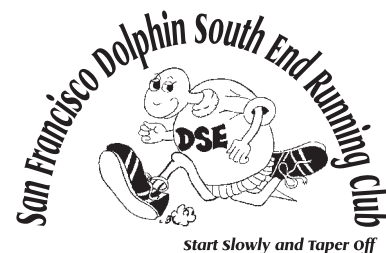


DSE NEWS



41st Year

May 2006

TIME TO CELEBRATE DSE'S 40TH ANNIVERSARY! DON'T MISS THE PARTY! JOIN US ON MAY 7, 2006 AT 9:00AM!

THE FOUNDING OF THE DSE

Rudy Stadlberger

I first met Walter at a handball tournament at the South End around 1962. He was trying to find people to run with him. In both clubs (S.E.R.C. and Dolphin) he was the only runner that I knew. John Boitano and I started to run with him from time to time. In the summer of 1965 he asked me and John to go to a meeting at Mike Lyon's house (in Daly City) for the purpose of starting a family running club. Mike and Walt belonged to the Dolphin Club, John and I to the S.E.R.C. We met at 6 PM and staying to 11 PM. Walt was the leader. He was interested in forming a running club that for the first time would include women and children. Mike Lyon (high school teacher) was to put out a one page newsletter. John and I were to push running at the S.E.R.C. Walt was to continue working on Dolphin Club members and running in general.

We decided to have several runs that started in front of the club. They were: Muni Pier Run, Ferry Building Run, Hyde Street Run (we ran to California Street and back), and a two person relay to Fort Point and back. Later on we added: the Twin Peaks Run, the Ocean Beach Run, and the Daly City Hill Run.

On our first run Walt talked three women to run with us. They were Lucille Boitano, Diane Major, and Bonnie Prent. This was a real breakthrough.

During our five hour meeting Mike supplied us with Walt's favorite drink—whiskey and coca cola. We left the meeting feeling pretty good.

I must say again that Walter Stack was the leader.

Note: Sometimes facts get lost or twisted in history. So I asked my pal Rudy Stadlberger, one of the co-founders of the DSE club, to write down the actual beginning. Rudy is in the U.S. Handball Hall of Fame and still plays the game at least a week at the South End Rowing Club.

Patrick Cunneen

Inside

FEATURES

The World the New DSE Entered	2
Double Dipsea Status Report	3
Practice Dipsea Flyer.....	3
Augie Perez, 1931–2006	7
From the Archives: Past DSE Anniversaries...	7
Great Achievements in Running	8
Runner's Knee	8
Historic Stu-Ped.....	8
We Still Need Race Directors for 2006	9

DEPARTMENTS

How to Contact the Newsletter.....	2
Race Results	4–6
DSE at the Races.....	7
Volunteers Needed.....	9
Monthly Running Schedule	10
Group Runs.....	10
Membership Info & DSE Officers.....	11
Folding Session & Weather	11
Birthdays & New Members.....	12

From the President's Desk

◆ ◆ ◆ ◆ ◆ KEVIN LEE

DSE 40TH ANNIVERSARY 5K

On 5/7 DSE is celebrating its 40th year of running club existence. This special reunion 5K is a great opportunity to get reacquainted with many of your DSE friends and alumni. To commemorate this special occasion, **Rick Hardina** (designer of the annual signature DD T-shirts) has come up with another T-shirt design gem. Like all other Rick Hardina T-shirts, they will sell out and become a collector's item. If you haven't already pre-ordered your T-shirt, there will be a limited number available on race day for sale.

DSE IS CAPTURING THE MOMENTS

Every week, DSE has been capturing individual race experiences via digital photos taken by **Paul Mosel** and **Aaron Low**. Their weekly photos can be reviewed via the DSE Website www.dserunners.com, by linking to *Photo Gallery*. Paul Mosel (who usually runs in the DSE Race) takes photos of the race director and pre- and post-race photos. Aaron Low is hosting a photo link and graciously shares 350–550 weekly race photos (while he is on the running injury list). Check out the photos at www.da-foto.com. You can view the photos individually or via slideshow format. If you would like to purchase any photos, contact Aaron at low_aaron@hotmail.com with the file name(s) to obtain custom originals.

MAY RACE SCHEDULE

Everyone knows the month of May is time to celebrate the end of the rainy season (wishful thinking). Now that DSE knows you will be attending the 5/7 DSE 40th Anniversary 5K, DSE would like you get the word out and remind all your DSE friends to attend. Please remember the special event 5K has

continued on page 2

THE WORLD THE NEW DSE ENTERED

Ted Vincent

When Walt Stack founded the DSE in 1966 much that we take for granted about road racing was yet to exist, or had barely been born.

Women were not expected to participate in distance running. Since 1930 the longest women had run in the Olympics had been the half mile.

Competitors in road races were expected to be young, that is, around age 35 at tops. Runners were also expected to be exceedingly thin, judged from the photos in the distance running magazine of the day, *Long Distance Log*. A Clydesdale division was yet to be invented.

Since elders were not expected to participate there were no age group records. But then in January 1966, the Road Runner's Club officially began an "Age Group Records Program." The stated reason was to promote fitness for "the older runner." Articles encouraging older runners in the *Long Distance Log* show that in the late 1960s the idea of old was someone over 45, and even races that especially encouraged the elders rarely had someone over 60.

The benefits of fitness were making the pages of the popular magazines of the day, and if slow elder men were expected to get out on the road, why couldn't women? Along with Walt Stack, this question was taken to heart by Coach Bill Bowerman up in Eugene, Oregon. In '66 he was instituting a "jogging" program, which he would promote nationally the following year in his big selling book, *Jogging*. A feature of Bowerman's program was that women, kids and men were all encouraged to participate. Photos in the *Jogging* book show more than both

sexes and all ages. The joggers were wearing all sorts of informal clothing: baggy pants, tight pants, short ones, long ones, rain hats, scarfs, coats, t-shirts, dress shirts, big sweat shirts, knit sweaters and more. Bowerman declared that the great blessings of jogging were that you didn't need expensive clothes, you could do it at your own pace, and you could do it anywhere; "open your door and you are in business."

