

June 2006

The next day we received this note: just a quick note to thank all the folks who helped put together the grand Walt Stack Memorial Run. Nice touch to have the 40th anniversary of the DSE at his "Bench" area in Marina Green. The weather was perfect and seeing so many old-timers certainly was fun! I 'm sure he was smiling down on us with a cool one in his hand. Thanks again to all the hard-working DSE officials who continue to carry on his great tradition—DSEers Patrick and Betty Cunneen

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does not have all those steep hills (well, except the Sand Ladder).

Back to handicapped times—I have made some adjustments to the start time, particularly for the 60 year old men as suggested by Steve Stephen (note: he did not think highly of my idea of the 5 minute winner's penalty given how far ahead he has finished).

Another unique feature is that you can choose from the 1/2 marathon or the 10K. For the former distance, the race is a good tune-up for the San Francisco Marathon three weeks later. For the latter distance, the race is also a good tune-up for the accompanying half marathon.

If it's not foggy, the views of the Gate will be grand and serve as a lovely reminder as to why we live here and, of course, another reason to run.

Finally, I usually have some type of unique finisher prizes and awards to the top finishers. Last year, the awards were shell necklaces from Polynesia. A clue as to what the prize will be is that it has to do with a place (other than the Middle East) that was big in the news.

So you've got your reasons to run, especially at such a low cost. Now get ready, fill out the entry form and send the form to me or go online at active.com. Or better yet, I could also use volunteers. I can be contacted at georgerehmet@yahoo.com, or call me at 650-438-9589.

RUN or VOLUNTEER
Help The DSE stage a
SUCCESSFUL
DOUBLE DIPSEA RACE
June 24th – Saturday
Please... We really Need You!
at
Aid Stations, As Course Monitors, At The Finish Line
FREE Race Day Stinson Beach **BBQ**
FREE Double Dipsea **T-Shirt**
FREE Volunteer **Picnic** this summer

runkenrun@aol.com to sign up

◆◆◆◆◆ 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.

FROM THE PRESIDENT'S DESK

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a point to point race, with a different start and finish. You will have to find your way back to the start. If you missed out with the Dipsea Race on 6/11, please join DSE at the Conservatory 5K. This GG Park crowd-pleasing 5K should cure your running woes. On 6/18 the Walt Stack 10K is the perfect setting and ideal race distance for all your fathers. I would like to ask the rest of the family to do something special for Dad. Stroke his ego, bring him out for some exercise, and let him finish ahead of you, before taking him out for Father's Day brunch. Everyone knows Saturday 6/24 is DD time! This is DSE's signature race. I would like to encourage all DSE club members to run or volunteer their services at this race. If you do so, you will be rewarded doubly. All DD volunteers receive the satisfaction of knowing their volunteering makes a huge difference. For more volunteer information, please see the Volunteers Needed section.

SUMMER GENERAL MEETING AND POTLUCK BRUNCH 7/23/06

Immediately following the Windmill 10K, a General Meeting and potluck brunch will take place at the same location. 2007 DSE Officer Nominations will be a key agenda topic. Please share your favorite potluck brunch food or beverage along with your club ideas.

SF MARATHON AID STATION 7/30/06

DSE will again be manning aid station #6 at Transverse/Crossover Drive near the Saturday Water Fountain Run location. This SF Marathon aid station shift is from 5:15 to 9:15 AM. We ask all volunteers to report by 6:00 AM. This aid station needs 30 volunteers. If you can help, please contact Kevin at 415-751-9653 or dse.pekingduck@juno.com.

DSE VOLUNTEER APPRECIATION PICNIC

All club volunteers are automatically eligible to attend the annual summertime DSE Volunteer Appreciation Picnic. Admittance to this picnic is by invitation only. Honestly, how difficult can it be to give back your time by volunteering at least once a year? If you haven't already done so, sign on for one of the nine remaining RD assignments or volunteer at one of the upcoming races by 8/20. We can really use your help with our 6/24 Double Dipsea or the 7/9 Coastal Trail Challenge Races. I look forward to seeing you at the 2006 DSE Volunteer Appreciation Picnic on 8/27.

