers: Calvin Chan, John

Gregson, Richard Hannon, Jane Lee,
Phyllis Nabahn, George Sacco, Laurie
Sullivan, Selma Vincent, Mort Weisberg



Race Director Joel Rizzo

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In 2003, at my first DSE race, the Xmas Blind Date Relays, I joined the DSE.

I have been running since I was 14. In New York City, while attending middle school, I discovered running as a way to get shape for soccer.

Six years ago, I completed my first B2B. I enjoy traveling to different marathons like San Diego, LA and Vancouver. I have a lot of fun with my running and made many friends; especially last year in the 199 mile Calistoga to Santa Cruz relay when I ran with the DSE and look forward to doing it again in April.

PL	NAME	AGE	TIME
1	Brent Wright	29	35:45
2	Chafik	32	36:39
3	Andy Chan	35	37:38
4	Adam Lucas	39	38:53
5	Goodwin Ogbuehi	25	39:01
6	Cédric Barré	28	39:12
7	Mark Ford	45	39:14
8	John Spriggs	45	39:18
9	Jerry Lee	27	39:19
10	David Davis	37	40:11
11	Corrie Drakulich ①	24	40:14
12	Patrick Sullivan	15	40:21
13	Zachary Hedling	30	40:34
14	Jeff Clark	37	40:40
15	Tom Horton	47	40:55
16	Paul Zager	48	41:13
17	Scott Hargis	39	42:05
18	Kennet De Silva	24	42:08
19	Chris Summers	35	42:38
20	Steve Powell	41	43:23

21	Peter Hsia	45	43:26
22	James Eales	46	43:44
23	Brad Spielman	38	43:58
24	Daryl Luppino	46	44:04
25	Norman Geimer	44	44:12
26	Charles Vanscoy	37	44:22
27	Jim Buck	63	44:23
28	Noe Costanon	35	44:29
29	Mark Hamm	46	44:37
30	Jorge Larre	49	45:34
31	King Wayman		45:38
32	Liliana Roman ②	26	45:40
33	Jeremy Calnan	46	45:52
34	Amy Sonstein ③	36	46:26
35	Ashley Brochstein ④	29	46:32
36	Donald Sanders	37	46:42
37	Keith Johnson	67	47:23
38	Denise Collier ⑤	27	47:28
39	Steve Marek	22	47:43
40	Patrick Lee	58	47:45
41	Trinh Ngo	26	47:46
42	Karl Olson	53	47:50
43	Keith Seabury	29	47:52
44	Christine Wislon	29	47:56
45	Beth Brewster	28	48:02
46	Matthew Fabry	33	48:07
47	Lina Morris-Khatib	43	48:10
48	Frank Shum		48:10
49	Paul Mosel	64	48:19
50	Lynne Mortimer	50	48:24
51	Sarah Carrill	22	48:29
52	Jim McBride	63	49:05
53	Phil Melman	40	50:21
54	Richard Drechsler	52	50:43
55	Neal Ashton	49	51:41
56	Mark Olson	14	51:59
57	Alaina White	24	52:18
58	Sandy Collins	50	52:23
59	Jeffrey Schwartz	52	52:27
60	Chris Held	29	52:37
61	Jen Melman	34	52:59
62	Josh Weddle	24	53:05
63	Patrick Regan	38	53:10
64	Marian Lyons	58	53:18
65	Luis Vargas	48	53:25
66	Janet Nissenson	46	53:57
67	Angela Davison	28	54:02
68	Machenzie Hurd		54:05
69	Emily Proskin	28	54:08
70	Gary Brickley	52	55:16
71	Malinda Walker	36	55:22
72	Lorrie Kalos	45	55:58
73	Dave Floersch	65	56:40
74	Joe Connelly	44	56:45
75	Mort Weisberg	68	56:51
76	Jack Bascom	64	56:56
77	Elisa Zuniga	35	57:14
78	Wendy Newman	55	57:33
79	Becka Stinson	32	57:42