How much one could physically do was open to question. The first DSE competitions were "fun runs" of about two miles distance. Walt Stack insisted women and children be allowed, and our club history notes that Walt was quite the pioneer in both encouraging women to race, and in insisting that the first five receive awards, just as did the first five men. Some men grumbled that a competitor who might not be in the first two dozen got a reward, and a woman got an award even she was fifth and last woman in the race. But Walt said that the award was needed to encourage women to become road runners.

The label of "fun run" for DSE races turned out to help subvert a restriction on organized races which kept the number of racers in the nation quite small. To participate in any "sanctioned" amateur race, one had to join the Amateur Athletic Union. This requirement was even extended to the Bay to Breakers. "Fun runs" were not sanctioned. Fun runners began crashing the Bay to Breakers, and many gave in and got their AAU card. In 1964 there were 15 sanctioned runners in the Bay to Breakers; in 1969 the overall total was over 1,200.

As the Walt Stack club was built from

two rowing clubs, so, throughout the country the typical sponsor in 1966 was an organization such as YMCA, local county fair, Kiwanis, Odd Fellows, city park and rec, American Legion, an Italian American association. Oakland and Los Angeles races in the mid to late 1960s included many promoted by either the Los Angeles Police Department running club or an Hispanic running club. In most instances the Amateur Athletic Union insisted upon having its stamp.

The loosening of our sport owes much to women. They represented, not only their own sector, but all those who in the public imagination were not as fast as young male specialists. *Long Distance Log* recognized women by putting on its May 1966 cover a pic of Roberta Gibb Bingay, the first woman to run (unofficially) and finish the Boston Marathon. That her 3:21 time beat half the field was an added boost. She said afterward that throughout the race her fellow competitors gave her encouragement. The DSE's Elaine Pedersen played the Bingay role in the Bay to Breakers, and in the Dipsea was the first woman to run with an official race number, although the AAU said she didn't run the race even though results showed she finished. Youth running got a boost from the DSE when Mike Boitano won the Dipsea at age 9 and then again at age 10, and a year later when his 10-year-old sister Maryetta won it.

FROM THE PRESIDENT'S DESK

continued from page 1

a \$5 entry fee. If you don't already have plans to celebrate Mother's Day, please join the DSE Practice Bay to Breakers (The Right to Assemble) Fun Run. There is **No DSE Run** on 5/21. Instead DSE members will be volunteering and running the Bay to Breakers Race. Reporting time is 6 am at 1st Street & Howard. On 5/28, DSE begins its doubleheader celebration, beginning with the staging of the Mission Rock 5K and followed immediately by the annual Carnival parade.

DSE HOTLINE COORDINATOR CHANGE

After serving umpteen years as the DSE Hotline Coordinator, **Mike Taheny** has stepped down, with DSE Secretary **Roxanna Pezzy** as his replacement. Thank you Mike, you have earned the right to rest your voice.

◆◆◆◆◆ 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

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.

DOUBLE DIPSEA STATUS REPORT

Ken Reed, DDRD

On-line registrations to 4/20/2006 :
43 = 35% ahead of 2005, 95% ahead
of 2004!

4/21/2005 : 32

4/22/2004 : 22

WE ARE DOING WELL. We also
have a few paper registrations, but most
people will pre-register on-line.

Volunteers are returning and signing
up to help this year. Runners are
deciding whether to volunteer or
run the race. Either way we win and
appreciate our dedicated members.
We still need a few course monitors,
aid station workers, and finish line
volunteers. Please call Janet or Ken if
you can help.

Jim Kauffold is doing a fantastic job
with publicity. He even made friends
at the new Road Runners Store in San
Carlos when he distributed our flyers
and we became the 1st race having
info in the store. Mort bought 2 pair of
shoes getting ready to do his job better
as a DD parking volunteer. Jim needs
someone to help distribute flyers May
21st at Tilden Tough 10 run, and other
trail runs this spring... like The Dipsea
on June 11th, Dick Houston Memorial
Woodminster Race (our course monitor
Captain Jeff Houston's Dad's memorial
race on June 18th), and Lake Chabot
Trail Challenge on June 4th.

Clothing sales are doing well also.
Best seller, so far, is the dri-release
heather gray long sleeve running shirt,
by 2 to 1 over the sweatshirt. Hats are
selling well too. See Capt. Ed Mahler to
volunteer your help.

Dipsea training runs are happening on
Saturday every couple of weeks starting
from Old Mill Park, Mill Valley and
running the Double Dipsea in reverse
(walkers or slow runners welcome and
can turn back early if needed). Email
runkenrun@aol.com for more info.

Rick Hardina is designing our T-shirt
and sweatshirt again this year. We are
excited about the design. His recent
DSE 40th Anniversary design was extra
spectacular.

Food Capt. Calvin Chan is cleaning
his BBQ grills for the Volunteer Picnic
after the race. Refreshment Capt. Rose
is making sure he really cleans the BBQ

The Dolphin South End Runners Present *The Practice Dipsea 6.8M Race*



If you didn't get into the official Dipsea Race, you can still
experience the thrill of the 600+ steps, Muir Woods, Cardiac Hill
and all the other Dipsea Trail landmarks.

Date & Time: Sunday, June 4, 2006, 8:00am

Start: Old Mill Park, Throckmorton & Cascade, Mill Valley

Finish: Stinson Beach parking lot

[Note 1: no transportation back to start; carpool or arrange a ride back; Golden Gate
Transit does not currently provide bus service to/from Stinson Beach; **Note 2:** The
Practice Dipsea Race has no course markings except prior to exiting onto Stinson Beach.
It is advisable to carry a water bottle and refuel at the Muir Woods water fountain]

Race Entry Fee: \$5 (includes finisher ribbon)

Awards: Special ribbons to Top 5 Overall Male/Female runners

Register online at www.active.com through 6/2/06 or race day beginning
at 7:00am.

