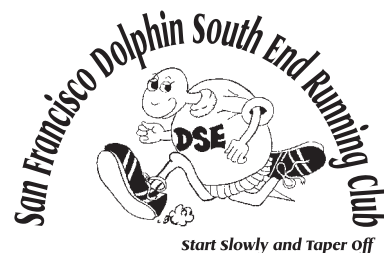


DSE NEWS



41st Year

April 2006

TIME TO CELEBRATE DSE'S 40TH ANNIVERSARY!

Janet Nissenson

On Sunday, May 7, all current and former DSE members are strongly encouraged to come out to the Marina Green and celebrate our remarkable club's 40th anniversary. For four decades, DSE has held regular, low-cost races in and around San Francisco, a tradition that continues in grand fashion today. Our races have survived when countless others have folded and are no more due to lack of funding, organization, etc. Our timing, registration and results may be more sophisticated and organized than they were 20 years ago, but the basic concept of our club remains the same—to provide a fun, safe but still competitive environment for runners and walkers of all ages, genders, and fitness levels to compete in over 40 races a year. The DSE turtle logo and motto "Start Slowly and Taper Off" are famed the world over, and our club continues to be one of the most diverse in the U. S.

Our race on May 7 will be the already established Walt Stack 5K course, a loop of the Marina Green area, starting and finishing at the Walt Stack Memorial Bench. Registration for members will be \$5. A special commemorative T-shirt will be available for sale separately at a cost of \$10. Please be sure to pre-order your shirt (see flyer enclosed in this newsletter, or download from www.dserunners.com) in order to guarantee size and availability. There will only be a limited number of shirts available for sale on race morning.

Please come out and join us in what we hope will be the biggest DSE reunion and celebration ever. We will have age-division awards, raffle prizes, and refreshments. Even if you aren't able to run or walk due to injury or other reasons, just come out to meet and greet old friends, and reminisce about the "glory days" (which are still happening today!). Feel free to bring your old pictures, articles, books, etc. about the club or its runners. We would like to see as many "oldtime" and "seasoned" DSE members and former members as possible participating. Please help us celebrate DSE's 40th year of existence by contacting everybody you know who has been a part of DSE's 40 year history.

DON'T MISS THE PARTY! JOIN US ON MAY 7, 2006 AT 9:00AM!

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From the President's Desk

◆ ◆ ◆ ◆ ◆ KEVIN LEE

HIT AND RUN

In early March, inside SF Presidio, a female runner died from a "Hit and Run" vehicle. This is one of the unfortunate dangers of running. We can not control the unknown, but this brings attention to consider carrying proper ID.

Kudos to DSEer **Adrian Jue** for taking immediate action and securing sponsorship from the RoadID company (www.roadid.com) for several of our major race events: the DSE 50th Anniversary 5K (5/7), the Coastal Trail Challenge (7/9) and the Lake Merced Half Marathon/4.5M (9/10), providing bib numbers and gift certificates to the top 3 men and women in each race. RoadID believes that active people, including runners, should carry identification on the go. They are the makers of such products as the WristID, Firefly blinking lights, and shoe pouches. Please be sure to carry proper identification every time you run.

APRIL RACE SCHEDULE

This is no April Fool's joke! Beginning with Sunday 4/2 it's Daylight Saving Time again, so set your clocks ahead one hour. Please join DSE on 4/2 for the Twin Peaks loop 3.63 miler. This challenging roller coaster race course is definitely worth losing a hour's sleep over. Running the out & back race course of the 4/9 Great Highway 4 miler is so easy, you can do it in your sleep. I suggest you stay awake and watch out for the speed bumps. After completing your Income Tax return, treat yourself to a stress-free run at the 4/16 Easter Roller Coaster 2.92 miler. The rewards are guilt-free chocolate Easter eggs.

continued on page 2



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

January February 26, 2006

Waterfront 5K and 10M

Race Director: Janet Nissenson

Volunteers: Myra Green, George Sacco, Steve Nissenson, Liese Rapozo, Barbara Robben, Calvin Chan, Roy Clarke, Kevin Lee, Bobby Marty, Sandra Seiki, Roxanna Pezzy, Ken Reed, David Klinetobe, Don Watson, Jim Pommier, Richard Hannan, Jane Lee, John Gregson, Jorre Larre, Noe Castanon, Amy Qu, Grant Kolling, Sylvia Rico, Wally Rapozo



Race Director Janet Nissenson
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Note: We used the wrong pens and many tags were illegible. Please check the results carefully and report any inconsistencies you find. Thanks.

5K RESULTS

PL	NAME	AGE	TIME
1	Clinton Hayes	18	17:31
2	Chris Ofstad	17	17:33
3	Manny Rin	15	18:19
4	Mike Houar	50	18:29
5	Walter Gorski	37	18:54
6	Anthony Palermini	17	19:03
7	Goodwin Ogbuehi	25	19:14
8	James Avery	17	19:21
9	Adrian Gallo	16	19:40
10	Jason Reed	27	19:51
11	Thomas McManus	36	19:55
12	Mark Ford	45	20:02
13	Matt Landrum	16	20:10
14	Ashley Hodges ①	16	20:23
15	Ken Caputa	46	21:00
16	Gabriel Krug	28	21:25
17	Mason Livingston		21:33
18	Jeffrey Hodges	46	21:37
19	Max McDonnell	15	21:38
20	Terry Levinson ②	30	21:46
21	Jacklynn Kemp ③	17	21:57
22	Jorge Larre	49	22:01
23	Roger Chandler	34	22:10
24	Joel Rizzo	40	22:28
25	Amy Sonstein ④	36	22:31
26	Marc Wong	38	22:41
27	Patrick Lee	58	22:45
28	Catherine Filippone ⑤	38	22:52
29	Aaron Low	45	22:54
30	Chris Rife	31	23:07
31	Dan Burns	30	23:08
32	Marq Taylor	35	23:25
33	Jared Brockway	35	23:37
34	Van Carey	53	24:01
35	Neal Ashton	49	24:31
36	Vu Tran	31	24:43
37	Bruce Hartley	40	25:09
38	Rafael Moreno	54	25:27
39	Paul Mosel	64	26:00
40	Sam Stevenson	71	26:17

continued on page 3

FROM THE PRESIDENT'S DESK

continued from page 1

DSE debuts the new and improved 4/23 GG Park 10K. The race course has been modified with the S/F at the same location. On 4/30 DSE returns to the peaceful confines of the Stern Grove 4+ miler.