DSE AT THE 2006 RELAY

Janet Nissenson

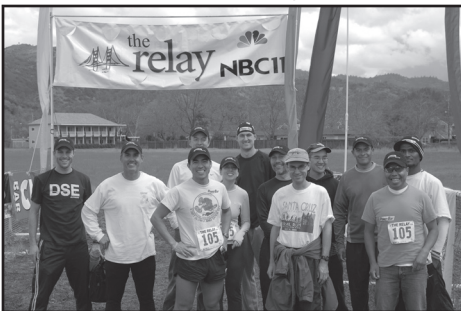
DSE was well represented at this year's Calistoga to Santa Cruz Relay, held for the first time in the spring instead of its usual fall date. The Men's Open team, led by team captain Eduardo Vazkez, raced to a fifth place overall finish in a time of 24 hours 28 minutes, improving their finish time by one hour from the 2005 race. Right after them in sixth place overall was the Men's Masters team, captained by Steve Nissenson, in a time of 25 hours 4 minutes. The team had the distinction of being the only Masters team in the entire race.

There were also several DSE members who ran on other teams, and we encountered numerous familiar faces along the way.

The rain gods were taking a well deserved rest during the race, for there was no rain at all until the very end of the race in Santa Cruz. Teams did, however, face a number of obstacles from the rainiest spring in recent history including thick mud on two trail sections, wet and muddy parking areas, and lots of debris along the shoulders of the road where runners traveled.

Due to the change in race dates, and a scant six months between the 2005 and 2006 events, team participation was down considerably this year. However, with over a year until the 2007 race (to be held May 5-6), it is expected that the number of registered teams will once again reach 250. This is a great team bonding experience, as anyone who has participated will tell you, and raises money for a very worthy cause, Organs R Us, which promotes awareness of the need for organ donations.

Look for more information on DSE participation in the 2007 race to be forthcoming later this summer. In the meanwhile, congratulations to all DSE members who ran in this year's race!



Members of 2006 DSE Men's Open team:
George Rehmet, Michele Wayne, Noe Castanon, John Mintz, Rene Menjivar, John Woods, Kennet De Silva, Kevin Fry, Jerry Flanagan, Oliver Chan, Pablo "Paco" Perez, Mark Janes & Eduardo Vazkez

Eduardo Vazkez

199 Miles, 1 runner—short. No, we were not "Team Karnazes" but we were one runner short with way less than 24 hours to start The Relay up in Calistoga.

It all started at the Relay back in October '05, when most of us were not performing as planned. Some got lost, some lost their legs, others were just tired, but we thought that if we would get another opportunity we'd get even with ourselves. But as the date for registration came along, not everybody from the original team was available to make it back. Of the first team, only 7 were going to make it, so I started to ask/invite runners from DSE to be part of this adventure. I got a lot of "maybe, I'll think about it, we'll see..." and I got some names. Close to the deadline, to my surprise, we were a complete team—but I should have known this kind of thing doesn't really happen on a relay experience. A couple of runners who I was sure would join us just didn't, so we were an incomplete team with just 2 or 3 days to the registration deadline. This was the first time I saw the DSE's gears turning when it came to getting some help from people you don't really know. I desperately posted on our news board looking for one more runner to complete the team, and I got our only female runner on the team; finally we were complete—or so I thought.

With less than two weeks to go to the race, I got an e-mail from our fastest runner letting me know that he was still hurt—that he could try an easy leg, but he didn't think he could actually do well on an easy leg. I had to use DSE's web of runners; I started to ask around who could replace Mark. Finally, at a Sunday DSE race with one week to go, we got John Woods, who at first said he had to check his schedule and see if he could move/cancel stuff on the weekend; he works as a D.J. on the weekends, so he had to put a big part of his work aside. That very same Sunday, one runner told me that the company that he works for was putting a team together and he really wanted to be part of it. What to do when someone comes and says something like that to you? "Of course," I said; now we needed two runners instead of one. But I was not that worried because I knew we still had Mark for an easy leg. Wait—the easy legs go to Jerry, our Boston runner (he was to run Boston in a week) and to Noe, who was just recovering from the L.A. Marathon. As you see we really needed 2 runners, so I asked Kevin Fry if he would take it (Kevin wanted to do The Relay back in October, but he had to move to Southern California to keep up his studies). Kevin said he had to—check his schedule! Now we had two potential runners who just had to drop whatever they had planned to do and run 200 miles with no sleep, stuck in a van with 5 more people who wouldn't talk about anything else but running—for over 24 hours! And they did! As of Monday night, with less than 5 days to go, we were a complete team again—until Wednesday night, when I got an e-mail from another runner who said he wouldn't be able to make it.

Oh boy, what are we going to do now? Immediately I e-mailed everybody on the team to see if they knew anyone who could take this leg. No, they didn't know anyone to take it with no time left to arrange things for the weekend. But some offered to run an extra leg; even Mark who was going to just drive was willing to take "a leg or two." I knew he would run the three legs. I wasn't happy with the idea of seeing anybody doing more than 3 legs; it isn't pretty.

