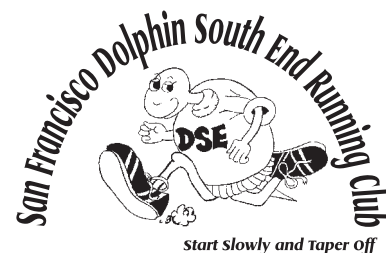


# DSE NEWS



41st Year

July 2006

## MAJOR UPCOMING DSE RACES: Lake Merced Half Marathon, Distance Classic 6-Hour

Adrian Jue

Yong Cho and Fred Haber

I am the race director for the first annual Lake Merced Half Marathon and 4.5 mile runs to be held on September 10, 2006. This will definitely be a fun event for everyone in attendance. The race course is a clockwise loop around Lake Merced starting at the Sunset Blvd. parking lot. Those running the half marathon will run three loops, whilst the 4.5 mile runners will run the loop once. Half marathoners will start at 8:00 AM and the 4.5M runners will take off at 9:00 AM. Don't be late! Race entry fee is \$5 members/\$8 non-members, after 9/2 \$8/\$10. Male and female Age Division medals will be awarded 3-deep in the half marathon. All finishers will receive finisher's ribbons.

While it is a mostly flat course with some negligible undulation in elevation, the Lake Merced Half Marathon is a PR course. Although I cannot influence the weather, I will make sure everyone will have a good time with excellent course markings and aid stations filled with generous supply of refueling nutriment and volunteers. I hope to see everyone at this premier DSE event of the year!

On September 24, 2006 the DSE will present our low-key 6-hour endurance run. Everyone is welcome and all are encouraged to participate. The race is held at the Polo Field in Golden Gate Park, San Francisco (start and finish on the south side). We run laps on the upper dirt track (.78 mile) with scorekeepers tabulating the total for easy viewing. An unbelievable amount of yummy goodies are available to consume before, during, and after each lap with new varieties arriving hourly.

Because this is an "endurance" run, every lap counts; there's no need to start at 8:00 AM, nor would you be required to stay after competing (unless you plan on receiving an award). There's also a good chance of winning something because this race is small and low-key, with 3-deep male and female decade Age Division awards. Walking is OK and in fact many have completed a half marathon distance just walking. Remember that walking for even less than 6 hours, you can cover a great distance. Please come out and join us. We always appreciate and need volunteers—even for just an hour.

*Entry forms for both of these events will be available at DSE races, in running stores, as inserts in the August DSE News, or downloaded from [www.dserunners.com](http://www.dserunners.com). You may also register online at [www.active.com](http://www.active.com).*

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## From the President's Desk

◆ ◆ ◆ ◆ ◆ KEVIN LEE

### 2007 DSE OFFICER NOMINATIONS ARE OPEN

Nominations are officially open for anyone willing to run for any of the 5 DSE Officer positions: President, Sr. VP, 2nd VP, Secretary, or Treasurer. After an eight-year tenure serving as DSE President, I am stepping down. Serving as DSE President is something I will always remember and treasure as a worthwhile experience. I would like to thank everyone for your support, especially the exceptional work of my fellow cabinet of DSE Officers and club coordinators. When the general membership stated they would honor any DSE Officer's wishes to stay or leave club office, I knew it was the right time to step down. In addition, other club officers have indicated a need to step down as well. I see my departure as the perfect opportunity for new candidates to run for DSE Office without any incumbent opposition. The future of DSE is very bright, with more club members showing their leadership every day. Please review the DSE Office Duties (page 9); if you feel that you can make a real contribution to our club, please place your name for nomination. Please forward nominations to Kevin at 415-751-9653 or [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com).

### CLUB DONATIONS

Your club volunteership never gets old. DSE always is pleasantly surprised. We know the majority of you are more than willing to return the favor to DSE by volunteering your services. All we have to do is ask and send you a reminder. May 2006 was an exceptional month, first with DSE receiving a free B2B Booth and then a \$200 cash donation from Mark Kelley.

*continued on page 2*

# DSE RHYME & REASON

Kevin Lee and George Sacco

Everyone knows the importance of race directors. With a full race schedule of 40+ DSE Races, we are happy to announce there are only six more 2006 race director positions to be filled with more than half the year remaining. We know you are screaming out loud, "What's the problem?" and "What's the rush?" We don't have any qualms with this timeline. We would like to address the need for every active race participant to do their fair share. If everyone took the initiative and signed on as a race director, we would have an RD waiting list for 4+ years.

There is no need to feel intimidated serving as a DSE RD. The RD has an experienced Officer of the Day to assist you. We suggest that you ask a fellow DSEer to sign on as your co-RD. As of 6/20, 42 DSEers have already served as RD. After serving as RD, we can assure you any that reservations you had will be gone. It was a worthwhile experience. You will come away with a better appreciation of the dynamics of race directing.

Kudos to all 2006 RDs and special thanks to 2006 multi-RDs: **Suzana Seban, Hashim Bashiruddin, Hilary Fong, Jason Chen, Lan Nguyen and Evelyn Martinez.**

Please sign up as a race director and we will add your name to 2006 DSE RD listing below. After you have reviewed the most updated RD vacancies from the "Volunteers Needed Section" or the DSE website, [www.dserunners.com](http://www.dserunners.com), contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653.