For more information: www.dserunners.com or dserunclub@aol.com
Race Hotline: 415- 978-0837

grills. Chicken or ribs or burgers? Peter
Royce just signed up to run the race. He
was not the first to register this year, but
should be first in his age division. Sam
Roake is trying to decide if he'll run or
volunteer. Bill Woolf is still recruiting
for Cardiac Aid station and wonderful
women are signing up left and right.
Sandy and Ed Baumgarten just need
one more to help with registration and
two to help on Highway 1. Ron Dorey
needs another sweep. John Blankenship
could use a parking person, and the
Dakes are sharpening their pencils
for accurate results. Wilhelm Yee, our
fantastic Finish Line Captain, just signed
up Fred for Announcing duties. Yong
may bake cookies this year as her new
recipe rivals Fred's super chocolate chip
yummies. Is Letty back from vacation
and ready for her many DD duties?
Theo Jones (maybe Jeanie too?), our
new DSE Outreach Coordinator, is
volunteering again and we appreciate

his outreaching efforts. Henry Black and
Bob Brizuela are marking the course
and volunteer extraordinaire John
Blankenship doing well with parking,
permits and running too! Do you (Ed
Mahler) need any clothing sales help?
Lucy Wing and Tom Pang will again
work hard at the staging area. We
are hoping Bob Besso, straight from
leading the S.F. Earthquake Parade, can
coordinate the recycling campaign and
ice delivery as he has for many years! I
even heard that Bob Marty is polishing
the Ford for future delivery and DD
transportation duties. We ARE heading
for another successful Double Dipsea
DSE team effort.

If I missed your name give me a call
and I'll sign you up!

Thank you to all Volunteers
mentioned and to be mentioned
and those who might volunteer to be
mentioned.

RUNNING RESULTS

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

April 2, 2006

Twin Peaks Loop, 3.63 miles

Race Directors: Hashim Bashiruddin & Hilary Fong

Volunteers: Greg Brown, Noe Castanon, Calvin Chan, Richard Finley, Dave Flousch, John Gregson, Richard Hannan, Kevin Lee, George Sacco



Race Directors
Hilary Fong & Hashim Bashiruddin
© 2006 Paul Mosel

PL	NAME	AGE	TIME
1	Juan Cordovez	31	21:23
2	Oliver Chan	24	22:06
3	Fletcher Lesley	50	22:23
4	Thomas McManus	36	23:58
5	James Austin	38	24:01
6	Jason Reed	27	24:04
7	Mark Janes	30	24:10
8	Kennet De Silva	24	24:44
9	Kevin Fry	26	24:52
10	Ed Feng	29	24:59
11	Jerry Flanagan	40	25:04
12	Chad Evans	34	25:16
13	John Woods	41	25:25
14	Ralph Gordon	46	25:37
15	Wayne Plymale	54	25:42
16	George Rehmet	39	25:47
17	Jeremy Calnan	46	26:46
18	Daryl Luppino	46	26:54
19	Brad Spielman	38	27:06
20	Joe Murtagh	19	27:07
21	Mark Kelley	50	27:23
22	Amy Sonstein ①	36	27:24
23	Adrian Jue	24	27:39

24	Joel Rizzo	40	27:58
25	Marie Appel ②	41	28:03
26	Brewster Wong	48	28:40
27	Eugene Canotal	24	29:03
28	Lina Morris-Khatib ③		30:33
29	Ken Block	42	30:40
30	Jeff Brennan	34	30:52
31	Stanley Chan	34	30:58
32	Paul Mosel	64	31:13
33	Kathleen Lail ④	38	31:54
34	Thomas Smiley	47	32:00
35	Patrick Mattimore	55	32:05
36	Peter Royce	71	32:16
37	Gary Brickley	53	33:03
38	Janet Nissenson ⑤	46	33:14
39	Dar Fu	65	33:42
40	Patrick Regan	38	34:06
41	Elizabeth Doherty	40	34:25
42	Mort Weisberg	69	34:26
43	Lorrie Kalos	45	35:30
44	Sam Roake	70	35:39
45	Janet Fry	26	35:48
46	Jeff Houston	47	35:59
47	Gregory Brown	56	36:17
48	Bob Morris-Khatib	52	36:23
49	Eric Shackelford	56	36:31
50	Evelyn Martinez	57	37:02
51	Jim Kauffold	68	37:07
52	Jack Bascom	64	37:15
53	Bill Woolf	70	37:25
54	Yong Cho	48	37:36
55	Olivia Horgan	32	37:57
56	John Weidinger	65	38:43
57	Rosa Murtagh	41	38:51
58	Guy Murtagh	56	38:52
59	Tom Huster	62	38:59
60	Marcia Martin	53	40:26
61	Cindy Toler	44	42:43
62	George Sacco	68	43:55
63	Shannon Luppino	10	61:49

SELF-TIMERS

Bob Theis	77	
Doerte Murray	65	
Jim Pommier	73	
John Lang	66	53:00
Kim Chee Huster	1	
Ted Vincent	70	
Tony Stratta	75	74:00



Mid-pack runners on the Great Highway
Photo by Aaron Low

April 9, 2006

Great Highway Run, 4 miles

Race Directors: Jason Chen and Lan Nguyen

Volunteers: Calvin Chan, Richard Hannan, Kevin Lee, Aaron Low, Diane Okubo-Fong, George Sacco, Selma Vincent, Mort Weisberg