By Friday, I was convinced that some of us were going to have to suck it up and run one more leg. Here is where I saw DSE's gears moving again. Friday evening, with about 16 hours to meet all the runners, I got an e-mail from Adrian, who got an e-mail from someone else, telling me about a friend of his who might be able to be our missing link. In less than an hour we were a complete team one more time—and for good, thank God! It was CRAZY!

From that point on, everything went so smoothly that we finished better than projected, placing 5th overall, with 82 other teams roadkilled. Everybody had such a good time that we are still talking about it during Sunday races. It was a great bonding experience. Thanks, DSE Runners Club, thanks to all of you board of directors for making this possible, and thanks to everybody on the DSE team for giving your best. Special thanks to the volunteers (Danielle Diego and Alex Rodriguez), who, not being runners at all, were willing to spend a few hours in the middle of the freezing cold night, so we could have our medals.

40TH ANNIVERSARY 5K

continued from page 4



Race Directors Don Watson & Jane Colman
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17	Jerry Flanagan	40+	19:29
18	Peter Delahunt	42	19:33
19	Kevin Fry	26	19:40
20	Jeremy Calnan	46	19:43
21	Steve Powell	41	19:47
22	Alex Protopopescu	28	19:48
23	Patrick Germain	24	19:50
24	Tyson Eckerle	26	20:30
25	Gene French	59	20:31
26	Bob Bowman	51	20:33
27	Michael Sweet	36	20:39
28	Mark Kelley	50	20:40
29	Mark Hamm	46	20:41
30	Yoeman Fong	42	20:47
31	Daryl Luppino	46	20:48
32	Dan Burns	30	21:07
33	Brian VanderZanden	31	21:12
34	Brad Spielman	38	21:15
35	Pamela Kennedy	27	21:21
36	Phil Melman	40	21:23
37	Patrick Lee	58	21:25
38	Nick DeBenedictis	46	21:34
39	George Baptista	63	21:37
40	Peggy Lavelle	45	21:40
41	Susan Garvey	39	21:42
42	Carla Heiney	29	21:50
43	David Klinetobe	45	21:52
44	Cammie Dingwall	42	21:55
45	Joel Rizzo	40	21:59
46	Amy Sonstein	36	22:16
47	Theo Jones	67	22:27
48	Heather Johnson	35	22:33
49	Larry Wuerstle	50	22:34
50	Don Daniel	36	22:38
51	Thomas Smiley	47	22:45
52	Mark Newman	58	22:48
53	Dan Oehlberg	29	22:52
54	Thomas Pang	49	22:54
55	Seth Dietrich	60	22:56
56	Paul Mosel	64	22:59
57	Julius Ng	50+	23:01
58	Karl Olson	53	23:02

59	Keith Johnson	68	23:05
60	Calley Prezzano	23	23:10
61	Kate Hartzell	24	23:13
62	Cynthia Woo	42	23:25
63	Richard Drechsler	61	23:26
64	Lina Morris-Khatib	40+	23:29
65	Kenneth Fong	44	23:31
66	David Lakin	45	23:37
67	Mick Bobroff	38	24:08
68	Marie Carlotti	49	24:09
69	Gregory Brown	56	24:34
70	Peter Royce	71	24:44
71	Marian Lyons	50+	24:46
72	John Justin Murray	50	24:48
73	Alex Kryska	59	24:53
74	David Lim	36	25:07
75	Patrick Mattimore	55	25:13
76	Brian Hutto	41	25:16
77	Mitchell Sollod	67	25:17
78	Grant Kolling	57	25:20
79	Jen Melman	34	25:32
80	Eve Kuhlmann	51	25:34
81	Lucille Wing	49	25:37
82	Elaine Mah	43	25:39
83	Robert Morris	54	25:43
84	Michelle Wayne	36	25:54
85	Olivia Horgan	32	25:57
86	Sheldon Gersh	60	26:00
87	Eugene Flannery	51	26:01
88	Bob Stanger		26:02
89	Jed Burgess	28	26:03
90	Russell Breslauer	61	26:10
91	Jerry Applegate	57	26:13
92	Gary Brickley	53	26:20
93	Jino DeCastro	23	26:29
94	Jack Bascom	64	26:30
95	Bridget Cottrell	29	26:33
96	Judith Waitz		26:38
97	Suzana Seban	52	26:51
98	Mc Lavelle	53	26:59
99	Tracy Welch	19	27:00
100	Norman Ching	55+	27:14
101	Kelly Lem	57	27:17
102	Janet Fry	26	27:26
103	Kai Hermann	39	27:32
104	Jeanie Jones	70	27:43
105	Christina Fong	45	27:45
106	Yong Cho	45+	28:19
107	Fred Haber	46	28:20
108	Donna Dea		28:25
109	Jim Kauffold	68	28:33
110	Brie Reybine	66	28:42
111	Henry Nebeling	73	28:45
112	Evelyn Martinez	58	29:03
113	Phil Gallagher	56	29:12
114	Jane Welch	54	29:20
115	William Woolf	71	29:26
116	Jack Olson	10	29:37
117	Patick Cunneen	72	29:48
118	Sean McAviney	58	30:06