## 2006 DSE RACE DIRECTORS:

Marie Appel  
George Baptista  
Hashim Bashiruddin  
John Blankenship  
Andrew Bloch  
Russell and Ellen Breslauer  
Marie-Pierre Carlotti  
Jason Chen  
Norman Ching  
Yong Cho  
Jane Colman  
Kennet De Silva  
Kenneth Fong  
Stephanie Gruszynski  
Fred Haber  
Susan Herder  
Keith Johnson  
Adrian Jue  
Jim Kauffold  
Elaine Koga  
Grant Kolling  
Marian Lyons  
Neil Mahoney  
Marcia Martin  
Evelyn Martinez  
Lina and Bob Morris-Khatib  
Phyllis Nabhan  
Wendy Newman  
Lan Nguyen  
Janet Nissenson  
Ken Reed  
George Rehmet  
Joel Rizzo  
Suzana Seban  
Sandra Seiki  
Laurie Sullivan  
Bob Theis  
Eduardo Vaskez  
Don Watson  
Bill Woolf

## FROM THE PRESIDENT'S DESK

continued from page 1

## JULY RACE SCHEDULE

Now that the cold rainy season has passed, I bet you are glad to see the weather and race attendance continuing to rise. Regardless of the weather, DSE recommends you hydrate (drink lots of water) before heading out for your run. DSE welcomes everyone to join us celebrate Independence Day, by running the 7/2 Lake Merced 4.5 miler. DSE knows you always have one more trail run inside of you. Please join us for DSE's next trail runs, the ever-popular Coastal Trail Challenge 1/2M & 10K handicap races on 7/9. DSE always does the honorable thing. On 7/16, DSE invites you to run the Legion of Honor 4.3 miler. Upon completing this challenging race, you will receive the convent finisher's ribbon along with a DSE honorable mention. DSE suggests you run the new and improved 7/23 Windmill 10K. Running throughout scenic GG Park is just what the doctor ordered before you run the next week's SF Marathon. With no DSE Run on 7/30, everyone is encouraged to run the SF Marathon. Otherwise DSE can use your help manning one of the club's aid station.

## 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. Please mark on your calendar to attend this very important General Meeting. DSE Officer Nominations will be a very 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](mailto: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

continued on page 8

## ◆◆◆◆◆ 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](mailto: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.

# GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

The articles in this series are a way to introduce individual DSE members, to recognize their accomplishments and to learn from their experiences. We want to profile club members from all levels, whether beginners or experienced, young or old, so if you would like to contribute please contact me or e-mail me at [jonest@usfca.edu](mailto:jonest@usfca.edu) your article telling us about yourself, how you got into running, what your experiences have been, and anything else that you think would interest us; humor is always very welcome. Publication depends upon how much newsletter space is available each month.

*This month we asked George Rehmet to introduce himself. George is very active in the RRCA (Road Runners Club of America), the national organization of running clubs.*

Sometimes a series of unfortunate events leads to a series of fortunate events. My running career started in 1981 on my first day at St. Ignatius High School. My day started poorly as I lost my check to buy my textbooks, I couldn't get my locker open, and I was dogged by the sophomores. I heard the announcement for cross-country. At the time, I was into skiing and I thought that the school had a cross-country ski team. I went to the meeting and found out it was cross-country running! I saw some sophomores who had gone to my grammar school and I figured that since they were known as geeks back then, and I was a geek too, that this was the sport for me.

In the spring, I thought that running track would be easier since I would not be running hills. Was I wrong! In my freshman and sophomore years, I finished near the end of the pack in all of the races. In my junior year, I made varsity in my second to last race, and I won "Most Improved Runner." In my senior year, I broke the 5 minute mile with a 4:55 and was awarded "Most Inspirational Runner." I hung in there because I did not want to quit. And in my running and life, I wanted to see what my limits were.

The late 1980s saw me go into triathlons and half marathons (yes, the SF Half Marathon was first with a still standing PR of 1:23). In 1990, I ran my first SF Marathon and I thought that I would break 3 hours. But at mile 24, I experienced "the Wall" for the first time and ended up with a time of 3:10.

I joined the DSE in the early 1990s because of the inexpensive and low-key races.

By 1995, I had run several marathons and was looking for a new challenge and I decided to try ultramarathons. My first ultra was the Skyline 50K. A reason that I loved ultras was that I finished high in my 20-29 age group since we were an anomaly. Most ultramarathoners back then were primarily in their 40s and 50s. But the biggest reason was that ultrarunning appealed to my love of exploring. And it was great to be alone with my thoughts.

In 1996, I broke 7 hours for 50 miles with 6 hours 58 minutes at the Helen Klein Run. In the same year, I ran over 100 miles at the Jim Skophammer 24 Hour Run and decided that I had hit my limit distance and running time. Afterwards, I set a record of eating 2 Big Macs, 2 shakes, and a large order of fries. In 1997, I broke 10 hours with 9 hours 55 minutes at the Ruth Anderson 100K which circled Lake Merced nearly 14 times!

In late 1997 and early 1998, a series of unfortunate events broke my spirit and my running. I had my first DNF at the 50K Helen Klein race because my foot was hurting. I had plantar fasciitis and was out for a long time. I had taken on a new teaching position which was difficult, and my grandmother and father died.

I took up ultra bicycling and completed the Triple Crown which consisted of doing three 200 mile bicycling events. I was on my bike for hours which tamed my yearnings to explore and to be with my thoughts.

In honor of my dad's memory, I decided that I would make an attempt to break 3 hours in the marathon. I had run marathons for 8 years and the 3 hour barrier eluded me by minutes. I got serious with my training in which the key components were the long run and doing up to 10 cruise miles at 6:20 per mile. On March 7, 1999, I ran the Napa Valley Marathon. The day was near perfect. I was a minute behind on my projected pace at the half. But at mile 22, I decided to accelerate because I needed a time cushion for when I would hit "the Wall" in a mile or two. I never did hit that wall and I finished with a still standing PR of 2:59:12. This race was the most joyous experience because it took 8 years to accomplish and it came after having the most horrible year in my life.

2000 came and I decided to end my long distance career (or to go on a "long, unknown sabbatical!"). My daughter was getting older

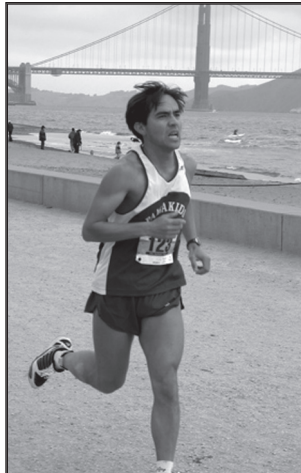
and I wanted to do more things with her, and I felt that I had achieved nearly all my long distance running goals.

At the Jed Smith 50K, I finally broke 4 hours with 3 hours and 58 minutes. And then I was off to the Boston Marathon in which I took my sweet time finishing in my last long race. By then, I had completed 13 marathons and 17 ultramarathons.