80	Jino DeCastro	22	58:08
81	Gary Howell	54	58:22
82	Katherine Moser	36	58:45
83	Yong Cho	48	58:49
84	Aaron Low	45	58:53
85	Rachel Smith	29	59:13
86	Dana Lodico	27	59:14
87	Carolina Gonzalez-Frats	30	59:32
88	Joe Klein	45	59:39
89	Susan Herder	40+	59:49
90	Evelyn Martinez	57	59:26
91	Jeff Houston	47	60:00
92	Katherine Sorensen	24	60:28
93	Lori Hoffman		60:29
94	Bill Woolf	70	61:49
95	Dennis Hassler	72	61:54
96	Sky	53	62:06
97	Stacie Sather	31	62:08
98	Marcia Martin	53	62:26
99	Debra Buchanan	43	62:38
100	Alicia Robinson	29	63:17
101	Greg Brown	56	63:21
102	Kay Teiber	66	63:37
103	Eduardo Roman	10	63:42
104	Norman Ching	58	63:43
105	Henry Nebeling	73	63:44
106	Sonya Mankowsky	30	64:28
107	R.C. Kinzly	30	64:28
108	Jim Kauffold	68	65:18
109	Suzana Seban	52	65:19
110	Kenneth Fong	44	65:20
111	Robbin Pastran	56	65:57
112	May Chou	70	66:30
113	Cindy Toler	44	66:32
114	Eric Shackelford	56	66:36
115	Rish Sanghyi	29	66:43
116	Gaurav Parnami	30	66:43
117	John Weidinger	64	67:04
118	Bruce Oliver	77	67:31
119	Miranda Kramer	38	67:57
120	Scott Tester	31	67:58
121	Jane Colman	62	68:09
122	Barbara Robben	71	68:10
123	Rosy Alvarez	34	68:38
124	Rick Weese	40	68:39
125	Sheila Nazzaro	31	69:02
126	Sue Hanson	41	69:04
127	Azucena Roman	34	69:36
128	George Sacco	68	73:35
129	Jennifer Wishnoff	42	74:20
130	Alvina Wishnoff	37	72:27

SELF-TIMERS

Bob Theis	77
Bryna Adelson	
Dina Kovash	67
Doerte Murray	65
Don Watson	76
Ed Olkowski	63

Jaime Lobo Dominguez	
Jim Pommier	73
Judy Goddess	69
Ken Reed	60
Leslie Villem	35
Liese Rapozo	78
Mauro Giagnorio	17
Phyllis Nabhan	59
Ted Vincent	70
Tony Stratta	75
Wally Rapozo	77

71:50



Windmill 10K turnaround

Photo by Don Watson

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.

Sea Breeze 5 Mile, Berkeley, January 1

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
1	Eduardo Vazkez				32:33
5	Kennet De Silva				36:33
9	Amy Sonstein	first woman			37:47
30	Dennis Hassler				54:41

There were other DSE members at the race (Barbara Robben, Greg Brown and maybe others), but unfortunately complete race results were not available, and we have only those that Amy Sonstein was able to supply.

LMJS 4th Sunday 5K, January 22

8	Jim Buck	63	1	M60-69	21:37
14	Eric Park	60	2	M60-69	23:29
42	Barbara Robben	71	1	F 70+	31:27

LMJS 4th Sunday 10K, January 22

6	Kennet De Silva	24	3	M20-29	42:55
8	Noe Castanon	35	2	M30-39	45:15

Kaiser Permanente 5K, February 5

47	Fiona McCusker	41	2	F 40-59	20:56
142	Julius Schillinger	59	31	M40-59	23:59
156	Grant Kolling	57	35	M40-59	24:19
204	Patrick Regan	38	73	M19-39	25:48
221	Maryam Farzad	32	47	F 19-39	26:11
352	Jeanie Kayser-Jones	70	2	F 60-99	28:30
427	Bruce Oliver	77	6	M60-99	29:41
448	Michelle Wayne	35	133	F 19-39	30:01
487	Denise Kalos	44	43	F 40-59	30:40
772	Barbara Robben	71	5	F 60-99	34:12
870	Lynne Rodriguez	67	8	F 60-69	35:27
1007	Chris Boome	59	133	M40-59	37:22
1384	Sharon Boome	56	210	F 40-59	43:41
1386	Susan Allen?	61	19	F 60-99	43:44
1470	Liese Rapozo	78	23	F 60-99	46:25

continued on page 8

DSE AT THE RACES

continued from page 7

1523	George Rodriguez	68	33	M60-99	47:58
1616	Wally Rapozo	77	37	M60-99	50:31
1899	George Teiber	68	45	M60-99	57:03
2026	Kristine Lee	39	734	F 19-39	59:56