119	Gary Davis	53	30:09
120	Marcia Martin	53	30:33
121	Roger Cottrell	56	30:47
122	Mark Shea		30:50
123	Calvin Hom	52	31:09
124	Laura Luna	34	31:24
125	Elena Flores	34	31:25
126	Audrey Kanemoto	32	32:00
127	Roxanna Pezzy	40+	32:23
128	George Sacco	68	32:35
129	Karl Ludwig	67	33:45
130	Gwynne Teass	26	33:47
131	Cindy Toler	44	34:43
132	Thomas Chuey	61	35:15
133	Bob Kovash	67	35:40
134	Tina Hong	28	36:12
135	Amanda Yager	29	36:16
136	Richard Finley	50+	36:50
137	Judith Jarosz	66	37:00
138	Elaine Koga	64	37:41
139	Sister Marion Irvine	76	38:18
140	Female Runner #190		40:56
141	Betty Cunneen	72	42:01
142	Dina Kovash	67	43:00
143	Bob Theis	77	44:07
144	Male Runner #174		45:14
145	Liese Rapozo	78	45:36
146	Wally Rapozo	77	47:05
147	Shannon Luppino	10	51:07
148	Diana Recinos	9	51:32
149	Ted Vincent	70	56:57
150	Vivian McElroy-Skophammer	59	58:25
151	Lorraine Shea		1:00:03
152	Rick Shea		1:00:05

SELF-TIMERS

Henry Black	72
Ed Baumgarten	63
Wendy Newman	56
Peter Webb	65
Judith Webb	62
Tony Stratta	75
Elaine Gecht	62
Diane Okubo-Fong	45
Jim Pommier	72
Doerte Murray	65
Ellen Breslauer	58
Phyllis 'Saida' Nabhan	59

Note: Age Group Awards are listed on page 7.

This little note arrived from Ted Vincent:

Ah! The infectious spirit of the Bay to Breakers: Ostriches, Elvis Presleys, naked butts, and among other sights near the starting line, a homeless man standing in front of his cart and holding a cardboard sign reading, "My wife was kidnapped. I am 98 cents short for paying the ransom."

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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Run for Arctic Awareness, May 6, 10K Women

5	Monica Zhuang	32	3	F 30-34	46:28
15	Amy Sonstein	36	2	F 35-39	50:52
19	Lucille Wing	49	4	F 45-49	52:32
85	Marcia Martin	53	1	F 50-54	1:06:42
	Elaine Gecht	62			

Run for Arctic Awareness, May 6, 10K Men

9	George Rehmet	39	3	M35-39	42:12
47	Keith Johnson	68	1	M65-59	51:17

Workday Devil Mountain Run, 10K, Danville, May 7

29	Kennet De Silva	24	3	M18-24	41:37
533	Barbara Robben	72	1	F 70-74	1:02:59

Marathon de Mayo, Reno, May 7

6	Eduardo Vazkez	33	2		3:09:29
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Human Race Marin County, 4 miles, San Rafael, May 13

41	Amy Sonstein	36	1	F 30-39	30:01
197	Dennis Hassler	73	3	M70-79	39:13
369	Alexandria Vitomski	66	5	F 60-69	47:08
401	Marion Irvine	76	1	F 70-79	49:37

Human Race Silicon Valley, 10K, Mountain View, May 13

118	Kat Powell	55	4	F 50-59	56:44
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Tilden Tough 10, 10 miles, Berkeley, May 21

17	Eduardo Vazkez	33	3	M30-39	68:26
104	David Klinetobe	45	20	M40-49	84:25
112	Marie Appel	41	8	F 40-49	85:38
243	Dennis Hassler	72	2	M70+	117:23

Bay to Breakers, May 21

Disclaimer: These results are from the Bay to Breakers results website. Given the huge number of runners, B2B results are sometimes unreliable, and apparently also subject to change.