To this day, I have completed over 500 races. I have always felt the need to give back to the sport and out of all the volunteer duties I felt honored to be state representative for the Road Runners Club of America (RRCA).

In the end, here are 3 bits of advice:

1. Give back to the sport by volunteering. Races can't be put on without volunteers and we shouldn't expect the same people to keep volunteering.
2. If you can't run, try something else. When you get back to running, it reminds you of why you got into running.
3. Running should be fun, but it does teach life lessons about goal making, endurance, and determination.







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

**May 28, 2006**

**Mission Rock 5K**

**Race Director: Sandra Seiki**

**Volunteers: Bob Brizuela, Calvin Chan, Richard Finley, John Gregson, Kathleen Lail, Kevin Lee, Bobby Marty, Ruth Raihero, George Sacco, Tony Stratta, Selma & Ted Vincent, Mort Weisberg**



**Race Director Sandra Seiki**

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PL	NAME	AGE	TIME
1	Adam Nevens	27	17:10
2	Tyler Abbott	45	18:03
3	Eduardo Vazkez	33	18:14
4	Peter Hsia	45	19:04
5	Kennet De Silva	24	19:07
6	Corrie Drakulich ①	24	19:13
7	Kevin Fry	26	19:20
8	Pete Nowicki	47	19:27
9	Peter Delahunt	42	19:30
10	Mike Lopez	48	19:39
11	John Woods	42	19:41
12	Mark Ford	46	19:44
13	Jeremy Calnan	46	19:57
14	Mark Hamm	46	20:37
15	Matthew Fabry	33	20:48
16	Noe Castanon	35	20:55
17	Daryl Luppino	46	21:00
18	Mark Kelley	50	21:13
19	Christine Lopez ②	43	21:16
20	Jerry Flanagan	40	21:22
21	Cameron Poetzsch	36	21:32
22	Joel Rizzo	40	21:39
23	George Baptista	63	21:40
24	Patrick Lee	58	21:52

25	Amy Sonstein ③	36	22:04
26	Joelle Macklin ④	39	22:14
27	Marie Appel ⑤	41	22:20
28	Michael Baker	25	22:24
29	Jeremy Cotton	27	22:31
30	David Klinetobe	45	22:41
31	Mitsuyuki Ohura	47	22:50
32	Ed Kinchley	57	22:58
33	Keith Johnson	68	23:05
34	Michael Stanger	30	23:12
35	Brad Spielman	38	23:13
36	Thomas Smiley	47	23:23
37	Benjamin de Haan	73	23:25
38	Thomas Pang		23:31
39	Christopher Kraemer	53	23:34
40	Cathryn Guevarra	24	23:38
41	Paul Mosel	64	23:42
42	Brendon Murphy	36	23:58
43	Brian Hutto	41	24:01
44	Jim McBride	63	24:09
45	Gene Kiernan	63	24:22
46	Hashim Bashiruddin	49	24:33
47	Kenneth Fong	44	24:35
48	Peter Royce	71	24:54
49	Steve Nissenson	58	25:13
50	Michele Wayne	36	25:17
51	Hilary Fong	48	25:22
52	Grant Kolling	50+	25:32
53	Patrick Mattimore	55	25:45
54	Marie Carlotti	49	25:49
55	Gary Brickley	53	25:56
56	Bob Morris-Khatib	53	26:00
57	Peter Gehl	38	26:06
58	Judith Waitz	46	26:10
59	Mort Weisberg	69	26:17
60	Joe Connelly	44	26:21
61	Yong Cho	48	26:23
62	William Mattimore	17	26:26
63	Dar Fu	65	26:37
64	Brigitte Schlatter	54	26:48
65	Suzana Seban	52	27:05
66	Janet Nissenson	46	27:18
67	Tom Huster	62	27:22
68	Steve Scotten	36	27:29
69	Shawn Hanifin	34	27:46
70	Jeff Houston	48	28:11
71	Bill Woolf	71	28:50
72	Kesav Reddy	30	28:54
73	Sig Hartnett	24	28:54
74	Melissa Wiese	21	28:57
75	Chang Youn Han	24	29:17
76	Patrick Cunneen	72	29:35
77	Clarita Griffin	28	29:57
78	Mia Glasman	25	31:00
79	Barbara Arriaga	40	31:44
80	Jeff Shopoft	62	31:51
81	Paul Resignato	55	32:00
82	George Sacco	68	32:15
83	Elliot Hoff	37	32:23
84	Tim McCreary	33	32:47

85	Allison Neves	34	33:29
86	Travis Cooke	30	33:31
87	Kathleen Lail	38	34:07
88	Lucy Wing	49	34:11
89	Courtney Hanson	29	34:24
90	Shelly Lui	43	34:26
91	Mary Matto	31	34:33
92	Bob Kovash	67	35:35
93	Elaine Koga	64	36:15
94	Lisa Reid	30	36:59
95	Ted Vincent	70	37:37
96	R. Eastwood	39	41:53
97	Nancy Garner	31	41:56
98	Bob Theis	77	42:34
99	Dina Kovash	67	43:35
100	Evelyn Martinez	58	47:09
101	Bryan Chavez	23	50:10
102	Nancy Lee	24	50:10

#### SELF-TIMERS

Ken Reed	61	
Betty Cunneen	72	
Tony Stratta	76	59:57
Robert Brizuela	66	
Brierly Reybine	??	
Jim Pommier	73	

#### KIDS' RACE

Shannon Luppino	10	5:52
Hugo Pegley	9	4:38
Hayden Pegley	7	4:50
Rvairi Delahunt	5	5:20
Sam Spielman	3	8:00
Hetti Hsia	2	finished
Lena Hsia	2	finished