B2B DRAWBRIDGE UPDATE

If you haven't already signed on as a B2B Drawbridge volunteer, please do so ASAP. The first 50 will be accepted; 45 spaces have already been filled. Download a B2B Drawbridge form from www.dserunners.com or pick up a form at the weekly DSE races.

CLUB PERKS

From time to time DSE comes across a worthwhile venue and passes it on to its club members. The monthly publication *Peak Running Performance*, with many exceptional writers in running (Alberto Salazar, Dr. Joe Vigil, Frank Shorter, Steve Scott and Scott Tinley, etc.), will be available as an electronic newsletter. DSE will make this available beginning in May. Please be sure that Membership Chair Richard Finley (nishikifinley@sbcglobal.net) and Kevin Lee (dse.pekingduck@juno.com) have your current email address.

RRCA UPDATE

After a long hiatus, RRCA publication *Footnotes* is back in circulation. It's free to club members and retrievable as an electronic newsletter. The 2006 RRCA Convention in Houston, Texas was another success. Of special note, DSE News Editor **Jane Colman** was awarded RRCA Western Region Newsletter Honorable Mention for 2005. The March *Footnotes* issue, RRCA Awards and 2006 RRCA Convention wrap-up can be found at www.rrca.org.

PRISCILLA BLACK, 1931–2006

I am saddened to announce that Priscilla Black died on Friday, March 24, of lung cancer. She had been a DSE member since 1982, and was an avid runner and volunteer in both the DSE and the PaMaKids running clubs. She and her husband Henry will be remembered for being DSE trail-setters, having marked the Double Dipsea race course for the past 11 years.

Priscilla was a teacher for 52 years, and a good friend to many of us. On behalf of the DSE, I would like to send our condolences to the Black family.

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

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

Mail/Phone/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

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

WATERFRONT 5K*continued from page 2*

41	Judy Waitz	46	26:46
42	Lawrence Truoccolu	42	27:35
43	Sau Chan	37	27:39
44	Mario Cruz	45	27:43
45	Steve Reese	47	27:53
46	Mike Widico	53	27:59
47	Michele Wayne	36	28:03
48	Christian Chandler	34	28:05
49	Nicole DiBasilio	39	28:15
50	Andrew Morris	24	28:20
51	Gloria Corral	58	28:37
52	Tom Huster	62	28:43
53	Hana Kim	22	29:11
54	Michael Klang	25	29:12
55	John Weidinger	64	29:14
56	Tania Adeimy	21	29:16
57	Michael Rochetti	36	29:21
58	Marc Aranshony	44	29:39
59	Hil McArthur	30	29:57
60	Leslie Lang	30	30:08
61	Illegible	31	30:16
62	Cindy Toler	44	30:17
63	Rebecca DeBoer	22	30:30
64	Anjali Verma	22	30:32
65	Jeff Shopoff	62	30:34
66	Meghen Kurtzig	28	30:40
67	Diane Tarquinio	51	30:42
68	Michael Wong	41	30:43
69	Calvin Chan	55	30:53
70	Bruce Oliver	77	31:15
71	Jim McDonnell	51	31:34
72	Andrew Peterman	29	31:42
73	Sarah Soto	29	31:44
74	Jessica Lopretta	28	32:10
75	Jane Colman	62	32:20
76	Kevin Durant	33	32:27
77	Calie Anderson	30	32:28
78	Adrienne Rossi	28	32:34
79	George Sacco	68	33:36
80	Maxime Ko	28	33:55
81	Grace Ko	24	33:56
82	Carlos Bolanos	46	33:57
83	Marmiot Gelman	46	34:05
84	Katie Dang	24	34:17
85	Harry Cordellos	68	34:25
86	Tanya Perez	27	34:31
87	Geovanna Endara	28	34:37
88	Slav Ivanov	29	34:37
89	Jacob Rosenberg-Wohl	13	34:46
90	Corinne Wioico	30	35:00
91	Roberta Rochetti	37	35:28
92	Rose O'Brien	61	35:32
93	Kathy Rosenberg-Wohl	45	35:51
94	Christian Rauber	34	37:23
95	Lan Vuong	31	38:20
96	Ellie Landsman	28	38:21
97	Erin Joyce	30	38:22
98	John Birely	66	40:11

99	John Lang	66	41:13
100	Dina Kovash	67	42:10
101	Kathy Guziejka	47	42:27
102	Susan Medrano	83	42:28
103	Peter Andreadakis	29	42:29
104	Jose Dybumpin II	35	43:32
105	Camilla Sauve	53	43:52
106	Shannon Luppino	10	45:10
107	Maria Zamora	40	45:37
108	Lee		45:38
109	Cruz Busatamante		45:39
110	Kim Withrow	33	45:40
111	Liese Rapozo	78	46:02
112	Cari Worden	46	46:35
113	George Anderson	77	50:59
114	Ruby Bonite	29	51:11
115	Lucy Solorzano	50	51:12
116	Diana Aldana	49	51:18
117	Sarah Aldana	15	51:21

10M RESULTS

PL	NAME	AGE	TIME
1	Chafik	32	59:32
2	Steve Kraft	45	61:33
3	Beth Van Alstine ①	25	61:39
4	Colin Page		63:01
5	Eduardo Vazkez	33	63:06
6	John Sullivan	40	63:11
7	Peter Hsia	45	63:29
8	Oliver Chan	24	65:23
9	Ron Little	34	66:32
10	Andy Roth	37	67:14
11	Corrie Drakulich ②	24	67:54
12	Jeff Rabin	51	68:10
13	Jerry Flanagan	40	68:12
14	Kennet De Silva	24	68:14
15	Jeff Clark	37	68:43
16	Granahan	36(?)	68:52
17	James Eales	46	69:25
18	Derek White	29	69:57
19	Luis Vargas	48	70:17
20	Chad Evans	34	71:50
21	Ernie Rivas	55	71:53
22	Daryl Luppino	46	72:57
23	Jerry Mason	49	73:06
24	Erik Nylund	39	73:30
25	Sarah Steer ③	30	74:02
26	Stephany Hiller ④	42	74:07
27	Alice Trumbly ⑤	46	74:08
28	Doug Pringle	45	74:20
29	Vlad Sakovich	62	74:21
30	Jeremy Calnan	46	74:31
31	Mike Lorig	53	75:10
32	Jim Misener	45	76:04
33	Jonathan Goldberg	29	76:26
34	Charlie Williams	37	76:49
35	Abe Zesati	32	77:29
36	Steve Bush	35	77:33
37	Alison Watkins	27	77:58
38	Theo Jones	67	78:24