Race Directors
Lan Nguyen & Jason Chen
Photo by Aaron Low

PL	NAME	AGE	TIME
1	Fletcher Lesley	50	22:36
2	Cole Jones	15	23:05
3	David Davis	37	23:36
4	Patrick Sullivan	15	23:59
5	David Ripp	54	24:13
6	Steve Woo	35	24:30
7	Thomas McManus	36	24:44
8	Ken Houle	58	24:57
9	Audrey Bloch	43	24:57
10	Mark Ford	46	25:01
11	Peter Hsia	45	25:03
12	Jeff Clark	37	25:20
13	James Eales	46	25:52
14	Chris Barberich	34	26:03
15	Helen Kao ①	31	26:06
16	Jeremy Calnan	46	26:21
17	Daryl Luppino	46	26:46
18	Shuman Mitra	35	27:09
19	Adrian Jue	24	27:17
20	Mark Hamm	46	27:35
21	Terry Levinson ②	30	27:47
22	Matthew Fabry	33	28:02
23	King Wayman	56	28:11
24	George Baptista	63	28:17
25	Robert Britain	47	28:35
26	David Klinetobe	45	28:39
27	Phil Melman	40	28:46
28	Jorge Larre	49	29:03
29	Mark Kelley	50	29:03
30	Patrick Lee	58	29:14
31	Heather Johnson ③		29:52
32	Theo Jones	67	30:18
33	Thomas Smiley	47	30:20
34	Lina Morris-Khatib ④		30:30
35	Frank Shaw		30:31

continued on page 5

GREAT HIGHWAY RUN

continued from page 4

36	Cynthia Woo ⑤	30:34
37	Eric Park	30:46
38	Colby Allerton	31:23
39	Paul Mosel	31:44
40	Eugene Canotal	32:01
41	Judy Waitz	32:24
42	Peter Royce	32:31
43	Ken Fong	32:39
44	Mick Lavelle	32:54
45	Elizabeth Powell	33:11
46	Sam Stevenson	33:25
47	David Lakic	33:29
48	Emma Tinloy	33:43
49	Angela Boitano	33:54
50	Mike Boitano	33:55
51	Gary Brickley	34:01
52	Joe Connelly	34:02
53	Gregory Brown	34:07
54	Sam Roake	34:09
55	Bob Morris-Khatib	34:12
56a	Elisa Zuniga	34:27
56b	Kim Chee Huster	34:27
57	Tom Huster	34:42
58	Johanna Merriss	34:43
59	Mieke Vandewalle	34:45
60	Yong Cho	34:46
61	Mike Scully	35:17
62	Dar Fu	35:29
63	Russell Breslauer	35:43
64	Jen Melman	35:47
65	Ms. McLeod	35:51
66	Olivia Horgan	36:17
67	Evelyn Martinez	36:19
68	Norman Ching	36:28
69	Janet Fry	36:33
70	Katherine Moser	36:49
71	Jim Kauffold	37:24
72	Bill Woolf	37:33
73	John Weidinger	37:51
74	Jeanie Jones	38:00
75	Meghen Kurtzig	38:43
76	Cindy Toler	40:14
77	Kay Teiber	40:22
78	Stacy Beard	41:30
79	George Sacco	42:27
80	Sandra Geiger	45:43
81	NO NAME	46:43
82	Ted Vincent	46:48
83	Jennifer Boon	46:54
84	Ligaya Quiocho	46:54
85	Marcia Martin	47:02
86	Jane Colman	47:03
87	Shannon Luppino	54:46

SELF-TIMERS

Bob Brizuela	66	54:00
Bob Theis	77	
Doerte Murry	65	
Don Watson	76	

Elaine Gecht	62	
Judy Goddess	69	
Jane Lee	55	
Judith Sandoval	68	
Ken Reed	61	
Liese Rapozo	Old	
Lucy Wing	49	
Phyllis Nabhan	59	
Tom Boyd	60	
Tony Stratta	75	74:30
Wally Rapozo	77	

April 16, 2006

Easter Roller Coaster Run, 2.92M

Race Directors: Bob & Lina Morris-Khatib

Volunteers: George Baptista, Calvin

Chan, Hillary Fong, George French,

Jim Kauffold, Jane Lee, Kevin Lee,

Aaron Low, Bobby Marty, George

Sacco, Mort Weisberg

PL	NAME	AGE	TIME
1	Chikara Omine	23	16:24
2	Jonathan Howse	19	17:59
3	Eduardo Vazkez	33	18:21
4	Mike Lopez	48	19:01
5	John Woods	41	19:15
6	Stephen Boesch	32	19:20
7	Kenet De Silva	24	19:28
8	James Austin	38	19:36
9	Tom M.		19:56
10	Jeremy Calnan	46	19:58
11	Steve Stephens	62	20:08
12	Scott Weaver	46	20:31
13	Tyler Abbott	45	20:45
14	Matthew Fabry	33	20:47
15	Jim Misener	45	20:50
16	Daryl Luppino	46	20:57
17	Kevin Fry	26	21:12
18	Jorge Larre	49	21:15
19	David Klinetobe	45	21:16
20	Amy Sonstein ①	36	21:20
21	Noe Castanon	35	21:34
22	Mark Kelley	50	21:37
23	George Baptista	63	21:40
24	Joel Rizzo	40	21:47
25	Marie Appel ②	41	21:59



Easter Roller Coaster runners brave the rain
Photo by Aaron Low



Race Directors Bob and Lina Morris-Khatib
Photo by Aaron Low

26	Phil Melman	40	22:48
27	Eric Park	60	22:56
28	Paul Mosel	64	23:11
29	Barry Spitz	57	23:37
30	Hashim Bashiruddin	49	23:40
31	Dana Farkas ③	47	23:42
32	Thomas Smiley	47	24:02
33	Patrick Lee	58	24:31
34	Peter Royce	71	25:04
35	Kenneth Fong	44	25:14
36	Roberto Santana	26	25:27
37	John Beck	35	25:48
38	Gary Brickley	53	25:49
39	Joe Connelly	44	25:50
40	Thoe Jones	67	26:02
41	Julius Schillinger	59	26:16
42	Michele Wayne ④	36	26:35
43	NO NAME		26:49
44	Hebrew Larcoillas	14	26:55
45	Lemke		27:05
46	Brian Hutto		27:09
47	Jackie Phillips ⑤	43	27:15
48	Jen Melman	34	27:30
49	Janet Fry	26	27:49
50	Gregory Brown	56	27:55
51	Jim Kauffold	68	28:00
52	Jeff Houston	47	28:03
53	Sam Stevenson	72	28:06
54	Enrique Ibarra	32	28:09
55	Evelyn Martinez		28:47
56	Hyacinta Carcallas	29	28:49
57	S. Aviney		28:53
58	Bill Woolf	70	29:00
59	John Bradley	12	30:29
60	Jay Streets	45	30:36
61	Hygeia Mejia	34	34:10
62	Hazel Palaski	33	34:20
63	Dave Palaski	34	34:21
64	Ken Mejia	37	34:22
65	Maureen Clarke	49	34:23
66	George Sacco	68	34:43
67	Marcia Marin	53	39:50
68	Dee Farkas	78	41:24
69	Margo Banowicz	47	43:07