PL	NAME	TIME
128	Eradio Sanchez	47:25
132	Mark Janes	47:55
138	David Moulton	48:07
153	Roy Clarke	48:57
188	Wayne Plymale	49:52
204	Kennet De Silva	50:34
217	Jason Reed	51:06
270	Bob Bowman	52:35
283	Sarah Steer	52:51
330	Martin Steer	53:53
378	Monica Zhuang	54:55
382	Pablo Perez	55:02
383	Theo Jones	55:03
403	Lazaro Sanchez	55:28
413	Eulogio Sanchez	55:41
485	Daz Lamparas	57:09
497	Joel Rizzo	57:26
609	Noe Castanon	59:05
638	Gary Brickley	59:21
717	Amy Sonstein	1:00:06
765	Heather Johnson	1:00:30
958	Paul Mosel	1:02:10
985	Michael Gama	1:02:21
1238	Julius Ng	1:04:19
1287	Jack Major	1:04:43
1302	Marian Lyons	1:04:48
1711	Mitchell Sollod	1:07:25
1974	Prospero Sanchez	1:09:12
2235	Mort Weisberg	1:10:28
2375	Michele Wayne	1:11:07
2687	Hilary Fong	1:12:26
3281	Russell Breslauer	1:15:07
3312	Ellen Breslauer	1:15:14
3424	Jay Brignon	1:15:39
3504	Janet Fry	1:15:57
3514	Kevin Fry	1:16:00
3522	Suzana Seban	1:16:01
3583	Evelyn Martinez	1:16:15
4498	Lucy Wong	1:19:34
4924	Garrett Davis	1:21:04
4969	Harry Cordellos	1:21:12
4977	Gregory Brown	1:21:14
5154	Valerie Stratta Trenev	1:21:50
5289	Jerry Applegate	1:22:16
5485	Hashim Bashiruddin	1:22:57
6699	Nan Boyd	1:27:16
6814	Elisa Zuniga	1:27:36
7285	Sam Roake	1:29:04
7617	John Sullivan	1:30:13
8184	Tom Huster	1:32:10

DSE AT THE BAY TO BREAKERS EXPO



Marian Lyons, Yong Cho and Stu Etzler at the DSE booth

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Many thanks to DSE B2B booth volunteers:

Ken Reed, Calvin Chan, Jim Kauffold, Wendy Newman, Theo Jones, Brian Hutto, Phyllis Nabhan, George Sacco, Aaron Low, Hashim Bashiruddin, Hilary Fong, Marian Lyons, Yong Cho, Mort Weisberg, Joel Rizzo, Gary Brickley, Jorge Larre and Stu Etzler

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40TH ANNIVERSARY 5K AGE GROUP AWARDS