**June 4, 2006**

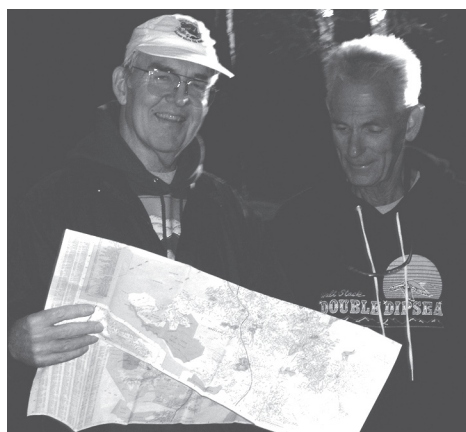
**Practice Dipsea, 6.8 miles**

**Race Director: John Blankenship**

**Volunteers: Kevin Lee, Bobby Marty, Ken Reed, Janet Nissenson, Yong Cho, Jorge Larre, Bill Woolf, Noe Castanon, Gary Davis, Fred Haber, Richard Hannon, Amy Sonstein, Thomas Pang**

PL	NAME	AGE	TIME
1	Dennis Charlton	50	55:27:00
2	Don Stewart	45	57:03:00
3	Mark Janes	30	58:00:00
4	Eric Knackmuhs	25	1:00:54
5	Sissel Berntsen-Heber ①	42	1:01:34
6	B J Siegel	37	1:03:23
7	Graeme Joeck	23	1:03:31
8	Ken Reid	45	1:03:59
9	Adam Lucas	39	1:04:28
10	Corrie Drakulich ②	24	1:05:07
11	Brad Smith	53	1:05:12
12	Stephen Tracy	43	1:05:30
13	Jim Schollard	39	1:06:58
14	Thomas McManus	36	1:07:01
15	Thane Schultz	36	1:07:14

*continued on page 5*



**Practice Dipsea Race Director John Blankenship and volunteer Bill Woolf**  
Photo by Kevin Lee

# **PRACTICE DIPSEA**

*continued from page 4*

16	Robert Dick	37	1:07:20
17	Eric Gordon	34	1:08:43
18	John Woods	42	1:09:39
19	Andy Furlong	27	1:10:29
20	Ron Kauffman	49	1:10:30
21	Dimitrios Sklavopoulos	61	1:11:03
22	Gordon Wright	42	1:11:13
23	George Rehmet	39	1:13:15
24	Kelsey Ripp ③		1:14:59
25	Jerry Flanagan	40	1:15:08
26	Pete Roger	50	1:15:13
27	Bruce Benter	46	1:15:15
28	Male Runner		1:15:16
29	Bryant Benter	16	1:15:17
30	Brana Van Epps ④	17	1:15:22
31	Emma O'Neill ⑤	19	1:15:36
32	Joanne Cata	31	1:15:39
33	Jason Reed	27	1:15:44
34	Sue Santo	43	1:16:17
35	Hans Schmid	60	1:16:18
36	David Kane	56	1:16:19
37	Brewster Wong	48	1:16:26
38	Andres Stinchfield	29	1:17:45
39	Lisa Dyson	39	1:18:23
40	Bill Gilmore	46	1:19:23
41	Cammie Dingwall	43	1:19:25
42	Barry Spitz	57	1:20:09
43	Phil Melman	40	1:21:31
44	Mike Jennett	38	1:21:31
45	Dillon Knowlton	14	1:21:32
46	Aaron Rich	31	1:21:33
47	Jesse Hughes	31	1:21:34
48	Tim Knowlton	55	1:21:36
49	Keith Johnson	68	1:21:40
50	Alfredo Garcia		1:21:47
51	George Forman	60	1:21:48
52	King Wayman	57	1:22:11
53	Ken Klein	53	1:23:18
54	Everett Austin	52	1:23:19
55	Marc Strozzyk	36	1:23:26
56	Theo Jones	67	1:23:29

57	Mo Glass	32	1:23:34
58	Peter Royce	71	1:23:53
59	Male Runner		1:23:55
60	Dan Pienti	14	1:24:01
61	Raymond Moody	50	1:24:25
62	Glenn Hoffman	45	1:24:29
63	Greg Hanna	45	1:24:52
64	Corinne Grant	48	1:26:35
65	Patricia Spilman	46	1:26:36
66	Tom Hawkins	50	1:27:10
67	Candice Wozniak	51	1:27:20
68	Olivia Lloyd	11	1:27:28
69	Lee Blaine	64	1:27:33
70	Jeff Grant	53	
71	Jim Sunseri	45	1:28:12
72	Christopher Kraemer	53	1:28:36
73	Male Runner		1:30:29
74	Tom Linthicum	48	1:30:35
75	Marianne Frank	36	1:30:43
76	Katie Christensen	29	1:32:32
77	Agent Orange		1:33:32
78	Mitchell Sollod	67	1:34:20
79	Dan Crosser	67	1:34:27
80	Carlo Cardilli	37	1:34:33
81	Susan Herder	45+	1:35:12
82	Abby Otto	14	1:36:21
83	Louise Otto	45	1:36:31
84	April Lax	40+	1:38:00
85	Mike Mathers	41	1:38:04
86	Ken Sharpe	56	1:38:13
87	Gary Brickley	53	1:38:15
88	Thomas Smiley	47	1:39:54
89	Kathleen Lail	38	1:40:46
90	Male Runner		1:41:52
91	Patrick Cunneen	72	1:42:48
92	Kelley Charlton	15	1:43:12
93	Patrick Charlton	14	1:43:14
94	Dillon Charlton	11	1:43:16
95	Suzana Seban	52	1:44:04
96	Jim McBride	63	1:44:30
97	Dennis Hassler	72	1:45:51
98	Jack Bascom	64	1:47:22
99	Stefan Venne	5	1:49:36
100	Ralf Venne	43	1:49:37
101	Jeff Houston	48	1:52:57
102	Mahmut Hilmi	60	1:55:36
103	Jon Ory	50	1:55:43
104	Katherine Runyan	50	2:02:27
105	Elizabeth Tighe	63	2:03:19
106	Evelyn Martinez		2:03:20
107	Olivia Horgan	33	2:13:30
108	Bob Towler	66	2:18:00

# **SELF-TIMERS**

Keith Nowell	
Fred Anlyan	57
Brie Reybine	
Karen Jaber	
Mark Ford	
Fred Haber	
Cliff Lentz	

**June 11, 2006**

**Conservatory of Flowers 5K**

**Race Director: Evelyn Martinez**

**Volunteers: Kevin Lee, Bobby Marty, George Sacco, Selma Vincent, Mort Weisberg, Shannon Luppino, Richard Hannon, Phyllis Nabhan**



**Race Director Evelyn Martinez**  
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I have been a DSE member for one year. In the early 80s, after trying to get in shape for skiing, I forgot about snow and moved on to running. The absence of knee cartilage forced me to quit in the late 90s. After being miserable for 5 years, I said: Life is too short to go swimming (which I hate to do with my fear of water) or cycling (keep falling over), so I went back to running—slower, more gingerly, somewhat painful, but oh so happy.