Kaiser Permanente Half Marathon, February 5

73	Tom Knauer	43	14	M40-44	1:23:20
80	Eduardo Vazquez	33	20	M30-34	1:23:36
124	Roy Clarke	50	3	M50-54	1:25:23
184	Andrew Bloch	43	39	M40-44	1:27:39
248	Jakob Gron	34	48	M30-34	1:29:29
254	Jerry Flanagan	40	50	M40-44	1:29:34
367	Ian Reid	62	2	M60-64	1:33:00
469	Kennet De Silva	24	20	M20-24	1:35:22
537	Bob Bowman	51	27	M50-54	1:37:15
561	Kyoung Lee	45	6	F 45-49	1:37:54
582	Theodore Jones	67	2	M65-69	1:38:22
595	Gene French	59	5	M50-59	1:38:37
629	Adrian Jue	24	24	M20-24	1:39:21
696	Brad Spielman	38	116	M35-39	1:40:41
715	Wayne Plymale	54	32	M40-54	1:41:03
758	Noe Castanon	35	125	M35-39	1:41:51
830	Jorge Larre	49	82	M45-49	1:42:57
869	Amy Sonstein	36	44	F 35-39	1:43:26
1052	Leland Faust	59	17	M50-59	1:46:25
1141	Lucile Wing	49	16	F 45-49	1:47:41
1144	Vicky Cotter	40	40	F 40-44	1:47:43
1333	Mark Kelley	49	125	M45-49	1:50:20
1398	Rene Menjivar	49	130	M45-49	1:51:16
1455	Paul Mosel	64	16	M65-69	1:52:11
1520	Joel Rizzo	40	207	M40-44	1:52:51
1537	Greg Rosenberg	41	210	M40-44	1:52:57
1565	Marian Lyons	58	4	F 55-59	1:53:13
1893	Lina Morris-Khatib	43	84	F 40-44	1:57:22
1983	Michael Sovik	40	257	M40-44	1:58:21
2005	Thura De Lopez	40	95	F 40-44	1:58:32
2237	Allison Groves	52	112	F 40-44	2:01:50
2283	Peter Royce	71	1	M70-99	2:02:34
2340	Jack Bascom	64	26	M60-64	2:03:21
2472	Kat Powell	55	8	F 55-59	2:05:12
2590	George Baptista	63	31	M60-64	2:07:03
2710	Wendy Newman	55	11	F 55-59	2:08:54
2824	Joseph Connelly	44	313	M40-44	2:10:35
2881	Janice Rensch	60	6	F 60-64	2:11:15
3108	Mort Weisberg	69	10	M65-59	2:15:42
3483	Gary Brickley	53	148	M50-54	2:23:48
3486	Kay Teiber				2:23:50
3491	Gregory Brown	56	77	M55-59	2:24:03
3550	William Woolf	70	5	M70-99	2:25:46
3632	Irene Pleasure	41	232	F 40-44	2:28:24
3707	Brierly Reybine	66	3	F 65-69	2:31:08
3748	Dennis Hassler	72	10	M70-99	2:32:59
3763	Evelyn Martinez	58	26	F 55-59	2:33:26
3771	Jeff Buie	42	358	M40-44	2:33:50
3786	Margie Whitnah	57	27	F 55-59	2:34:18
4141	Marnie Kelley	48	185	F 45-49	3:11:39
4188	Elaine Gecht	62	20	F 60-65	3:27:56
4214	Elaine Koga	64	21	F 60-65	3:43:33

Presidents' Day 5K, Coyote Point Park, San Mateo, February 20

7	Amy Sonstein	36	23:32
16	John Weidinger	64	30:53

Presidents' Day 10K, Coyote Point Park, San Mateo, February 20

14	Jim Buck	63	47:19
36	Greg Brown	56	1:01:33
37	Barbara Robben	71	1:03:57

DOLPHIN SOUTH END AID STATION

Calvin Chan

On Sunday, February 5th, 2006, over two dozen DSE club members joined Calvin Chan at the Kaiser Permanente SF Half Marathon to pour, stack, distribute and pick up over 5000 cups of water and Gatorade.

While Fred Haber led the Gatorade group, mixing and mixing, Calvin led the water group as they poured and poured and poured. Hours later after picking up all the cups, the street would look as if no one had ever been there.

My thanks go out to Fred, Yong, Patrick, Jane, Julius, Sylvia, Jennifer, Sheryl, Aaron, Cindy, Richard, Jane, Don, Trinh, Mitchell, Richard, Janet, Steve, Judith, Daryl, Shannon, Roxanna, Suzana, George and Kevin.