Males 19 and under

- 1 Johnathan Howse
- 2 Jack Olson

Males 20-29

- 1 Eric Knackmuhs
- 2 David Gilboa
- 3 Kevin Fry

Males 30-39

- 1 Chafik
- 2 Cesar Guillen
- 3 Mark Janes

Males 40-49

- 1 Paul Lee
- 2 Peter Hsia
- 3 Tyler Abbott

Males 50-59

- 1 Mike Fanelli
- 2 Roy Clarke
- 3 Gene French

Males 60-69

- 1 George Baptista
- 2 Theo Jones
- 3 Paul Mosel

Males 70+

- 1 Peter Royce
- 2 Henry Nebeling
- 3 William Woolf

Females 19 and under

- 1 Tracy Welch
- 2 Shannon Luppino
- 3 Diana Recinos

Females 20-29

- 1 Pamela Kennedy
- 2 Carla Heiney
- 3 Calley Prezzano

Females 30-39

- 1 Susan Garvey
- 2 Amy Sonstein
- 3 Heather Johnson

Females 40-49

- 1 Peggy Lavelle
- 2 Cammie Dingwall
- 3 Cynthia Woo

Females 50-59

- 1 Marian Lyons
- 2 Eve Kuhlmann
- 3 Suzana Seban

Females 60-69

- 1 Brie Reybine
- 2 Judith Jarosz
- 3 Elaine Koga

Females 70+

- 1 Jeanie Jones
- 2 Marion Irvine
- 3 Betty Cunneen

DSE AT THE BAY TO BREAKERS

continued from page 6

8637	Brian Hutto	1:33:53
8756	Roberta Rochetti	1:34:18
8758	Michael Rochetti	1:34:20
9277	Jeff Bedolla	1:36:07
9691	Edwin Dunn	1:37:36
10152	Gary Bengier	1:39:11
10339	Roxanna Pezzy	1:39:56
10801	Jason Wong	1:41:45
11246	Tami Tyler	1:43:48
11277	Joan Tyler	1:43:54
12207	Robert Moser	1:48:34
12215	Lisa Griffin	1:48:36
12742	Diane Okubo-Fong	1:51:21
12751	Kenneth Fong	1:51:24
13236	Kat Powell	1:54:29
13331	John Blankenship	1:55:01
13430	Ted Vincent	1:56:05
14312	John Lang	2:03:24
14322	Margie Whitnah	2:03:32
14350	Peter Royce	2:03:44
15077	Elaine Gecht	2:09:51
16386	Anthony Stratta	2:20:22
16570	Bob Marty	2:21:48
16778	Gloria McKay	2:23:37
17777	Wendy Newman	2:31:14
18210	Marnie Kelley	2:34:35
18229	Mark Kelley	2:34:44
19288	Allen Hom	2:42:54
19893	Janice Rensch	2:49:03
20737	Suzanne Starke	2:57:16
20816	Blythe Milbury-Steen	2:58:03
24431	David Gemignani	3:55:33

Robert Archibald
Robert Brizuela
Ed Celestina
Calvin Chan
Rose Chan
Gene French
Elaine Koga
Miranda Kramer
Denise Langner
Jorge Larre
Jane Lee
Kevin Lee
Kristine Lee
Patrick Lee
Anna Livesey
Jim Misener
Phyllis Nabhan
Richard Nippes
Jim Peters
Amy Qu
Ken Reed
George Sacco
Steven Scotten
Lucille Wing

◆ ◆ Letters ◆ ◆

Dear DSE,

You are invited to Exercise your Rights on Tuesday, July 4, at San Francisco's Freedom Road. This recently certified 10K & 2 Mile race starts at 8:30 AM at 10th Ave. & JFK Drive in Golden Gate Park. Copying from Ohana, kids 12 & under are free, and the same goes for anyone who cannot handle the fee, although we cannot guarantee them a T-shirt and they must enter before the 6/20 cut.

Freedom Road is named after the path Negro slaves took to get to Canada and freedom. At this time it seems we need to take a similar path towards the freedoms and rights guaranteed by the Constitution. We promise to not make a lot of noise about freedom and rights at the event. This is as heavy as it gets.

If you support the ACLU, Planned

Parenthood, NRA, or any such group (either pro or con) join us in solidarity against those who would restrict our choices. This is about freedom; if you feel strongly about something please feel free to wear a sign (in good taste) on your back, no larger than 8.5 X 11, announcing your issue—and it is OK for you to collect pledges for it.

This Freedom Road benefits the National Organization for the Reform of Marijuana Laws (NORML). We invite you to participate and pledge for NORML or for another cause, or to simply enjoy one of the best possible 10K GG Park courses available.

Celebrate Freedom—join us this July Fourth. Go to www.PeopleEvents.org to enter online or download an entry. Hotline: 650-291-8531

Bill Dake, DSE member

THE 35TH RUNNING OF THE AVENUE OF THE GIANTS MARATHON

Jim Buck

"Okay, I think I've seen enough Redwoods now." That's what I thought after about 3 miles into the Avenue of the Giants Marathon. But with 23 miles to go, I was destined to encounter a few more. Not that there's anything wrong with that.

The Avenue of the Giants is a 31-mile scenic road in the heart of the redwood forests of coastal northern California. It's situated about 250 miles north of San Francisco and passes through Humboldt Redwoods State Park. The olive green waters of the Eel River meander along beside the Avenue as it snakes its way south. Redwoods here are among the tallest in the Pacific Northwest. It all makes for very picturesque viewing.

The marathon is held on the Avenue and nearby roads twice yearly, in the spring and fall. The fall version is the Humboldt Redwoods Marathon. My marathon day began early Sunday morning, 7 May in a campground a few miles south of the starting area. Because of an absence of hotel rooms in the area, camping had been my next best option. For convenience and a quick getaway, I slept in the back of my SUV. Not the most comfortable of choices but it was only one night.

When the two alarms sounded at 5:30 AM, I fumbled around, turned them off and prepared to head to the showers. At the instant I unlocked the car door, I unfortunately and single-handedly managed to awaken the entire campground. The headlights began flashing on and off and that obnoxious car alarm started sounding: beep, beep, beep. It took several seconds and a mad scramble to find my keys and press the all-clear button. At that point I lay still for a minute, expecting shouts, rocks and other debris to come flying my way. I then slithered out of the vehicle in the early morning darkness and walked to the showers, keeping a low profile. A car alarm? No didn't hear any...