I am grateful for the warm welcome from DSE folks—they accept me even in my decrepit state, and there are even more decrepit souls out there every Sunday pounding the DSE pavement. There's a future for me!!! Running was something I could do kind of well, give or take crappy knees. I love the competition (it exists even way back of the pack); I love the solitude—clear those mental cobwebs, and I love the delightfully skewed social ambience of a bunch of crazed runners gathered in one spot.

PL	NAME	AGE	TIME
1	Eric Knackmuhs		16:49
2	Mark Janes	30	17:16
3	Jonathan Bretan	23	17:27
4	Chris Puga	25	17:37
5	Adam Lucas	39	17:47
6	Mark Bretan	15	17:57
7	Thomas McManus	36	18:11
8	Anna Bretan ①	21	18:16
9	Jason Reed	27	18:49

*continued on page 6*



10	Chad Evans	34	18:54
11	Mark Ford	46	19:00
12	Jeff Mezzocchi	34	19:08
13	Kevin Fry	27	19:11
14	Ron Kiyono	58	19:22
15	John Mullen	31	19:23
16	Jerry Flanagan	40	19:34
17	Andrew Bloch	43	19:37
18	Neale Clumia	29	19:39
19	Anthony Dunnigan	33	19:41
20	Jeremy Calnan	46	19:53
21	Paul Frentsos	45	19:59
22	Gavin Grace	20	20:09
23	Mark Hamm	46	20:10
24	Matthew Fabry	33	20:15
25	David Dancer	35	20:36
26	Adrian Jue	24	20:43
27	Daryl Luppino	46	20:51
28	Jim Buck	63	21:06
29	Sunanda Minarikova ②	32	21:10
30	Kyle Clark	41	21:27
31	Joel Rizzo	40	21:34
32	Kenneth Lock	19	21:37
33	Brian Baker	19	21:38
34	George Baptista	63	21:40
35	Noe Castanon	35	21:48
36	Mitsuyuki Ohura	47	21:53
37	Karl Olson	53	21:58
38	Patrick Lee	48	22:00
39	Marie Appel ③	41	22:06
40	Nate Bisbee	31	22:08
41	Raymond Lie	29	22:09
42	Manish Harpalani	33	22:23
43	Nick DeBenedictis	46	22:25
44	Kate Belding ④	49	22:42
45	Christian Madrid	32	22:46
46	Paul Mosel	64	22:57
47	Phil Melman	40	23:11
48	Daz Lamparas	54	23:18
49	No Name		23:19
50	Criag Edwards	60	23:34
51	Hashim Bashiruddin	49	23:43
52	Steven Pitsenbarger	38	23:44
53	Tia Kilpatrick ⑤	26	23:46
54	Jim McBride	63	23:57
55	Hilary Fong	48	24:01
56	Thomas Smiley	47	24:03
57	Stan Yasuhara	56	24:14
58	Robert Bunce	33	24:16
59	Theo Jones	67	24:37
60	Julius Schillinger	59	24:39
61	Khalil de Mesa	58	24:47
62	Gregory Brown	56	24:55
63	Jen Melman	34	24:59
64	Kirsten Anderson	28	25:07
65	Sam Roake	70	25:09
66	Kevin Cuevas	15	25:11
67	Kenneth Fong	44	25:14
68	Michele Wayne	36	25:15
69	Jeffrey Flynn	40	25:19

70	Marian Lyons	50+	25:21
71	Craig Lipton	36	25:36
72	Patrick Regan	39	25:37
73	Shel Gersh	61	25:39
74	Gary Brickley	53	25:46
75	Mort Weisberg	69	25:56
76	Denise Leo	30	25:57
77	Brian Fry	25	25:58
78	Joe Connelly	44	26:16
79	Krissy Justice	29	26:19
80	Janet Nissenson	46	26:29
81	Jack Olson		26:44
82	Eric Shackelford	56	26:47
83	Tom Huster	63	26:54
D-1	Kim Chee Huster	1	26:54
84	Katherine Moser	37	27:01
85	Yong Cho	48	27:02
86	Fred Haber	46	27:03
87	Suzana Seban	52	27:05
88	Brigitte Schlatter	54	27:13
89	Marisa Alvarez	32	27:15
90	Gustaman	29	27:17
91	Russell Breslauer	61	27:37
92	Michael Illegible	48	27:45
93	Kelly Bader	25	28:28
94	Mark Mooney	49	28:35
95	Julia Dery	24	28:38
96	H. Nebeling	73	28:39
97	Bill Woolf	71	28:42
98	Jeff Houston	48	28:51
99	Silvia Wronka	31	29:11
100	Barbara Arriaga	40	29:14
101	Ann Broadwell	58	29:56
102	Mia Glasman	25	30:11
103	Allison Neves	34	30:32
104	Travis Cooke	30	30:33
105	Jeanie Jones	70	30:45
106	Denise Kalos	44	30:52
107	Marcia Martin	54	31:22
108	Elliot Hoff	37	31:55
109	Heidi Hammack	39	32:02
110	Calvin Chan	55	32:29
111	George Sacco	68	33:08
112	Laurie Huth	34	34:01
113	Dominique Reeves	26	34:13
114	Marina Gelman	46	34:14



Conservatory 5K runners coming  
around Stow Lake

Photo by Don Watson

115	Cynthia Purses	58	34:49
116	Jane Colman	63	35:23
117	Kirsten Criscenti	27	35:29
118	Richard Hauver	67	36:24
119	Nancy McCormick	38	36:32
120	Ted Vincent	70	37:50
121	Dina Kovash	67	40:17
122	Priscilla Aguiar		40:29
123	Bob Theis	77	41:59