39	Mark Kelley	50	78:33
40	George Baptista	63	79:14
41	Tom Edwards	35	79:30
42	Andres Stinchfield	28	79:52
43	Eve Schaeffer	26	80:16
44	Christof Wittig	37	80:24
45	Luck Wing	49	80:39
46	Irene Suzuki	42	81:07
47	Teresa Quan	44	81:07
48	Max Tuefferd	34	81:18
49	Lisa Carroll	36	81:22
50	Deirdre Williams	35	81:26
51	Dave Sprague	44	81:50
52	Rene Menjivar	49	83:11
53	Amos Kohn	46	83:34
54	? Park	?	83:42
55	Kelly Hartley	37	83:51
56	Salina Yeung	38	84:05
57	Monique Lucero	33	84:13
58	Kathleen Lail	38	84:56
59	Richard Drechsler	52	86:24
60	Toby Silver	38	86:37
61	Matt Fabry	33	86:46
62	Julie Mell	38	86:56
63	Jenny Feix	36	86:58
64	Kenneth Fong	44	88:14
65	Jeff ?	?2	88:47
66	Elizabeth Lee	27	89:17
67	M.J. Frawley	51	89:24
68	Shannon Navarro	26	89:33
69	Carolina Gonzalez-Prats	30	89:35
70	Elisa Zuniga	36	89:40
71	Marian Lyons	58	89:42
72	Eugene Canotal	24	89:48
73	Hanoch Raviv	44	89:56
74	Paul Reynolds	49	90:16
75	Wendy Newman	55	90:28
76	Maryam Farzad		90:48
77	Kristy Holland	36	91:11
78	Paolo Bruni	63	92:11
79	Joe Connelly	44	92:14
80	Kat Powell	55	93:18
81	Sam Roake	70	93:30
82	Gary Brickley	53	94:06
83	John Stark	41	96:14
84	Janae Smith	27	96:26
85	Doug Scott	48	97:02
86	Suzana Seban	52	97:56
87	Mort Weisberg	69	97:58
88	Brienne Fisher	39	99:01
89	Marcelo Antonelli	56	99:02
90	Christopher Pennya	32	99:47
91	David Holland	43	99:48
92	Stephanie Alvarez	35	100:03
93	Viki Maxwell	35	100:31
94	Lisa Tracy	38	100:32
95	Lorena Wong	44	101:32
96	Lan Nguyen	27	101:38
97	Jennifer Nieruchalski	23	102:05

continued on page 4

WATERFRONT 10M*continued from page 3*

98	Salvador Martinez	36	102:24
99	Henry Nebeling	73	102:25
100	Bill Woolf	70	102:30
101	Kay Teiber		102:38
102	Brian Hartley	52	102:50
103	Mark Bolick	34	102:56
104	Lucy Wong	43	103:04
105	Alisha Meek	38	104:10
106	Barbara Robben	71	104:23
107	Ray Piva	79	104:35
108	Suzanne Mason	53	104:37
109	Marcie Daniel	35	104:39
110	Denis Lechane	51	105:44
111	Carla Punch		106:19
112	Enrique Julia	27	106:20
113	Kaisha Torres	37	106:59
114	Michael Wellborn	37	107:00
115	Karen Miller	27	108:06
116	Phat Chiem	31	108:10
117	Jon Gilgoff	32	108:18
118	Elizabeth Guldbeck	24	108:19
119	Margie Whitnah	57	108:41
120	Calvin Hom	52	109:07
121	Jim Kauffold	68	109:25
122	Sonya Mankowsky	50	110:28
123	R.C. Kinzly	30	110:29
124	Andrew Bloch	43	110:39
125	Mercedes Acosta	62	132:10
126	Valerie Thuck	30	132:15

SELF-TIMERS

Bryna Adelson (5K)	65	
Denise Fox (5K)		
George Rodriguez (5K)	68	
Judith Sandoval	68	
Judy Goddess	69	
Lynn Rodriguez (5K)	63	
Tony Stratta (5K)	75	61:15
Robert Brizuela (10M)	66	143:00

**Rainbow Falls 5K Co-Race Director****Hashim Bashiruddin***Photo by Don Watson***March 5, 2006****Rainbow Falls 5K****Race Directors: Hashim Bashiruddin & Hilary Fong****Volunteers: Robert Brizuela, Calvin Chan, Richard Hannon, Helen Kauffold, Jane Lee, Kevin Lee, Bobby Marty, Liese Rapozo, George Sacco, Laurie Sullivan, Selma Vincent, Ted Vincent, Mort Weisberg**

PL	NAME	AGE	TIME
1	Chikara Omine	23	16:16
2	Tom Delaney	18	16:27
3	Peter Hsia	45	18:14
4	Oliver Chan	24	18:15
5	Eradlo Sanchez		18:25
6	Cole Jones	15	18:35
7	Adam Lucas	39	18:36
8	Justin Wilkes	23	18:49
9	Patrick Sullivan	15	19:17
10	Mark Ford	45	19:22
11	Thomas McManus	36	19:35
12	Neil Edde	38	19:45
13	Steve Powell	41	20:01
14	Tyler Abbott	45	20:04
15	Jason Szyllik	31	20:07
16	Kevin Fry	26	20:08
17	Samuel Harrell		20:17
18	Jody Heyman ①	45	20:18
19	Scott Weaver	46	20:20
20	Tracey Hogan ②	35	20:29
21	Oscar Sanchez		20:37
22	Margarito Sanchez		20:58
23	Mark Kelley	50	21:15
24	Daryl Luppino	46	21:16
25	Brandon Snider	22	21:20
26	Noe Castanon	35	21:23
27	Pete Soyer	25	21:26
28	Mark Hamm	46	21:31
29	Tony Sanchez	35	21:33
30	Matthew Fabry	33	21:34
31	Jim Buck	63	21:38
32	Willy Franklin	37	21:48
33	Joel Rizzo	40	21:52
34	Amy Sonstein ③	36	21:54
35	Max Tuefferd	34	21:55
36	Luzaro Sanchez	44	21:55
37	George Baptista	63	21:56
38	Mitsuyuki Ohura	47	21:59
39	Catherine Filippone ④	38	22:08
40	Karl Olson	52	22:18
41	Patrick Lee	58	22:25
42	Lina Morris-Khatib ⑤		22:39
43	Frank Shum		22:40
44	Kevin Trock	51	23:01
45	Ed Kinchley	56	23:11
46	Eric Park		23:20
47	Phil Melman	40	23:23
48	Keith Johnson	67	23:25
49	Don Elsener	50	23:32