continued on page 6

EASTER ROLLER COASTER RUN*continued from page 5***SELF-TIMERS**

Gene French	59	
Phyllis Nabhan	59	
Tony Stratta	75	59:50

KIDS' RUN

Amy Melman	2.5
Tim Abbott	2

April 23, 2006**Golden Gate Park 10K****Race Director: Marie Appel**

Volunteers: Calvin Chan, Joe Connelly,
Kevin Fong, Richard Hannon,
Kevin Lee, Aaron Low, Bobby Marty,
George Sacco, Amy Sonstein, Cindy
Toler, Selma Vincent, Mort Weisberg

**Race Director Marie Appel**

©2006 Paul Mosel

PL	NAME	AGE	TIME
1	Mark Janes	30	36:23
2	Matt Mullen	41	36:48
3	Eduardo Vazquez	33	37:01
4	David Davis	37	37:05
5	J. Cox-Nicol	37	37:16
6	Peter Hsia	45	37:52
7	Eradio Sanchez		38:06
8	Thomas McManus	36	39:24
9	John Woods	41	39:51
10	Lorrie Drakulich ①	24	40:01
11	Kennet De Silva	24	40:23
12	Gavin Grace	20	41:09
13	Ian Reid	62	41:25
14	Jeff Merrocchi	35	41:36
15	Brent Daniel	36	41:39
16	Pete Nowicki	47	42:13
17	Chad Evans	34	42:16
18	Jeff Clark	37	42:19
19	Ralph Gordon	46	42:26
20	Jeremy Calnan	46	42:39
21	Jim Buck	63	43:02
22	Duncan Stone	32	43:11
23	Daryl Luppino	46	43:18
24	Stewart Barry	33	44:26
25	Elizabeth Enslein ②	23	44:45

26	David Jenemann	34	45:14	86	Janet Fry	26	57:37
27	Joel Rizzo	40	45:21	87	Chris Bartle	39	57:38
28	Brewster Wong	48	45:34	88	Tom Huster	??	57:41
29	George Baptista	63	45:44	89	Russell Breslauer	61	57:57
30	George Musante	51	45:51	90	Jeff Houston	47	59:18
31	Jorge Larre	49	46:27	91	Amber Goldsberry	28	59:23
32	Matthew Fabry	33	46:43	92	Bill Woolf	70	59:41
33	Daz Lamparas	53	46:45	93	Melinda Milner	30	60:01
34	David Klinetobe	45	46:49	94	Jim Kauffold	68	60:02
35	Patrick Lee	58	46:59	95	Michelle Rivera	37	60:26
36	Phil Melman	40	47:31	96	Sharon Melvin	24	60:28
37	Paul Norris	44	47:35	97	Sam Melvin	24	60:29
38	Theo Jones	67	47:46	98	S. Aviney	58	61:29
39	Joshua Lail	33	47:51	99	Anna Sapugay	37	61:54
40	Elaine Martin ③	44	47:57	100	Caren Vance	36	61:56
41	Stan Sweeney	50	48:05	101	Jeanie Jones	70	62:00
42	Melody Pfeiffer ④	26	49:18	102	Jennifer Mihalko	36	62:18
43	Crispin Boyer	34	49:19	103	Louis Garcia	41	62:44
44	Kathleen Lail ⑤	38	49:52	104	Kay Teiber	66	63:22
45	Richard Dreschsler	52	49:54	105	Debra Buchanan	43	63:25
46	Westphal	34	50:01	106	Evelyn Martinez	58	63:44
47	Tony Sanchez		50:03	107	H. Nebeling	73	63:47
48	Paul Mosel	64	50:22	108	Maria Catoline	29	63:53
49	Kenneth Fong	44	50:50	109	Lori Terstrigs		63:56
50	Chris Carabajal	43	51:03	110	Sarah Pletcher	28	65:59
51	Mia Garlick	32	51:07	111	Kurt Pletcher	35	66:00
52	Patrick Mattimore	55	51:34	112	Paul Proctor	??	66:17
53	Shannph Wong	30	51:52	113	Auson Schofield	39	67:14
54	Michele Palmer	24	51:56	114	Evan Rick	31	70:59
55	Peter Royce	71	52:07	115	Jeana Hrepich	25	71:16
56	Joe Garcia	??	52:18	116	Mercedes Acosta	62	72:00
57	Dave Leonard	51	52:23	117	Valerie Turck	31	72:23
58	Prospero Sanchez	??	52:29	SELF-TIMERS			
59	Ashley Kelley	25	52:43		Bob Theis	77	
60	Marian Lyons	50+	52:47		Christian Schmutter	28	60:01
61	Jen Melman	34	52:49		Doerte Murray	65	
62	Sam Roake	70	53:15		Ellen Breslauer	58	
63	Kevin Vaarsi	29	53:22		Jane Lee	55	
64	Kristin Russo	28	53:33		Jim Pommier	73	
65	Mitsuyuki Ohura	47	53:50		John Lang	60	
66	Robert Lee	30	54:04		Leigh Hunt		60:01
67	Brian Hutto	41	54:10		Liese Rapozo	Old	
68	Josh Weddle	24	54:13		Phyllis Nabban	59	
69	Lexie Greer	33	54:15		Roxanna Pezzy		
70	Gary Brickley	53	54:22		Rama Shekar		60:00
71	Gregory Brown	56	54:30		Richard Finley	57	
72	Mort Weisberg	69	54:33		Ted Vincent	70	
73	Michele Wayne	36	54:38		Tony Stratta	75	119:40
74	Mike Scully	43	54:48		Wallace Rapozo	77	
75	Kevin Fry	26	54:53				
76	Mick Lavelle	53	55:12				
77	Dar Fu	65	55:43				
78	Patrick Mulcahey	53	55:44				
79	Matt Dorsey	41	55:45				
80	Eva Chiu	29	55:52				
81	Judith Waitz	45	56:02				
82	Maggie Pinzuti	32	56:09				
83	Yong Cho	48	56:37				
84	Clarrisa Winters	23	57:02				
85	Bob Morris-Khatib	53	57:11				