Running Clubs such as ours cannot make it without volunteers. If you are injured, recovering, or taking a week off from running after a marathon and would like to volunteer, come to our race one hour before the start and let us know. We will find a place for you.

Special Thanks to the DSE!!

On behalf of the Pamakids Running Club I would like to personally thank all of the DSE members who assisted us with the Kaiser Permanente San Francisco Half Marathon & 5K by manning the aid station at the 6.2 mile mark! I know that the numbers this year were quite a bit higher than in past years but you folks did an outstanding job! Special thanks go out to Calvin Chan for being the aid station captain. We had around 7,800 registered runners for this event making it one of the most successful races in the Bay Area. The Pamakids look forward to assisting the DSE with the upcoming Double Dipsea in June. Thanks again.

*Ron Dorey, President
Pamakids Running Club*

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 May 28 Mission Rock 5K, S/F Third Street & Mission Rock
- Sun Jun 18 Walt Stack 10K, S/F Jefferson & Hyde Streets
- 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
- Sun Nov 5 Great Highway Run 4M, S/F Lincoln Blvd. & Lower Great Highway bike path
- Sun Nov 12 Embarcadero 10K, S/F Dolphin Club, Jefferson & Hyde Streets
- Sun Nov 19 Conservatory 5K, S/F Kennedy Drive & Bowling Green Drive (Conservatory of Flowers), Golden Gate Park
- Sun Dec 3 Ferry Building Run, 4M, S/F Dolphin Club, Jefferson & Hyde Streets
- Sun Dec 10 Ballpark 5K, S/F Terry Francois & Illinois (near Mariposa)
- Sun Dec 25 Xmas Blind Date Relays, 2 x 2 miles, S/F Stow Lake Boathouse, GG Park

OTHER VOLUNTEERS NEEDED

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.

Gala Dinner Coordinator: 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. This job could also be done via committee, with several people assisting the Committee Chair.

Waterfront 10M Race Director: Design race flyer, track pre-registration, recruit volunteers, and secure sponsorship.

Flyer/Schedule Distribution: Volunteers are needed to bring race schedules and selected race flyers (i.e. Waterfront 10M, Practice Dipsea, Coastal Trail Challenge, etc.) to various running/athletic stores in SF/Bay Area. These should be replenished/updated on a quarterly basis. Volunteers can be responsible for one or more stores. Schedules/flyers will be provided for you.

If you would be willing to volunteer for any of these jobs, please contact Janet at jnissenson@aol.com or Kevin at dse.pekingduck@juno.com or speak to one of us at the weekly races.

HEEL SPURS From aches to agony

Dr. Amelia Mazgaloff, D.C

Your feet are made for walking and running, but through the years, improper footwear, hard training, and even harder running surfaces can take their toll. Pain at the bottom of the foot usually indicates one or more of three injuries: bursitis, heel spurs, or plantar fasciitis. These three conditions are inter-related and are caused by change or increase in activities, no arch support, lack of flexibility in the calf muscles, being overweight, a sudden injury, using shoes with little cushion on hard surfaces, using shoes that do not easily bend under the ball of the foot, or spending too much time on the feet.

Poor biomechanics within the foot can result in plantar fasciitis. If left untreated, the inflamed fascia fibers will pull away from the heel bone resulting in a heel spur. And, as the body makes accommodation for the improper biomechanics of the foot, it lays down new "cushioning" right along the line of the heel spur. This liquid field cushion is called a bursal sac. Under continuous pressure and repetitive stress, the bursal sac becomes inflamed and sore. This is called bursitis.

In most cases heel spurs and plantar fasciitis **can be treated naturally**, without surgery. The key for the proper treatment of heel spurs is determining what is causing the excessive stretching of the plantar fascia. When the cause is over-pronation (flat feet), an **orthotic** is an effective device to reduce the over-pronation and allow the condition to heal. **Running video gait analysis** is helpful with identifying biomechanical flaws as well as determining the right shoe support for your feet. **Myofascial release** and gentle **manipulation** of the foot and **electrical muscle stimulation** help to quickly restore the correct alignment of the bones in the foot and decrease the inflammation and pain.

*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: Bunions

◆◆◆ Monthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- 5) Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- 6) Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

For 24-Hour race information call the DSE Race Hotline at 415-978-0837

Sun 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.