**Racing past the Conservatory of Flowers in the Rainbow Falls 5K***Photo by Don Watson*

50	Hal Davis	32	23:34
51	Matt Ball	35	23:39
52	Shelley Caywood	38	23:52
53	Lucy Wing	49	23:56
54	Theo Jones	67	24:03
55	Richard Drechsler	52	24:04
56	Eugenio Martinez		24:27
57	Thomas Smiley	47	24:28
58	Kenneth Fong	44	24:32
59	Mary Barlow	29	24:37
60	Lander Bravo	33	24:51
61	Patrick Mattimore	55	24:55
62	Katie Kihorcey		25:17
63	Mark Olson	14	25:21
64	Brendon Murphy	36	25:39
65	Patrick Regan	38	25:41
66	Bob Morris-Khatib	52	25:48
67	Anders Fox	10	25:51
68	Janet Nissenson	46	25:53
69	Jack Olson	9	25:56
70	Wendy Newman	55	26:01
71	Maryam Farzad	32	26:06
72	Jerry Applegate	57	26:09
73	Jen Melman	34	26:11
74	Marie Carlotti	49	26:15
75	Kristen Russo	27	26:27
76	Judy Waitz	46	26:28
77	Joe Connelly	44	26:36
78	Dave Floresch	65	26:53
79	Michael Rochetti	36	26:55
80	Russell Breslauer	60	26:56
81	Jack Bascom	64	26:57
82	Yong Cho	48	27:03
83	Lorrie Kalos	45	27:24
84	Michele Wayne	36	27:28
85	Suzana Seban	52	27:39
86	Sam Roake	70	27:42
87	Christine Arnold	35	27:47
88	Katy Scott	29	27:52
89	Kevin Sullivan	14	28:09

continued on page 5

RAINBOW FALLS 5K*continued from page 4*

90	Brett Long	34	28:11
91	Alla Brusilovsky	45	28:13
92	Monica Makarczyk	27	28:14
93	Vadim Brusilovsky		28:15
94	Norman Ching		29:00
95	John Weidinger	65	29:14
96	Kevin Cuevas	15	29:31
97	Bill Woolf	70	29:45
98	Jeanie Jones	70	30:08
99	Barbara Robben	71	30:10
100	Bruce Oliver		30:21
101	Sharon Lawlor	30	30:55
102	Jim Kauffold	68	31:08
103	Carrie Arguijo	26	31:10
104	Jane Colman	62	31:22
105	Roberta Rochetti	37	31:36
106	Roxanna Pezza	Old	31:37
107	Rowena Ritchie	32	32:58
108	Michael Sanchez		33:05
109	Emily Hyland	22	33:23
110	Heidi Chang	23	33:23
111	Marina G.	46	33:32
112	Shannon Luppino	10	34:21
113	Marcia Martin	53	35:25
114	Bob Kovash	67	36:29
115	Prospero Sanchez		37:41
116	Richard Finley	57	38:40
117	Aaron Gaspard	31	39:17
118	Dan Rogers	35	39:17
119	Dina Kovash	67	39:38
120	Bob Theis	77	41:44

SELF-TIMERS

Bryna Adelson	65	
Diane Okubo-Fong	44	
Don Watson	76	
Elaine Gecht	62	
Ellen Breslauer	58	
Jeff Houston	47	29:46
Jim Pommier	73	
Judith Sandoval	68	
Liese Rapozo	Old	
Phyllis Nabhan	59	
Ted Vincent	70	
Tony Stratta	75	58:10
Wally Rapozo	77	



**On St. Patrick's Day, Ellen & Russell
Breslauer served hot spiced cider and Neil
Mahoney brought sparkling cider**

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March 12, 2006**St. Patrick's Day Run, 4M****Race Director: Neil Mahoney**

**Volunteers: Ellen & Russell Breslauer,
Calvin Chan, Harry Cordellos, Richard
Hannon, Mark Janes, Helen & Jim
Kauffold, Shannon Luppino, Paul
Mosel, Janet & Steve Nissenon, Amy
Qu, Ken Reed, George Sacco, Mort
Weisberg, Sandra Seiki**



**Race Director Neil Mahoney and assistants
©2006 Paul Mosel**

PL	NAME	AGE	TIME
1	Oliver Chan	24	23:47
2	David Davis	37	23:54
3	Eradio Sanchez		23:57
4	Edvardo Vazkez	33	24:17
5	Adam Lucas	39	24:29
6	Mark Ford	45	25:03
7	Thomas McManus	36	25:15
8	Jerry Flanagan	40	25:20
9	Andrew Bloch	43	25:27
10	Jeff Clark	37	25:28
11	Nick Lipinski	15	25:43
12	Jason Reed	27	25:56
13	John Woods	41	26:06
14	Kennet De Silva	24	26:29
15	Oscar Sanchez		26:38
16	Kevin Fry	26	26:39
17	Jeremy Calnan	46	26:52
18	Margarito Sanchez		27:07
19	Elizabeth Hutchinson ①	31	27:15
20	Tony Sanchez	35	27:33
21	Daryl Luppino	46	27:35
22	George Rehmet	39	27:51
23	Noe Costanon	35	28:00
24	Jim Buck	63	28:15
25	Tammi Penn ②	32	28:20
26	Mark Kelley	50	28:29
27	Paul Tauber	39	28:50
28	Michael Boll	41	28:54
29	Franklin Alioto	27	29:04
30	Jorge Larre	49	29:07
31	Jim Misener	45	29:09
32	George Baptista	63	29:12
33	Amy Sonstein ③	36	29:14