#### SELF-TIMERS

Don Watson	76	
Ellen Breslauer	58	
Jane Lee	56	
Jim Pommier	73	
Lynn Rodriguez	67	1:38:00
Mary Tully	57	
Phyllis Nabhan	59	
Steve Nissenson	58	
Tom Boyd	60	
Wally Rapozo	77	

#### KIDS' RACE

Shannon Luppino	10.5	2:45
Dylan Moser	6	2:40
Julia Moser	4	3:20
Katy Oda	6	2:50
Scott McManus	4	3:40
Jack Olson	10	2:20
Chole Dunnigan	4	4:00
Diego McManus	2	6:07

June 18, 2006

Walt Stack 10K

**Race Directors:** Suzana Seban and

Marie-Pierre Carlotti

**Volunteers:** Kevin Lee, George Sacco,

Mort Weisberg, Richard Hannon,

Calvin Chan, Hilary Fong, Kevin Cuevas

PL	NAME	AGE	TIME
1	Cathal Ridge	33	37:31
2	Matthew Mullen	41	37:55
3	Wolfgang Schmulewicz	52	38:17
4	Peter Hsia	45	39:01
5	Jonathan Bretan	23	39:24
6	Ronald Lau	20	39:47
7	Anna Bretan ①	21	39:52
8	Bill Nolan	41	40:05
9	Thomas McManus	36	40:31
10	Jason Reed	27	40:40
11	Mark Ford	46	40:45
12	John Sullivan	40	40:48
13	John Woods	42	40:51
14	Kennet De Silva	24	41:42
15	Mason Bretan	19	41:50
16	Brian Sexton	49	41:55
17	Kevin Fry	27	42:26
18	Patrick Newman	22	42:36
19	Vinny Geelan	34	42:47

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**Walt Stack 10K Race Directors**  
**Marie-Pierre Carlotti and Suzana Seban**  
 © 2006 Paul Mosel

20	Jeremy Calnan	46	42:49
21	Joy Ulickey ②		43:00
22	Steve Trutane	41	43:04
23	George Rehmet	39	43:10
24	John Mullen	31	43:14
25	Chris Clifford	45	43:17
26	Ed Tischbern	47	43:19
27	John Buckley	45	43:23
28	Larry Snyder	40	43:24
29	Bob Bowman	51	43:29
30	Ian Reid	62	43:30
31	Scott Weaver	46	43:40
32	Jerry Flanagan	40	44:09
33	Colin Ryan		44:18
34	Daryl Luppino	46	44:20
35	Cameron Poetzsch	36	44:31
36	Tuelo Setswamoro ⑧	28	44:37
37	Noe Castanon	35	44:49
38	Steve Powell	42	45:32
39	Gavin Grace	20	46:04
40	William Camisa	20	46:09
41	Andrew Collins	31	46:14
42	Michael Sweet	36	46:25
43	Tom Walter	45	47:22
44	Theo Jones	67	47:29
45	George Baptista	63	47:29
46	Mark Kelley	50	47:31
47	Joel Rizzo	40	47:44
48	Daz Lamparas	54	48:08
49	Jon Goldberg	30	48:10
50	George Musante	51	48:11
51	Kim Morton ④	40	48:13
52	Patrick Lee	58	48:31
53	Ed Celestina	55	48:35
54	Bob Senoff		48:53
55	Phil Melman	40	48:58
56	Joe Edwards	48	49:03
57	NO NAME, NO AGE		49:15
58	Lina Morris-Khatib ⑤		49:25
59	Matt Johnson	33	49:44
60	Paul Mosel	64	49:47
61	Amy Sonstein	36	50:10
62	Raymond Lie	29	50:21

63	Christopher Kraemer	53	51:10
64	Randi Zuckerberg	24	51:32
65	Jim McBride	63	52:31
66	Jennifer Hammack	34	52:33
67	Chris O'Neill	16	52:35
68	Kaitlyn Bianchette	23	52:42
69	Sam Roake	70	53:16
70	Ben Bogin	13	53:38
71	Kenneth Fong	44	54:01
72	Sue Aeberli	37	54:07
73	Michael Marhic	60	54:21
74	Jilia Widstrand	42	54:23
75	Mitsuyuki Ohura	47	54:29
76	Mick Lavelle	53	54:30
77	Vin Bixasicar	34	54:39
78	NO NAME, NO AGE		54:40
79	Gregg Ramsey	48	54:56
80	Michele Wayne	36	54:58
81	Hans Olofsson		55:28
82	Sten Mawson	64	54:44
83	Mort Weisberg	69	56:20
84	Jenny Nagel	32	56:40
85	Yong Cho	48	56:59
86	Fred Haber	46	57:00
87	Tom Huster	63	57:08
88	Gary Brickley	53	57:11
89	Owen Hammach	33	57:12
90	Steven Scotten	36	57:15
91	Marian Lyons	50+	57:17
92	Chris Dachs	23	58:00
93	Stan Yasuhara	56	58:01
94	Jino DeCastro	23	58:40
95	Katie Hulgrave	26	58:42
96	Donna Dea	43	58:45
97	Jack Bascom	64	58:50
98	Jen Melman	34	59:21
99	Sarah Skikne	24	59:23
100	Eric Shackelford	56	59:24
101	Judith Waitz	46	59:27
102	Steve Yelderman	24	59:30
103	Caitlin Hipskin	22	59:36
104	Elisa Zuniga	36	59:38
105	Norman Ching	48(?)	59:48
106	Kim Swenson	33	59:57
107	Lan Nguyen	27	1:00:08
108	Sommer Ghaieb	23	1:00:23
109	Carole Mawson	62	1:00:29
110	Jim Kauffold	68	1:00:31
111	Dan Kauffold	32	1:00:32
112	Angelo Viduclic	39	1:00:34
113	Ove Karlein	40	1:01:16
114	Laura Page	24	1:01:23
115	Holly Bogin	44	1:01:39
116	Dave Floersch	65	1:01:49
117	Peggy Shen	34	1:01:52
118	Kim Backstrom	36	1:01:55
119	Mark O'Neill	47	1:01:57
120	Brie Reybine		1:02:07
121	Juan Lopez	30	1:02:26
122	D. Robinson		1:02:33