After that auspicious beginning, I expected the worst; however, the demons never materialized. I drove to the starting area, arriving early and parking on the banks of the Eel River about 100 feet below the road surface. The river makes one of its many turns here and the banks are wide and gravelly. This was the main parking area for the race. By race time at 9:00 AM the sun was peeking out from behind the clouds, the temperature nearing 50 degrees. Good weather. The outfit of shorts, light tank top and gloves would be sufficient.

The marathon is a two-loop keyhole course. The first loop covers 13.1 miles to the west, ending with a return to the start, followed by a second loop to the south. Race day activities included a half marathon and 10K, with the half and full marathons starting together. Somewhat fewer than 400 people started the marathon, with about 1,000 running

the half. The lower number of runners in the full marathon became more apparent as they continued on alone into the second loop.

Running with the half marathoners can be a two-edged sword. The good part is it increases the number of runners in the game and sets a faster pace. The bad part is it increases the number of runners and sets a faster pace. Nevertheless, I come down on the positive side. A marathon alone, such as this, would probably not be economically feasible with fewer than 400 runners.

Nearly the entire marathon takes place under a canopy of tall redwoods lining the road every few feet like sentinels of the forest. These giants spread their branches across the sky, filtering the sunlight, keeping temperatures cool and making sunblock unnecessary. Although the entire road is paved asphalt, the first half of the marathon traverses an older road and is a bit rough, with many patches, cracks and gravelly areas. The second half is on the Avenue of the Giants which is a little wider and is in much better condition. Mile markers were posted every mile, some including volunteers giving split times. Sports drink and water were provided at 2-mile intervals. If you like crowds in the second half of a marathon, this race is not for you. But if having room to run and a good view of the road ahead appeals to you, this is your race.

My personal goals were to finish under 3:30 and to leave the race injury free. When we rounded the final turn-around near the 20-mile mark, I was still on track for both. Nevertheless, there was the mounting lactic acid pain in the leg muscles and the ache at the bottoms of the feet from the constant pounding. But with only a 10K (6.2 miles) left and fully 53 minutes remaining before I turned into a pumpkin at 3:30, I had a new-found confidence. It didn't last long but it was nice for a while. Faced with dwindling energy reserves, I implemented a routine of taking a short walk break at each mile marker and then running to the next. By mile 24, I was taking a break every half mile. Even so, I did my best imitation of a sprint to finish, breaking out of the forest into

the sunlight, crossing the bridge over the River Eel and dashing across the line. Sixty-five degrees and I still wore my gloves.

My chip time registered at 3:28 and, with the exception of sore legs, walking was not a problem. There were none of the Achilles, groin or hamstring aggravations that plagued me during the weeks of training. The race organizers provided plenty of post-race refreshments, including bananas, oranges and cookies. The marathon gets a thumbs-up from me.

A couple of notes: if you prefer hotel lodging, reserve well in advance; and the pre-race spaghetti dinner in the little town of Weott is well worth the price.



◆◆◆ 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 Oct 8 Rockaway Beach 5K, S/F Rockaway Beach parking lot, Dondee & San Marlo Ways in Pacifica
- Sun Oct 29 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

DOUBLE DIPSEA VOLUNTEERS NEEDED SATURDAY JUNE 24

It's the 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.

COASTAL TRAIL CHALLENGE VOLUNTEERS NEEDED JULY 9

For those of you who haven't had enough trail running fever, the Coastal Trail Challenge Handicap Race Series picks up where the Dipsea Races leave off. Run the Escape from Alcatraz race course and take on the challenge of running up the Coastal Trail sand ladder once or twice. If you are not up for the challenge, we can really use your help as a course monitor, aid station or finish line volunteer. Please contact George at georgerehmet@yahoo.com or 650-438-9589. All Coastal Trail volunteers will receive post-race refreshments along with DSE's heartfelt thanks.



QUICK SOLUTIONS FOR ILIOTIBIAL BAND SYNDROME

Dr. Amelia Mazgaloff, D.C

Definition: Iliotibial band syndrome (ITBS) is the most common cause of lateral knee pain in runners, with an incidence as high as 12% of all running-related overuse injuries. ITBS is believed to result from recurrent friction of the iliotibial band (ITB) sliding over the lateral femoral epicondyle.

What Causes ITBS?

- Mileage and knee flexion/extension weakness.** Studies have found that runners with ITBS were less experienced and were doing greater weekly mileage and a greater percentage of their training on the track compared with noninjured runners. Also, injured runners had weaker knee flexion and knee extension bilaterally.
- Compensatory pronation.** Runners with ITBS often have genu varum and/or tibia vara (bow legged deformity), resulting in compensatory pronation. Leg-length discrepancies are also thought to contribute to ITBS. This can be secondary to a true anatomic discrepancy or functionally induced by training and running biomechanics.
- Hip abductor weakness.** Runners with ITBS have significant weakness in the hip abductors of their affected limb.