34	Matt Weber	36	29:16
35	Patrick Lee	58	29:34
36	Phil Melman	40	29:42
37	Kevin Vaarsi	29	29:59
38	Joe Murtagh	19	30:29
39	Dimitris Sklavopoulos	60	30:38
40	Shelley Caywood ④	38	31:00
41	Eugenio Sanchez		31:22
42	Richard Drechsler	52	31:32
43	Lina Morris-Khatib ⑤		31:45
44	Rene Menjivar	49	32:00
45	Ed Celestina	55	32:11
46	Kenneth Fong	44	32:17
47	Garth Horton	39	32:21
48	Abid Jeevran	32	32:40
49	Peter Royce	71	32:57
50	Patrick Mattimore	55	33:01
51	Eugene Canotal	24	33:08
52	Guy Murtagh	56	33:41
53	Marian Lyons	50+	33:48
54	Theo Jones	67	33:52
55	Jacque Myers	49	33:56
56	Maryam Farzad	32	34:10
57	Carolina Gonzalez-Fratts	30	34:16
58	Peking Duck	51	34:33
59	Bob Morris-Khatib	52	34:36
60	Elisa Zuniga	36	34:41
61	Jen Melman	34	34:43
62	Joe Connelly	44	34:46
63	Jerry Applegate	57	34:51
64	Kristen Russo	27	34:53
65	Angule Ferrell	32	35:13
66	Julie Payne	28	35:15
67	Hillary Fong	48	35:21
68	No Name		35:25
69	Yong Cho	48	35:26
70	Dave Floersch	65	35:27
71	John Suazo	30	35:33
72	Gary Brickley	53	35:37
73	Wendy Newman	55	35:39
74	Suzana Seban	52	35:44
75	Johanna Merriss	55	36:02
76	Janet Fry	26	36:07
77	Nik Charalaghi	54	36:08
78	Russell Breslauer	60	36:10
79	Eric Shackelford	56	36:30
80	Michael Sanchez	8	36:52
81	Prospero Sanchez		36:54
82	Maggie Pinzuti	32	37:10
83	Olivia Horgan	32	37:19
84	Richard Le	31	37:22
85	Thomas Smiley	47	37:25
86	Jeff Houston	47	37:29
87	Maria Colgan	31	37:34
88	John Weidinger	65	37:35
89	Bill Penn	50	37:36
90	Domenic Urnuni	31	37:41
91	Alison McClure	43	37:44
92	Bill Woolf	70	37:48

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ST. PATRICK'S DAY RUN

continued from page 5

93	Evelyn Martinez	57	38:03
94	Mark Clark	37	38:06
95	Norman Ching		38:15
96	Jeanie Jones	70	38:22
97	Lucy Wong	43	39:34
98	Rachel Lateiner	23	39:38
99	Kristen Silva	28	39:40
100	Mark Armstrong	44	39:40
101	Marnie Kelley	48	39:42
102	Kim Beyer	37	39:43
103	Jett Crain	49	39:47
104	Mike Crain	45	39:50
105	Hashim Bashiruddin	49	40:24
106	Troy Anthony	42	40:47
107	Arlene Lipinski	53	41:34
108	Cynthia Stevens	36	42:03
109	Roberta Rochetti	37	42:11
110	Jessica Westover	32	42:33
111	George Sacco	68	42:57
112	Bruce Oliver		43:03
113	Nina Jhimb	32	44:43
114	Kelly Malone	28	46:04
115	Carolyn Bojanowski	28	46:06
116	Bob Kovash	67	48:45
117	John Birely	66	53:43
118	Dina Kovash	67	56:18

SELF-TIMERS

	Bob Theis	77	
	Diane Okubo-Fong	44	
	Doerte Murray	65	
	Edwin Robles	37	71:00
	Elaine Gecht	62	
	George Rodriguez	68	
	Gregory Brown	56	
	Harry Cordellis	68	
	Jane Lee	55	
	Jim Kauffold	68	
	Kevin Cuevas	15	
	Lynne Rodriguez	67	
	Phyllis Nabhan	59	
	Selma Vincent	65	
	Stu Etzler		
	Tammy Ortiz	37	71:00
	Ted Vincent	70	
	Tony Stratta	75	66:50
	Ellen Breslauer	56	

KID'S FUN RUN

	Shannon Luppino	10	3:48
	Sofia Rochetti	4	4:50
	Richard Tauber	3	5:20
	Scott McManus		5:23
	Amy Melman	2	6:00

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.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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LMJS Couples Relay (5K x 5K), Oakland, February 26

12	Megan Smirti/Anders Ryerson	3		40-59	42:00
26	Monika McCool/Jim Buck	1		120-139	45:50
27	Heather Johnson/George Rehmet	9		60-79	45:54
36	Maggie Fleming/Wayne Plymale	8		80-99	46:59
46	Michelle Smith/Jerry McGowan	4		100-119	48:40
75	Susan Herder/Gary Aguiar	19		80-99	52:37
78	Marcia Martin/Keith Johnson	5		120-139	53:21
111	Kelly Cunneen/Patrick Cunneen	21		100-119	61:42

Napa Valley Marathon, March 4

66	Eduardo Vazkez			M30-34	3:10:43
128	Kennet De Silva			M20-24	3:25:41
342	Adrian Jue			M20-24	3:48:27
402	David Klinetobe			M45-49	3:54:22
529	Marian Lyons			F 55-59	4:03:24
1083	Thura De Lopez			F 40-44	4:43:42
1271	Gregory Brown			M55-59	4:58:26

NORCAL John Frank Memorial Run, 10 Miles, Redding, March 4

63	Tyler Abbott	45	13	M45-49	1:03:45
139	Jim Flanigan	56	9	M55-59	1:15:08
188	Jeff Bedolla	52	17	M50-54	1:26:32
203	Peter Royce	71	2	M70-74	1:30:43
206	Kat Powell	55	5	F 55-59	1:31:31
246	Dennis Hassler	72	4	M70-74	1:48:40

King's Mountain Trail Run, Woodside, 5 miles, March 4

19	Keith O. Johnson	67	1	M65+	44:08
46	Marcia Martin	53	1	F 50-54	56:52

Paul Spangler 50+ Fitness 8K, Stanford, March 12

44	Russ Kiernan	68	1	M56-59	34:08
88	Kat Powell	55	5	F 55-59	42:40
121	Dennis Hassler	72	8	M70-74	48:45
125	Barbara Robben	71	2	F 70-74	50:04
133	Jane Colman	62	7	F 60-64	52:51