**Golden Gate Park 10K runners**

Photo by Aaron Low

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
----	------	-----	---------	-----------	------

LMJS 4th Sunday 5K, Oakland, March 26

9	Megan Smirti	25	1	F 20-29	20:55
10	Wayne Plymale	54	1	M50-59	21:24
40	Tim Oliver	40	3	M40-49	32:42

Yakima River Canyon Marathon, Selah, WA, April 1

	David Klinetobe			PR!	3:43:53
--	-----------------	--	--	-----	---------

The Great Race, 4 miles, Las Gatos, April 2

332	Kat Powell	55	3	F 50-59	32:56
-----	------------	----	---	---------	-------

Pear Blossom Run, 10 miles, Medford, OR, April 8

	Kat Powell	55	3	F 55-59	1:27:46
--	------------	----	---	---------	---------

Carlsbad 5000, April 9

146	Amy Sonstein	36	25	F 35-39	21:56
-----	--------------	----	----	---------	-------

Boston Marathon, April 17

6172	Jerry Flanagan	40	2060	M40-44	3:30:0
------	----------------	----	------	--------	--------

MMRF Race for Research, 5K, San Francisco, April 23

50	Lucille Wing	49	2	F 45-49	26:10
----	--------------	----	---	---------	-------

Zippy 5K, San Francisco, April 23, Women's Race

77	Amy Sonstein	36	16	F 35-39	22:02
101	Kat Powell	55	3	F 55-59	26:13
118	Jane Colman	62	6	F 60-64	31:50

Zippy 5K, San Francisco, April 23, Men's Race

27	Cliff Lentz	41	4	M40-44	16:21
127	Mark Forde	46	22	M45-49	19:33
146	Jim Misener	45	28	M45-49	20:27
148	Michael Gama	47	29	M45-49	20:41
192	Dennis Hassler	72	7	M70-74	???

FROM THE ARCHIVES Past DSE Aniversaries

Thanks to a generous donation from former DSE member Jim Gault and raiding our own collection, I have an archive of DSE newsletters from 1971 to the present. There are only a few years for which I have all the issues, and there are a couple of years for which I have none. But I was able to find out something about what was going on in each of DSE's anniversary years.

Jane Colman

5th Anniversary, May 1971

Walt Stack encouraged members to run Pikes Peak. Harry Cordellos thanked members who had contributed to the fund to send him to the Boston Marathon, and reported a finishing time of 3:30:33 for 598th place. 1856 runners completed the Bay to Breakers, including 108 DSE members. Race results included quite a number of runners who are

still DSE members: Stu Ruth, Jack Betencourt, Pat, Betty and Kelly Cunneen, Harry Cordellos and Annabel Marsh.

10th Anniversary, May 1976

A report on the Avenue of the Giants Marathon reports 67 DSE finishers. Race results for April DSE races show 187 runners in the Nob Hill Run, 252 in the Bridge Vista Run, 268 in the Golden Gate Park Run, 177 in the Diamond Heights Run!

20th Anniversary, 1986

Jim Skophammer had become DSE President at the beginning of the year, after Walt Stack retired from the post he had held since the club's beginning. The June issue of the newsletter reviewed the new film *On the Edge* and included an article urging members to host a folding session (some things never change).

25th Anniversary, 1991

The April newsletter announced that

continued on page 9

AUGIE PEREZ, 1931-2006



Augie running in a half marathon
Photo courtesy of Justine Perez

Beloved Augustine "Augie" Perez Jr. born January 21, 1931, passed away March 13, 2006. Augie was a proud native San Franciscan although he was a staunch Oakland Raider fan. He loved the city for its beauty, art, music, food and wouldn't have lived any place else! He was a music lover, musician, history buff and reader of all genres. An avid runner, he was a member of the DSE Running Club. He served as past president of the 187th Angels Over Hell Rakkasans. He strongly believed in and supported through personal financial contributions to humanistic organizations such as Greenpeace, Amnesty Int'l, and the United Farm Workers, to name but a few.

A Memorial will be held in his honor on Friday, May 12th at the Mexican Museum in Ft. Mason, from Noon to 4PM. In lieu of flowers, we ask that donations be made to the Mexican Museum in memory of Augustine Perez Jr. or the UCSF Cancer Research Program.

(reprinted from the San Francisco Chronicle, April 23, 2006)

Condolences from the DSE to the Perez family. Augie will be missed.

GREAT ACHIEVEMENTS IN RUNNING

Janet Nissenson

After a brief hiatus, this column returns this month. To coincide with DSE's 40th anniversary, this month we profile Ellen and Russell Breslauer, who are also celebrating 40 years together in May. Congratulations to Ellen and Russell, and thank you for sharing your running memories with all of us!

Ellen and Russell first met at UC Berkeley on May 3, 1966, right around the same time that the DSE first came into existence. They were married at Villa Montalvo in 1967. A few years later, while working on postgraduate work at UC Berkeley, Russell began running with a group of Business professors and graduate students. In 1973 he ran his first Bay to Breakers; the following year Ellen also began to run, inspired by the Cooper aerobics books. It was 1977 when she ran her first Bay to Breakers. 1977 was also the first time the Bridge to Bridge race took place, and Russell has participated in every single one of them since!