Treatment

- Activity modification.** Running and cycling should be avoided in the acute phase to reduce repetitive stress. Swimming (using only arms) with a pool buoy between the legs is usually the only activity permitted during the acute phase.
- Trigger point therapy,** deep stripping massage, specific stretches, and heat can release trigger points and associated contracture of the gluteus minimus, vastus lateralis and biceps femoris muscles.
- Contract-relax exercises** in three bouts of a 7-sec. contraction followed by a 15-sec. stretch for the iliopsoas, rectus femoris, and gastrocnemius-soleus muscles.
- Gait and treadmill running analyses** to screen for dynamic muscle imbalance or weakness contributing to the injury.

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

Next Month: Shin Splints

◆◆◆ 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 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.

Sun Jun 18 Walt Stack Trail 10K

START/FINISH: Dolphin Club, Jefferson & Hyde Sts.

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

COURSE DESCRIPTION: Run along Aquatic Park walkway on Jefferson up & over Fort Mason Hill. Continue along Marina Blvd. right across Little Marina Green, through the parking lot, onto the Crissy Field/Golden Gate Promenade. Stay on straightaway. Turn around at Warming Hut/Fort Point Fishing Pier. Return the same way to finish.

Sat Jun 24 Double Dipsea Handicap Race, 13.7 miles

START/FINISH: Stinson Beach

HANDICAP STARTING TIME: 8:15 am First Wave!

COURSE DESCRIPTION: Out and back course follows the Dipsea Trail on Mt. Tamalpais

Register online at www.doubledipsea.com.

Sun Jul 2 Lake Merced Run, 4.5 miles

START/FINISH: North End Parking Lot (foot of Sunset Blvd.)

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 clockwise around the lake staying entirely on jogging/pedestrian path before merging left to the straightaway finish back at Sunset Blvd. parking lot.

Sun Jul 9 Coastal Trail Challenge 1/2M & 10K Handicap Races

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

HANDICAP STARTING TIME: 8:00 am First Wave!

COURSE DESCRIPTION: Run west on Golden Gate Promenade. Just beyond the Warming Hut, turn left & go up the stairs towards the GG Bridge. Continue on a trail under the bridge; run the downhill trail inside the guard rail on Lincoln Blvd. Complete a clockwise Baker Beach trail/sand loop; run past the water treatment plant, run east onto sandy beach until it takes you to the Sand Ladder which is 400 yards of a vertical climb. At the top, runners turn left & retrace their steps to the start/finish line. Half-marathoners run the course twice.

Register online at www.Active.com: \$5/\$8 members/nonmembers, after 7/5 \$8/\$10 (See race application 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

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).

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.

Folding ♦ ♦ ♦
♦ ♦ ♦ Session

Folding ♦ ♦ ♦
♦ ♦ ♦ Session

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

Happy Birthday! ◆◆◆◆◆◆◆◆

5 Laurie Sullivan
 6 Kevin Fry
 7 Jane Colman
 Stephanie Flanagan
 Marcia Martin
 8 Sheldon L. Gersh
 Roberta Rochetti
 10 Robert Archibald
 Margarito Sanchez
 11 Marnie Kelley
 Michael O'Sullivan
 Brierly Reybine
 14 Thomas Vidosh
 15 Richard Drechsler
 Stephen Powell
 Eradio Sanchez
 17 Kathleen Cabral
 Jeremy Elsener

18 Kelly Cunneen
 19 Marie Noel Appel
 Jakob Gron
 Terri Lavelle
 21 Aaron Kohr
 Alice Pierce
 22 Benjamin Berven
 Jason Chen
 24 Janice Rensch
 25 Colby Allerton
 Doris Segner
 27 Lou Bristol
 Lourdes Mosqueda
 Propero Sanchez
 28 Bob Kovash
 29 Mick Lavelle
 30 John Lindberg

New Members

MILL VALLEY
 Nick DeBenedictis

MILPITAS
 Sreewalli Bindana
 Manish Harpalani

SAN ANSELMO
 Mike Fanelli

SAN FRANCISCO
 Mercedes Acosta
 Diann Leo
 Susan McBride
 Mary Jean Pramik



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

DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp mail list to receive DSE updates and other running information, by linking to <http://groups.yahoo.com/group/DSERunnersClub/join>.

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at nishikifinley@sbcglobal.net. He will notify you when each newsletter is available for download from www.dserunners.com.



Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!