Fifty Plus Fitness 49 & Under 8K, Stanford, March 12

33	Cliff Lentz	41	13	M40-49	28:07
64	Tyler Abbott	45	26	M40-49	30:48

Emerald Across the Bay 12K, March 19

103	Tyler Abbott	45	18	M45-49	47:08
172	Roy Clarke	50	11	M50-54	49:42
191	Wayne Plymale	54	12	M50-54	50:16
200	Jason Reed	27	28	M25-29	50:32
221	Russ Kiernan	68	1	M65-69	51:24
226	Anders Ryerson	28	30	M25-29	51:40
230	Kennet De Silva	24	10	M20-24	51:51
345	James Flanigan	56	15	M55-59	55:23
379	Megan Smirti	25	21	F 25-29	56:16
464	Mark Kelley	50	22	M50-54	58:19
490	Amy Sonstein	36	25	F 35-39	58:57
580	Joel Rizzo	40	63	M40-44	1:01:02
603	Ed Kinchley	56	26	M55-59	1:01:27

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March 26, 2006

Kennedy Drive 8K

Race Directors: Eduardo Vazkez and Kennet De Silva

Volunteers: Bobby Marty, Kevin Lee, George Sacco, Mort Weisberg, Aaron Low, Ken Reed, Adrian Jue, Richard Hannon, Calvin Chan



Race Directors Eduardo Vazkez and Kennet De Silva

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PL	NAME	AGE	TIME
1.	Jason Crichton	23	26:04
2.	Peter Mooney	28	26:36
3.	Mike Ehrmantraut	37	27:35
4.	Chris Gilbert	30	28:35
5.	Oliver Chan	24	29:29
6.	David Davis	37	29:57
7.	Rachel Jesson ❶	31	29:59
8.	Mark Ford	40+	30:07
9.	Adam Lucas	39	30:12
10.	John Sullivan	40	30:13
11.	Ronald Lau	20	31:08
12.	Thomas McManus	36	31:11
13.	Tom Horton	47	31:21
14.	Jason Reed	27	32:02
15.	Jerry Flanagan	40	32:08
16.	John Woods	41	32:10
17.	Gavin Grace	20	32:18
18.	James Eales	46	32:20
19.	Pete Nowicki	47	32:37
20.	Kevin Fry	26	32:43
21.	George Rehmet	39	33:12
22.	Jeremy Calnan	46	33:38
23.	Marcellus O'Connor	19	33:39
24.	Steve Powell	41	33:45
25.	Nick Lipinski	15	34:01
26.	Brad Spielman	38	34:04
27.	Anne Schaap ❷	28	34:19
28.	Daryl Luppino	46	34:27
29.	Vincent Scalisi	39	34:30
30.	Duncan Stone	32	34:36
31.	Carlton Oler	49	34:47
32.	Mark Kelley	50	35:50
33.	Kevin Vaarsi	29	35:57
34.	Sepp Dietrich	60	36:04
35.	King Wayman	56	36:07
36.	Cammie Dingwall ❸	40+	36:07
37.	George Baptista	63	36:18

DSE AT THE RACES

continued from page 6

611	Patrick Lee	58	28	M55-59	1:01:36
644	George Musante	51	37	M50-54	1:02:12
676	Richards Nippes	58	12	M55-59	1:02:45
697	Edward Celestina	55	34	M55-59	1:03:02
712	Rene Menjivar	49	74	M45-49	1:03:23
771	Marian Lyons	58	5	F 55-59	1:04:16
977	Kat Powell	55	8	F 55-59	1:06:55
1107	Wendy Newman	55	12	F 55-59	1:08:54
1018	Patrick Regan	38	119	M35-39	1:07:37
1186	Roni Kornitz				1:10:02
1248	Yong Cho	48	32	F 45-49	1:10:59
1373	Michael Korn	42	118	M40-44	1:12:41
1431	Gary Brickley	53	67	M50-54	1:13:32
1450	William Woolf	70	4	M70-74	1:13:54
1462	Lorrie Kalos	45	40	F 45-49	1:14:04
1592	Lucy Wong	43	84	F 40-44	1:16:38
1600	Barbara Robben	71	1	F 70-74	1:16:45
1638	Janet Fry	26	152	F 25-29	1:17:10
1639	Kevin Fry	26	131	M25-29	1:17:11
1704	Jay Brignon	61	26	M60-64	1:17:59
1930	Dennis Hassler	72	6	M70-74	1:22:11
2018	Jane Colman	62	15	F 50-54	1:24:43
2094	Patricia Baker	45	75	F 45-49	1:26:44
2198	Margie Whitnah	57	29	F 55-59	1:30:10
2610	Elaine Gecht	62	25	F 60-64	2:03:50

The Shamrock 5K Run, Dublin, March 19

74	Jim Buck	63	3	M60-69	21:12
460	Bruce Oliver	77	4	M70-99	31:12
570	Tim Oliver	40	78	M40-49	33:31

38.	Joel Rizzo	40	36:20	65.	Janet Nissenson	46	42:29
39.	Brian Muirhead	33	36:32	66.	Neal Black	36	42:53
40.	David Klinetobe	45	36:41	67.	Wendy Newman	55	43:00
41.	Lina Morris-Khatib ❹	40+	37:14	68.	Gary Brickley	53	43:05
42.	Frank Shum		37:14	69.	Jack Bascom	64	43:42
43.	Patrick Lee	58	37:20	70.	B J Gray		43:46
44.	Matthew Fabry	33	37:29	71.	Maria Gonzalez-Prats	30	43:59
45.	Daz Lamparas	53	37:50	72.	Dar Fu	65	44:38
46.	Jillian Ruppenstein ❺	22	37:55	73.	Suzana Seban	52	44:45
47.	Eric Park	60	38:02	74.	Michael Rochetti	36	44:57
48.	Theo Jones	67	38:29	75.	Evelyn Martinez	50+	45:14
49.	Arnley Block	30	38:31	76.	Maggie Pinzuti	32	45:29
50.	Lucy Wing	49	38:37	77.	Bob Morris-Khatib	52	45:36
51.	Jerry McGowan	67	38:44	78.	John Weidinger	65	45:45
52.	Craig Meyer		38:57	79.	Erhardt Milch	60	45:54
53.	Hashim Bashiruddin	49	39:02	80.	Janet Fry	26	46:23
54.	Ed Celestina	55	39:11	81.	Bill Woolf	70	46:51
55.	Richard Drechsler	52	39:25	82.	Patty Gee	52	47:00
56.	Thomas Smiley	47	39:36	83.	Mike Gee	51	47:00
57.	Marian Lyons	50+	39:57	84.	Norman Ching	55+	47:31
58.	Kenneth Fong	44	40:32	85.	Arlene Lipinski	53	47:39
59.	Peter Royce	71	40:53	86.	Jeanie Jones	70	47:41
60.	Mick Lavelle	53	41:09	87.	Tom Huster		47:45
61.	Paul Mosel	64	41:23	88.	Kim Chee Huster		47:45
62.	Kristin Russo	28	41:26	89.	Olivia Horgan	32	48:08
63.	Elisa Zuniga	36	41:32				
64.	Hilary Fong	48	42:01				