The Breslausers joined DSE in 1977, with their first race the Golden Gate Bridge Vista Run. They soon joined the race walking group led by DSE member Harry Siitonen, as well as running on Wednesday nights with Perrier and Marin Racers. The Wednesday night group was subsequently organized by Ed and Doerte Murray for many years, and is now led by Calvin Chan on Thursday nights at Spreckles Lake.

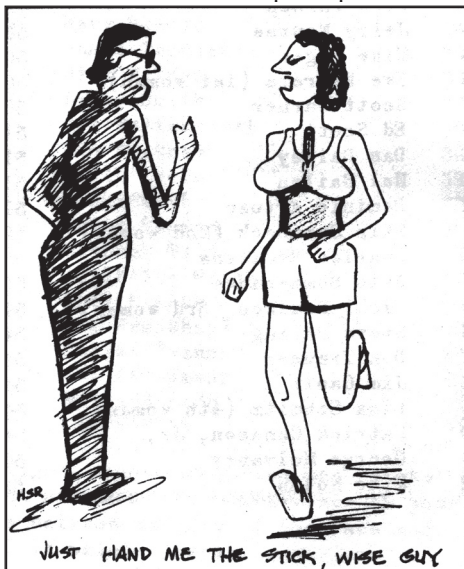
The 1980s found both Russell and Ellen participating in marathons. Russell ran in a number of marathons, including San Francisco, Mayor's Cup, and Sri Chinmoy, the latter his best marathon time in 3:08:07. Ellen ran the 1982 Avon Marathon in a group of 5 DSE women, none of whom had ever run a marathon before. The others were Myra Green (Ellen's running partner), Marion Severy, Denise Woo, and Gwenda Davies. By 1984, the Breslausers had begun competing in triathlons. Their favorite is the Shadowchase in Pleasanton.

In 1997 Ellen was diagnosed with Fibromyalgia (which causes low energy, poor sleep and specific pain patterns). She stopped running but continues to walk in many DSE races every year. Russell has also developed some breathing problems which has impacted his racing. However, he, too, participates in over 20 DSE races in a year, and still continues his streak of Bridge to Bridge Races, although he now runs the 7K instead of the 12K event.

Ellen and Russell are perhaps best known in DSE for their vast and varied



Ellen and Russell at the DSE Gala



collection of hats. Over the years we have seen them sporting a variety of furry animals on their heads—bears, raccoons, etc.—as well as the court jester hats, the Renaissance Lord & Lady hats, and too many others to count. They are one of DSE's most devoted couples—both to each other, and to the club. We wish them at least 40 more years of happiness together!

If you are interested in having your running profile/achievements published in the newsletter, please contact Janet Nissenson at jlnissenson@aol.com. We want to hear from you!

This is the oldest of Stu Ruth's Stu-Peds that I could find, from February 1972

RUNNER'S KNEE

Dr. Amelia Mazgaloff, D.C

Definition: Chondromalacia Patella, or "Runner's Knee" occurs when repeated stress on the knee causes inflammation and a gradual softening of the cartilage under the kneecap (patella). This prevents the kneecap from gliding smoothly over the end of the thigh bone (femur) and therefore causes pain and swelling of the knee. If the kneecap is pulled sideways, it becomes rough like sandpaper and the symptoms appear.

Symptoms

- Pain that increases gradually. Pain may be intensified with activities such as a short run, squatting or jumping.
- Symptoms usually occur beneath or on both sides of the kneecap.
- Stiffness may occur simply from prolonged sitting or descending stairs. Runner's knee accounts for 25% of the overuse injuries treated in sports clinics.

Causes of Injury

- Overpronation causes the lower leg to rotate inward due to the unstable pronated foot. The kneecap moves in an abnormal side-to-side motion instead of gliding within the normal track.
- Weak quadriceps may contribute to injury because the thigh muscles normally aid in proper tracking of the kneecap.
- Muscle imbalance.
- Direct or repeated trauma.
- An untreated ligament injury.
- History of trauma.

Treatment

- Decrease activity. When recovering avoid any exercise that puts weight on a bent knee.
- Rest if the knee is painful and swollen, ice and take ibuprofen.
- Shoe, Foot evaluation and Gait analysis to determine the proper stability/motion control shoes.
- Chiropractic manipulations to address the misalignment and muscle imbalance.
- Myofascial Release (best in the form of ART) to address muscle imbalance.
- Neuromuscular re-education exercises for the quadriceps, hamstrings and calves.
- Orthotic devices to correct abnormal foot mechanics.

For more information on this article and to schedule free knee, foot and shoe evaluation, call Dr. Mazgaloff at 415-546-1461 or on the web at www.chirohealthsf.com.

Next Month: Iliotibial Band Syndrome (other knee or hip pain)

◆◆◆ 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 Oct 12 Rainbow Falls 5K, S/F Transverse & Kennedy Drive, GG Park
- Sun Nov 12 Embarcadero 10K, S/F Dolphin Club, Jefferson & Hyde Streets
- 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 is receiving an overwhelming response from past and present club members, who have stated there is nothing that will prevent them from running, walking or volunteering at this special reunion 5K. With less than a week to go, we can really use your help with Finish Line, Course Control, Refreshment and 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

It's a combination of 400-500 DD race participants and 100+ DD volunteers that make DSE's DD signature race successful. It is very encouraging to have the majority of past DD volunteers sign on again. DD volunteers are still needed in the following categories: Registration, Finish Line, Course Control, Aid Station, etc. DSE appreciates everyone's contributions very much.

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.

DOUBLE DIPSEA FLYER DISTRIBUTION

Volunteers are needed to bring DD race applications to various running events in SF Bay Area. Jim Kauffold needs someone to help distribute DD flyers for the Tilden Tough 10 (5/21) and other trail runs this spring—like The Dipsea (6/11), Dick Houston Memorial Woodminster (6/18), and Lake Chabot Trail Challenge (6/4). If you can help, please contact Jim at kauffolds@juno.com or 650-591-6539.