Sun Mar 12 St. Patrick's Day Run, 4 miles

START/FINISH: S/F Yacht Road parking lot 1 block North of Marina Blvd. (Little Marina Green)

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

COURSE DESCRIPTION: Run eastbound on Yacht Harbor; turn around at end of parking lot. Return back to start; run into the Crissy Field/ Golden Gate Promenade. Stay on straightaway into the Fort Point National Historic site. Turn around at end of parking lot. Return along the same route.

Sun Mar 19 No DSE Run

Opportunity to enter Emerald Nuts Across the Bay 12K, www.rhodyco.com

Sun Mar 26 Kennedy Drive, 8K

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

COURSE DESCRIPTION: Run eastbound on Middle Drive, turn onto Overlook Drive (paved path), left at Transverse Drive, right onto Kennedy Drive, turn around at barricade on Kezar Drive. Return the same way to downhill finish.

Sun Apr 2 Twin Peaks Loop, 3.63 miles

START/FINISH: Portola Drive & Twin Peaks Blvd.

NOTE: First day of Daylight Savings Time! Set your clocks ahead one hour!

COURSE DESCRIPTION: Run up and down Twin Peaks Blvd. staying on left hand side, uphill to Clarendon Ave., onto Laguna Honda, uphill onto Woodside Ave., downhill past gas station, head straight back to finish line.

Sun Apr 9 Great Highway Run, 4 miles

START/FINISH: Lincoln Way & Lower Great Highway grass path

COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path. Counter-clockwise turnaround at Sloat Blvd. Return northbound to Lincoln Way finish.

Sun Apr 16 Easter Roller Coaster Run, 2.92 miles

START/FINISH: West end of Mtn. Lake Park 12th Ave. & Lake St.

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road, take dirt trail and then uphill on West Pacific Avenue. Right turn onto Presidio Avenue, turn around at gate entrance (Pacific Street). Return downhill via the pedestrian path, left on West Pacific Avenue; return to finish.

◆◆◆ Group 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.
- * Weather permitting

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: Wednesday, March 29, 2006

TIME: 7:00 PM

PLACE: Joanne Desmond
1006 Steiner St. #205
(near McAllister)
San Francisco 94115
415-823-5300

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.

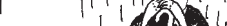
Please remember to bring drinks or snacks to share after the folding session.

Folding session host needed for August 2006. If you can help, please contact Kevin at 415-751-9653 or dse.pekingduck@juno.com.

Weather ♦ ♦ ♦
♦ ♦ ♦ Report ♦ ♦ ♦
Meteorologist Mike Pechner

Meteorologist Mike Pechner

March will come in like a lion and go out like a lion. Overall, it will be wet and cold, with much above normal rainfall. We expect storminess in the first week in March with snow in the hills, but should see improving weather with warmer temperatures and sunny skies on the weekend of the 11th.



Cold rain will move in again at mid-month. The most active weather, with fronts at two to three day intervals, will be from mid-month until about the 25th, with improving weather as we head into April.



Club ♦ ♦ ♦
♦ ♦ ♦ Officers



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EQUIPMENT Bob Marty

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*

A decorative horizontal line consisting of a series of black and grey diamond shapes of varying sizes and orientations, arranged in a symmetrical, repeating pattern.

1	Tom Britton	10	Diego Patrick McManus	24	Carolyn Garriott
	Richard Nippes	11	Michael Gama		Ed Kinchley
	Jim Stratta	15	Lourdes Gregson	27	Marian Lyons
	Tony Wasserman	16	James O'Donnell	29	Mark Ford
2	John Weidinger	19	Mark Ashton		Keith Johnson
5	Michael Donohoe		Mark Olson		Alex Nissenson
6	Donald Boyd	20	Rudy Diaz		Martin Steer
	Jay Brignon	21	Thura De Lopez	31	Michael Lavelle
8	Matthew Butrimovitz		Leslie Okamoto		Maggie Mortimer
	Emory Porhola	22	Edward Kubrich		
	Kathryn von Blankenburg				

New Members

BERKELEY Blythe Milbury-Steen	SAN FRANCISCO Laura Croome Richard Kinzly Michael & Niklas Korn Miranda Kramer Sonya Mankowsky Enrique & Lila Raygoza Martin Steer Joan Varney	SAN JOSE Erik Berg George Musante SAN MATRO Matthew Fabry SONOMA Jean-Claude Travers
BURLINGAME Jason Reed		
DALY CITY George & Lynne Rodriguez		
NEWARK Maricela Castaneda		



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

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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.



Waterfront 10M start

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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!