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◆◆◆ From Our Members ◆◆◆

AUGIE PEREZ

Justine Perez

I am the daughter of Augie Perez, who has been a DSE member for approximately twenty years. I'm writing because I'd like to know if we can dedicate a run in my father's name. He's been living with esophageal cancer for the past year and his time is nearly up. He still talks about the day that's coming when he will be able to run again. (He ran about a mile 4 weeks ago.)

I don't know how many runs my father has participated in but he knew Walt Stack well. My father admired Walt for many reasons but especially for making a running club open to women.

My father began running at the age of 49. Unlike most other 74 year olds he was in excellent condition when he was diagnosed in March of 2005. Because his heart is so well conditioned from running, the doctors have been unable to determine how long he would live.

My father has several favorite places to run but the two most favorite are the Marina Greens and Golden Gate Park.

PS: DSE dedicated the Kennedy Drive 8K in honor of long time DSE member Augustine Perez. Please keep him in your thoughts and prayers.

KENNEDY DRIVE 8K

continued from page 7

90.	Danielle M.	20	48:20
91.	Gregory Brown	56	48:21
92.	Mark Janes	30	48:23
93.	Kay Teiber	66	48:44
94.	Marcia Martin	53	48:57
95.	Brie Reybine	60+	49:53
96.	Kele Palmer	30	51:34
97.	Jane Colman	62	51:35
98.	Roberta Rochetti	37	52:40
99.	Jim Kauffold	68	52:50
100.	Harry Cordellos	68	52:50
101.	George Sacco	68	53:07
102.	Constance Yu	42	53:21
103.	Clara Chun	36	54:29
104.	Scott Nutt	29	55:26
105.	Jessica Lopietta	29	57:37
106.	Cindy Toler	44	1:00:00
107.	Judith Jarosz	66	1:02:57
108.	Bryan Statter	35	1:05:53
109.	Kathy Guziejka	47	1:10:57
110.	Bethany Statter	41	1:13:21

Team DSE

Dina Kovash

Having been a DSE member for well over 20 years, it's great to see that the club is not only alive and well, but thriving. I think this is due to dedicated volunteers and board members, tried and true experience, innovative new ideas, and use of new technology. In the new tech department, the DSE website at www.dserunners.com is outstanding. It's so convenient to find all sorts of information there. Race schedules and results, history, group runs, special events, it's all there.

And for those who want to save the club some money, if you have the means to do so and haven't already opted to view the newsletter on line rather than getting it through the mail, it's right there at your fingertips. You can read it onscreen or print it out to read at your convenience. With increased participation, the newsletter is getting larger and postage isn't getting any cheaper, so thank goodness for electronic mail.

Back to the increased attendance, it's so convenient to find all the information for the races at the website that this has got to be a factor. And now when we want to tell people about the DSE, we can give a brief description and refer them to the website for more details. Plus having everything in one place is a perfect way to bring us all together.

What a team!

111.	William Murphy	57	1:15:32
112.	Denise Waln	50	1:22:40
113.	Jamie Ruff	46	1:22:40
114.	Breeyn Statter	15	1:27:45
115.	Tiffany Cole	16	1:27:46
116.	Brittany Statter	17	1:27:47

SELF-TIMERS

James O'Donnell	47	
Thomas Boyd	60	
Robert Brizuela	66	1:15:00
Diane Okubo-Fong	44	
Lynne Rodriguez	67	
George Rodriguez	68	
Neil Mahoney	oldest	
Steve Nissenson	57	
Don Watson	76	

FROM THE OTHER SIDE

Harry Cordellos

Living in Novato and depending on public transit which is only partly reliable, I don't get to as many DSE runs as I like to or am able to, but I did enjoy the annual St. Patrick's Day event. Thanks to Jim and Helen Kauffold who eliminated the need for a Muni segment on the trip by meeting me at the bridge toll plaza, I was able to get to the start in plenty of time to serve as a volunteer. People were already gathering around the registration table and Neil Mahoney had everyone in the spirit with the lively strains of Macnamara's Band playing over the speaker.

Without the help of eyesight, the number of volunteer jobs open to me is somewhat limited but I was assigned to be the flagman at the west end turnaround. Jim Kauffold jogged out there with me and from that moment on, I got to see the race from the other side of the traffic cone for once. The runners didn't seem to be going that fast but if I were where they were, that traffic cone would have been a welcome sight. I was surprised at how many non-racers were jogging and running along the Promenade path and at times, it seemed that two events were going on at the same time. Wearing a leprechaun hat, an orange vest and holding a red flag, I must have attracted a bit of attention, but I think it served two purposes. I not only had to direct the runners back to the finish line, I had plenty of opportunity to advertise and explain the DSE to the many curious people who jogged by and did not know what was going on. Maybe we might just see some of them from time to time at our starting lines.

Gary Davis	53
Mary Tully	56
Jim Pommier	75
Doerte Murray	65
Phyllis Nabhan	59
Bob Theis	77
Liese Rapozo	old
Wally Rapozo	old

◆◆◆ 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 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 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 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 25 Xmas Blind Date Relays, 2 x 2 miles, S/F Stow Lake Boathouse, GG Park

DSE 40TH ANNIVERSARY 5K VOLUNTEERS NEEDED MAY 7

DSE would like everyone (past and present) to attend this special reunion 5K. A race of this magnitude needs approximately 15 race volunteers: 3 registration, 4 finish line, 3-4 course monitors, 2 refreshment and 2 T-shirt distribution. If you can help, please contact Janet at 650-355-7660 or mom114@aol.com.