123	Eileen Gallagher		1:02:35
124	Bill Woolf	71	1:02:47
125	H. Nebeling	73	1:02:49
126	Steve Markwith	24	1:02:58
127	Mayra Madrigal	28	1:03:01
128	Greg Markwith	28	1:03:15
129	Mike Markwith	54	1:03:16
130	Angela Peachty	31	1:03:43
131	Sean Aviney	58	1:04:00
132	Ayelet Ezran	33	1:04:06
133	Jennifer Tubbs	31	1:04:10
134	Jared Duncan	24	1:04:31
135	Allison Landi	39	1:06:49
136	Harry Cordellos	68	1:07:44
137	Gregory Brown	56	1:07:44
138	Katy Johnson	24	1:08:20
139	Kay Teiber	66	1:08:26
140	Elizabeth Terry	41	1:08:54
141	Erin Fant	28	1:09:00
142	Sarah Mason	32	1:09:02
143	Norm Friedland	59	1:09:04
144	Dennis Hassler	72	1:09:18
145	Kellan Rizza	26	1:09:47
146	Evelyn Martinez		1:09:49
147	Valerie Turck	31	1:10:22
148	Tina Hong	28	1:12:30
149	Q. Trinh	35	1:13:57
150	Jane Colman	63	1:14:29

#### SELF-TIMERS

Robert Brizuela	66	
Joe Connelly	44	
Gary Davis		
Doerte Murray	65	
Wendy Newman	56	
Kate O'Conner	39	59:30
Megan O'Conner	36	54:00
Sheila O'Conner	37	58:00
Ed Olkowski	63	
Liese Rapozo	78	
Wally Rapozo	77	
Bob Theis	77	
Don Watson	77	



**Racing along Crissy Field toward the finish  
 of the Walt Stack 10K**  
 Photo by Don Watson



so, sign on for one of six remaining race director assignments or volunteer at one of the upcoming races. We can really use your help with the upcoming 7/9 Coastal Trail Challenge race series. 8/20 is the deadline to be eligible to attend the 2006 DSE Volunteer Picnic. I look forward to seeing you at this fun and enjoyable event.

### REACH OUT AND TOUCH DSE'S HAND

When a fellow DSEer is on an unexpected hiatus, away from DSE due to injury or health reasons, what happens next? Do we follow through, check in, call them to wish them a speedy recovery and hope to see them real soon? For the longest time, I have been planning to visit Ursula Bernhart (she has Lou Gehrig's disease). On 5/30 a few DSEers and I finally made arrangements to visit with Ursula along with her sisters, Barbara and Monica. Good news and bad news: Ursula still has her love for the DSE. During our visit, she flashed her infectious smile upon seeing the photos of the DSE 40th Anniversary 5K. We all had a great time reminiscing about the DSE. Ursula's condition has worsened. She no longer has muscle function and is wheelchair incapacitated. Sandra, Calvin, Henry and I are very grateful that we got the chance to visit with Ursula. We hope to see her again real soon. If you have a similar experience with other DSE members or friends you haven't seen for a while, please take the initiative to contact and see them. I am sure you will come away with a heartwarming experience.



## 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
<b>Boston Marathon</b>						
13721	Judith Taksa Webb	62	9		F 60-69	4:02:20
<b>Ohlone Wilderness 50K Run, Fremont, May 21</b>						
44	Adrian Jue	24				6:36:52
<b>LMJS 4th Sunday 5K, Oakland, May 28</b>						
29	Barbara Robben	72	1		F 70+	33:34
<b>LMJS 4th Sunday 10K, Oakland, May 28</b>						
9	Jim Buck	62	1		M60-69	46:59
<b>LMJS 4th Sunday 15K, Oakland, May 28</b>						
6	Gene French	59	3		M50-59	1:10:27
<b>Marin Memorial Day 10K, Kentfield, May 29</b>						
17	Cliff Lentz	41	4		M40-44	33:58
72	Tyler Abbott	45	18		M45-49	37:40
85	Adam Lucas	39	6		M35-39	37:53
95	Eduardo Vazquez	33	11		M30-34	38:14
124	John McIntz	39	10		M35-39	39:00
135	Mark Forde	46	26		M45-49	39:19
170	Kennet De Silva	24	23		M19-29	40:48
171	Russ Kiernan	68	1		M65-69	40:51
210	Pablo Perez	40	26		M40-44	42:41
255	Wayne Plymale	54	20		M50-54	44:43
303	David Klinetobe	45	49		M45-49	47:19
304	Amy Sonstein	36	18		F 35-39	47:24
345	Jeff Bedolla	52	26		M50-54	49:50
361	Paul Mosel	64	8		M60-64	51:00
412	Kat Powell	55	4		F 55-59	54:47
474	Dennis Hassler	72	7		M70-74	1:01:41
475	Jay Brignon	61	19		M60-64	1:01:51
479	Barbara Robben	72	1		F 70-74	1:02:50
511	Jane Colman	62	7		F 60-64	1:16:24

### Saddleback Memorial Half Marathon, Laguna Hills, May 29

Gregory Brown 2:04:00

### Rock 'n' Roll Marathon, San Diego, June 3

6179 Gregory Brown 56 117 M55-59 4:34:41

### Statuto 8K, San Francisco, June 4

*Note: These are the names that were reported to me by one of the runners. There may have been other DSE members there as well.*

Wayne Plymale  
Mort Weisberg  
Michael Gama  
George Baptista  
Paul Mosel  
Ed Mahler  
Tony Stratta

### Hit the Road Jack 10K, Sonoma, June 4

83	Jim Buck	63	3	M60-69	46:58
91	Matthew Fabry	33	22	M30-39	47:29
118	Nick DeBenedictis	46	29	M40-49	49:26

continued on page 9



## ◆◆◆ 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](mailto: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 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

### 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 [alcatraz-swimmer@sbcglobal.net](mailto:alcatraz-swimmer@sbcglobal.net) or 650-438-9589. All Coastal Trail volunteers will receive post-race refreshments along with DSE's heartfelt thanks.