WE STILL NEED RACE DIRECTORS FOR 2006

George Sacco, 2nd VP

Did you enjoy running the Twin Peaks Loop on April 2nd? A big part of that race going so smoothly was the efforts and organizational skills of the race director team of Hashim Bashiruddin and Hilary Fong. Did you know that they have directed this run for the last four times in a row? And that this was the third time this year that Hashim and Hilary have been race directors? They were the race directors for the 1/22 Polo Field 5K and 3/5 Rainbow Falls 5K.

For those of you who haven't as yet stepped forward to see what race directors do, why not sign the race director board at your next run? There are plenty of runs that are still available. For example we need a race director for the Walt Stack 10K which will be held at the Dolphin Club at Jefferson and Hyde Streets on June 18th. Please see me or Kevin at your next run; we still need directors for 2006.

FROM THE ARCHIVES: Past DSE Anniversaries continued from page 7

Rick Shea had been elected the new club president. Outgoing president Len Wallach (who had followed Fred Haber in the post) was honored at the DSE Gala. Meteorologist Mike Pechner reported that "Spring returns and the drought continues"—quite a contrast with our 40th anniversary year.

30th Anniversary, May 1996

Some things never change. The front page article encouraged us to "Take the Dipsea Plunge" and there were inserts for the Double Dipsea and the 25K Walt Stack Trail Run. Joe Oakes was the club president. The North Embarcadero Run was put on as a handicap race, perhaps for the only time.

35th Anniversary, 2001

Kevin Lee was in his 3rd year as DSE president, having followed Ed Mahler. The January newsletter encouraged members to sign up as race directors (some things never change), introduced the new Ballpark Run, and reported on the annual trek to the Honolulu Marathon. The August newsletter included a report on Greg Brown's 100th marathon, an obituary for beloved volunteer (and former runner) Little Joe Basile, and page after page of Double Dipsea results.

◆◆◆ 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 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.)

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

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/Fort Point 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

Sun May 14 FUN RUN—Practice Bay to Breakers (The Right to Assemble), 7.46 miles

START: Howard & Spear Streets

FINISH: Great Highway, between Fulton St. & Lincoln Way

STARTING TIME: 8:00 AM

COURSE DESCRIPTION: Run westbound on Howard, right on Ninth Street, left onto Hayes Street, left onto Divisadero, right onto Fell Street. Run into Golden Gate Park on Kennedy Drive, stay on right fork of Kennedy Drive, make a left onto Great Highway runners/pedestrian path to finish.

Sun May 21 NO DSE RUN—Join DSE at Bay to Breakers Drawbridge

MEETING PLACE: 1st & Howard Streets

REPORTING TIME: 6:00 AM

Sun May 28 Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois, left on Illinois; turn around at combination "Freeway/Stop" sign prior to 25th Street. Return the same way back to the finish.

Sun Jun 4 Practice Dipsea Run, 6.8 miles

START: Old Mill Park Throckmorton Ave., Mill Valley; **FINISH:** Stinson Beach

STARTING TIME: Runners at 8:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Course follows the Dipsea Trail on Mt. Tamalpais.

NOTE: Race disclaimer—No race course markings aside from the permanent GGNRA park signs; no course monitors and no aid stations; runners must carry their own water. You will need to find your own way back to the start. Carpool or run both ways.

Sun Jun 11 Conservatory 5K

START/FINISH: Kennedy Drive/Bowling Green, Golden Gate Park

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

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

COURSE DESCRIPTION: Run westbound on Kennedy Dr., make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive. Return eastbound 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: Monday May 29, 2006

TIME: 1:00 PM

PLACE: John Blankenship
199 Bepler Street
(off San Jose Ave, 3 blocks
north of John Daly Blvd)
San Francisco
650-992-6012

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 1:00 PM and usually wrap up before 3:00 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

May will be a month of contrasts. We'll start out with very warm weather, with readings in the 80s near the coast. It should be sunny and warm for the 40th Anniversary Run on May 7th, but much cooler weather is likely the following two weeks, with rain around 13th and 19th of May and unseasonably cold temperatures. The last ten days of the month should bring seasonable temperatures with sunshine inland and fog on the coast.



Club ♦♦♦
♦♦♦ Officers



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

OFFICER AT LARGE/CLOTHING SALES
Calvin Chan 415-681-0105
calwentjogging@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

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*

Happy Birthday! ◆◆◆◆◆◆◆◆

1 Edward Bruno
Arthur Tan
2 Michaela Kalos-Schillinger
3 Joanne Desmond
Susan Glasson
Don Watson
4 Mary Barrow
Katherine Moser
5 ZaZa Berven
6 Peter Aguiar
Laura Croome
Daniel Moreno
Lila Raygoza
7 Johanna Merriss
Mary Tully
Jason Wong
9 Alice Dingwall
Carolyn Dingwall
Richard Finley
Robert Finley
10 Jeff Houston
11 Treun Tyler
12 Olivia Horgan
13 Richard Glasson
15 Bruce Oliver
16 Lucy Wong

17 Laura Elsener
Elaine Mah
Denise Vidosh
18 Gary Davis
19 Sam Berrin
Carolyn Johnston
Patrick Mattimore
Suzana Seban
20 Heidi Lavelle
21 Linda Antonini
21 Marcus Johnson
22 Tom Knauer
23 Janet Fry
24 Steve Nissenson
Tony Stratta
Selma Vincent
25 Lee Blaine
Letty Garbisch
28 Ceis Wildin
John Woods
30 Alex Hackworth
Tom Huster
Juno Morey
31 David Barber
Annabel Marsh

New Members

LARKSPUR
Brian Hutto

OAKLAND
Monica Zhuang

SAN BRUNO
David Davis
Marie Lorenzo-Davis

SAN FRANCISCO
James Austin
Patrick Calihan
Kim Chee Huster
Sunhi Kim Huster
Heather Johnson



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.



Reports on DSE at The Relay will appear in the June DSE Newsletter

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!