DOUBLE DIPSEA VOLUNTEERS NEEDED SATURDAY JUNE 24

This is DSE's signature race with 400-500 race participants. More than 100 club members answer the call and sign on as DD Volunteers in the following categories: Registration, Finish Line, Course Control, Aid Stations, etc. DSE appreciates everyone's contributions very much. Over the years, DD volunteership has increased and club member registration has declined. DSE appreciates and encourages its membership to run the DD Race.

Much needed volunteers, please contact Ken at 415-810-3832 or RunKenRun@aol.com, or Janet at 650-355-7660 or mom114@aol.com. All DD Volunteers

receive our heartfelt thanks along with a souvenir DD T-shirt and an invitation to both the same day post-race picnic and the DSE summer volunteer appreciation picnic.



REPETITIVE ANKLE SPRAINS

Dr. Amelia Mazgaloff, D.C

The ankle joint is a wonder of function and structure—simultaneously stable yet mobile. Your ankles, because they are on the receiving end of your body weight during walking and running, are very susceptible to strains and sprains. When you turn or “sprain” your ankle, you may suffer a variety of symptoms, depending upon which structures (ligament, muscle, or bone) are injured and the degree of damage or tearing. Immediately after an injury, your body begins the process of repair. During healing, new connective tissue (so-called “scar tissue”) is formed and deposited in the injured area in an attempt to repair the injured tissue. With repetitive sprains scar tissue is formed in abundance. Over time the fibers in the scar tissue tend to shrink and become densely packed, producing hard mass called an “adhesion.” This adhesion almost always restricts the motion of the joint, so the stresses with walking and running redistributed to other parts of the ankle, knees, hips, and even all the way up to the low back.

Rx: Even an injury that is just a simple “turn” of the ankle needs to be treated soon after the injury. Icing should be frequent (5 minutes every half-hour) for the first 48 to 72 hours. While immobilization and taping were considered sufficient treatment for mild to moderate sprains in the past, most current research shows they are inadequate for optimal healing. Contemporary treatment involves thorough examination of the joints, muscles, nerves and ligaments, muscle work in the form of ART (Active Release Techniques) is best, EMS (Electrical Muscle Stimulation), to decrease the swelling, adjustments of the joints of the foot, ankle, knee and in some instances low back, as well as neuromuscular re-education type of exercises, all of which will decrease the amount of scar tissue and adhesion formation, promote faster healing and return you to pre-injury strength, stability and mobility.

For more information on this article or the **Active Release Technique** you can reach Dr. Mazgaloff at 415-546-1461 or on the web at www.chirohealthsf.com.

Next Month: Runner's knee

◆◆◆ 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 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.

Sun Apr 23 Golden Gate Park 10K

START/FINISH: Kennedy Drive & Transverse Drive

COURSE DESCRIPTION: Run eastbound along Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto M L King Drive, right onto East Stow Lake Drive, left downhill onto Stow Lake Dr., left back onto Kennedy Drive, run westbound beyond two 4-way "Stop" intersections, left onto Bernice Rogers Drive, left on M L King Drive, left uphill to Middle Drive, left onto Overlook (path), left at Transverse Drive, right onto Kennedy Drive to finish.

Sun Apr 30 Stern Grove Run, 4+ miles

START/FINISH: 33rd Avenue & Wawona St.

COURSE DESCRIPTION: Run west on Wawona to 34th Ave., left onto Crestlake St., left onto Sloat Blvd. Left to 19th Ave. path, left downhill on Wawona back to start (33rd Ave.). Run second loop at 34th Ave. & Wawona, drop down through barricade to Stern Grove, travel through the entire length of Stern Grove, right uphill, exit left at 19th Ave./Sloat, complete same upper perimeter loop of Stern Grove, return to 33rd Ave./Wawona finish.

Sun May 7 DSE 40th Anniversary 5K

START/FINISH: Walt Stack Memorial Bench, Marina Green Dr. parking lot (1 block north of Marina Green Blvd., enter via Scott or Fillmore St.).

COURSE DESCRIPTION: Run westbound on Marina Green Dr., left on Avila St., right onto Marina Blvd. Left through Yacht Harbor parking lot, left onto Crissy Field/Ft. Pt. Promenade. Turn around at fourth sandy beach exit access beyond west end of Marsh. Return same way to Marina Blvd., run eastbound on Marina Blvd., left at parcourse (Fillmore St.), and left on Marina Green Drive to finish.

ENTRY FEE: \$5 members/\$7 non-members (see race insert)

◆◆◆ 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

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

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



Happy Birthday! ◆◆◆◆◆◆◆◆

	Becky Yih	16	Michelle Reese
	Daniel Gonzalez	18	Norman Ching
1	Al Berrin	19	Eric Berg
2	Diane Okubo-Fong	20	Sean Lavelle
3	Lynne Vogel	21	Michael Antonini
5	Sandy Baumgarten		Colleen Holland
	Jeff Landry	22	Russell Breslauer
6	Aaron Brickley		Tori Tyler
7	Ken Reed		Rick Moser
	Richard Hippard	25	Jennifer Chan
	Anya Durgerian		Patrick Sullivan
8	Edwin Dunn		Miranda Kramer
9	Nicole Garriott	26	Jack Olson
	Sora Morey	27	Pat Wellington
	Wendy Newman		Bob Morris-Khatib
	Ed Mahler	28	Pablo Perez
10	Jason Pegueros	30	Miriam Butrimovitz
11	Patrick Regan		Julian Finley
12	Gary Aguiar		Lakshmi Srinivasan
13	Robert Miller		

New Members

CONCORD

Solia Ezpinoza
Alan, Elisa & Liz Zuniga

DALY CITY

Eugenio, Eulogio, Margarito,
Oscar & Propero Sanchez

HILLSBOROUGH

Tracy Hogan
Kevin Trock

SAN FRANCISCO

Marie-Pierre Carlotti
Oliver Chan
Alex Hackworth
Michael & Niklas Korn
Peter Platt
Stephen Powell
Michael, Roberta & Sofia Rochetti
Lucy Wong

SAN RAFAEL

Alex, Arlene, Doug & Nick Lipinski

SONOMA

Lorrie & Steven Kalos
Michaela Kalos-Schillinger



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 DSE RUNNERS CLUB 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.



Patrick Lee, Kennet De Silva and Bill Woolf
sport their DSE shirts at Emerald Across the Bay
Photos by Steve Woo

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!