### DSE AT THE RACES

*continued from page 8*

446	Barbara Robben	72	1	F 70-99	1:08:00
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### The Dipsea Race, 7.2 miles, Mill Valley, June 11

*Note: Section is either I (invitational) or R (runner).*

PLACE	NAME	AGE	SECTION/ PLACE	CLOCK TIME	ACTUAL TIME
4	Russ Kiernan	68	I/4	48:58	1:04:56
8	Steve Stephens	62	I/8	49:51	1:03:49
9	Cliff Lentz	41	I/9	50:12	52:11
48	Mike Lopez	48	I/48	55:34	1:00:30
132	Christine Lopez	43	I/132	1:00:03	1:10:01
153	Tyler Abbott	45	I/153	1:00:44	1:04:41
201	David Moulton	38	I/201	1:02:48	1:04:45
217	James Flanigan	56	I/217	1:03:20	1:12:18
718	Barbara Robben	72	I/605	1:34:46	1:57:44
964	David Klinetobe	45	R/356	1:44:21	1:23:18
972	Jay Brignon	61	R/365	1:44:39	1:32:37
974	Mick Lavelle	53	R/367	1:44:40	1:26:26
1181	Deninis Hassler	72	R/572	1:55:27	1:53:24
1373	Harry Cordellos	58	R/763	2:32:24	2:26:24
1374	Michael Pechner	59	R/764	2:32:24	2:18:24
1380	Tony Stratta	76	I/611	3:59:00	4:21:57

### Grandma's Marathon, Duluth, MN, June 17

5203	Kat Powell	55	28		5:02:40
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## ◆◆ Notices ◆◆

### WEBMASTER ON VACATION

With the webmaster on vacation From June 25 to July 15, the DSE website will not be updated with race results or other race information. If you wish to receive race results via email and are not already on the DSE email list, then, prior to race day, join the DSERUNNERSCLUB egroup mail list at <http://groups.yahoo.com/group/DSERunnersClub/join>, and you will receive the race results as soon as they are processed. Double Dipsea Race results will be posted on [www.doubledipsea.com](http://www.doubledipsea.com) as soon as possible.

### DSE OFFICER DUTIES

**President:** To preside over meetings, represent this association in the RRCA, to call any special meetings, and to appoint committees and chairpersons thereof.

**Senior Vice President:** To assume the powers of the president in his or her absence.

**Second Vice President:** To take on special assignments as requested by President.

**Secretary:** To record minutes of General Meetings, to keep a file of such minutes and, when requested by the president, to accept assignments involving correspondence and the keeping of records.

**Treasurer:** To administer all financial dues and to have the authority to sign or disburse necessary appropriations as directed, and filing applicable tax returns. Must have a PC.

**Officer at Large:** appointed by the President as needed.



At the finish of The Dipsea Race: Ben Pechner, Mike Pechner, Jessica Pechner, Jack Kirk, who did the Dipsea 68 consecutive times and will be 100 in October, Harry Cordellos, world famous 68-year-old blind triathlete. Mike and Harry ran together over the 7.1 mile course from Mill Valley to Stinson Beach.

Photo by Stephen Nellis

# ◆◆◆ 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](http://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.

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

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## **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](http://www.Active.com): \$5/\$8 members/nonmembers, after 7/5 \$8/\$10 (See race application insert)**

## **Sun Jul 16 Legion of Honor Run, 4.3 miles**

START/FINISH: Legion of Honor Parking Lot, meet above 34th Ave. & Clement St.

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

COURSE DESCRIPTION: Run downhill on El Camino del Mar. Take lower fork at 30th Ave. & El Camino. Turn around at fire hydrant, return uphill on El Camino, run back beyond starting line, and continue downhill on Legion Of Honor Drive. Make a right at Clement. Continue uphill on Clement which curves into Seal Rock, right at 48th Ave. & El Camino del Mar; run northbound along El Camino into parking lot; turn around at USSSF Monument. Return along same route to Legion of Honor finish.

## **Sun Jul 23 Windmill Run, 10K**

START/FINISH: Kennedy Drive & Great Highway (Dutch Windmill)

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

COURSE DESCRIPTION: Run eastbound along Kennedy Drive past Conservatory of Flowers; turn around in front of Sharon Meadows, 1/4 mile prior to McLaren Lodge barricade. Return back same way to finish.

## **Sun Jul 30 NO DSE RUN—Join DSE at the SF Marathon Aid Station**

MEETING SITE: Transverse/Crossover (near Kennedy Drive), Golden Gate Park

REPORTING TIME: 6:00 AM

# ◆◆◆ 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](mailto: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](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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](mailto: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





# Happy Birthday! ◆◆◆◆◆◆◆◆

8 Mark Janes  
 10 Rishi Raghavan  
 11 Dina Kovash  
 10 George Teiber  
 11 Pete Gallagher  
 12 Brittany Holley  
 12 Jeff Bedolla  
 14 Pete Nowicki  
 George Rodriguez  
 Anders Ryerson  
 15 Sarah Steer  
 16 Nicholas Cannata-Bowman  
 18 Lindsey Heldens  
 Jean-Claude Travers  
 19 Kay Teiber  
 20 Michael Chu  
 Connor Flanagan  
 Samantha Garriott

21 Guy Murtagh  
 23 Joan Tyler  
 Bill Dake  
 John Mintz  
 26 Ilham Stropes  
 28 Margie Whitnah  
 29 Gina Antonini  
 Michael Korn  
 Andrea Wald  
 30 Wallace Rapozo  
 Oscar Sanchez  
 Robert Theis  
 31 Thomas Enderle  
 Aaron Low

## New Members

**BELMONT**  
Brigitte Schlatter

**SAN FRANCISCO**  
Kyle Clarke  
Dylan Moser  
Julia Moser

**VALLEJO**  
David Lakin



**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](mailto:nishikifinley@sbcglobal.net). He will notify you when each newsletter is available for download from [www.dserunners.com](http://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!