

## Janet Nissenson

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◆ ◆ ◆ KEVIN LEE

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and therefore more members might be willing to volunteer to serve on such a committee.

At the July 23 meeting, several members indicated a desire to "keep the status quo" and continue the governance of DSE with five officers, as is the current procedure. This will certainly continue to be the case provided there is at least one candidate for each of the five offices by September 4. If not, then the Executive Committee will be launched and we will be asking members to volunteer to serve on this committee. Stay tuned to the DSE newsletter, website and weekly races for continuing developments.

## URSULA'S TEAM FOR ALS WALK

On Sunday, September 17, 2006, the ALS organization of the Bay Area has a walk at Lake Merritt in Oakland to benefit the research of this disease. Registration starts at 10:00am, the walk starts at 11:00 AM.

Barbara Bernhart has established an online registration for Ursula's team at [www.alsabayarea.org](http://www.alsabayarea.org), where people can sign up for the walk and also donate money even if they are unable to participate in the walk.

This event coincides with our DSE Single/Double Muni Pier Run. When people sign up online for ALS we should be able to get over to Oakland for the 11:00 AM start of the walk. Maybe we could car-pool.

If you have questions, contact Doerte Murray at 415-626-3607 or [doerte.murray9655@sbcglobal.net](mailto:doerte.murray9655@sbcglobal.net).

## RESTORING THE DIPSEA STEPS

We are raising \$\$ to repair and restore the famous Dipsea Steps. The DSE is asking members to contribute to this worthy cause. We have voted to guarantee at least a \$1,000 donation. The DSE Club will also contribute based on the individual contributions received. For each \$1,000 raised we choose the name or brief message to be engraved in the plaque that's embedded into the riser or surface of the step.

A special donation box will be available at the next DSE race along with a chart plotting the progress of this campaign.

More information is available at:  
<http://www.dipseafoundation.org/steps.html>

**WE HAVE ALREADY RAISED  
OVER \$250**

## FROM THE PRESIDENT'S DESK

continued from page 1

run the crowd pleasing GG Park Cross-Country 5K. Every now and then, DSE runs into detours. On 8/20 our out & back Fort Point Promenade race course has a roadblock at the Great Meadows (at top of Fort Mason). Therefore DSE is reversing its race course and packaging two familiar DSE Races for the price of one. Race participants will run the Single Muni Pier (1.25m) and finish with the Embarcadero 10K race course. After the 8/20 double work, everyone needs a running break. There is NO DSE RUN on 8/27. Instead DSE will hosting its Volunteer Appreciation Picnic. You have until 8/20 to volunteer to be eligible to join us for the picnic. I hope to see you there.

## DIPSEA RACE FOUNDATION STEPS RESTORATION DONATION

Twice annually, DSE traverses the Dipsea steps with its staging of the Practice Dipsea and Double Dipsea Races. When we found out that there is a special project to restore the top flight or top 100 steps, the DSE immediately laced up its shoes and came running. The \$100,000 restoration, to be done as a \$1000 per step donation, is a very worthwhile project. DSE has decided to secure at least one Dipsea Step, by earmarking \$1000 from the general fund. In addition, DSE will accept individual club member donations (c/o DSE Runners) to secure additional step(s). As the cumulative donation total climbs toward each \$1000 plateau, these updated totals will be posted at the weekly DSE Races and DSE Website. This Dipsea Race Foundation restoration donation drive will end on 10/29/06. For further information, see <http://www.dipseafoundation.org/steps.html>.

## 2007 RACE SCHEDULING SUBMISSIONS

On 8/13, DSE will begin laying out its 2007 Race Schedule. If you have a favorite race you wish to have considered, please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653 ASAP. Please take into consideration the following: runner safety, must be recognized distance (5K, 4M, 10K, etc.), you must design the course or have a race course map, proximity of parking and restrooms.

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## ◆◆◆◆◆ 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)

### Letters to the Editor

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

### Articles and Photos

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

### Submission Deadline

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

# THE SCIENCE OF PERMITS

*Ted Vincent*

Discussion at the DSE membership meeting on July 23 turned to race permits. They are essential for the majority of our club races, and their varying costs influence which courses we choose to run. President Kevin Lee explained that club races that start at the Dolphin Club and run west can be a financial drain, while races which start at the club and run east are pretty certain profit makers. When we go west we enter the Golden Gate National Recreation Area and pay a \$125 fee. If we go East we pay the National Park Service a \$50 fee.

Vice President George Sacco showed a sheet at the meeting that listed the year's races and the permits required. In addition to Golden Gate National Recreation Area and National Park Service, there is the S.F. Park and Rec (which has a 50 cent per runner tab), there is the San Mateo parks' Sawyer Camp permit of roughly \$100, plus a one dollar per car fee. Finally, there are a number of runs on city streets and sidewalks for which we need no permit.

An example of the financial difference in races comes from comparing the Mission Rock Run and the Practice Dipsea. Each drew 115 runners/walkers. Assuming, optimistically, that half the participants were club members and half higher paying non-members, we get a \$4 average per runner for the 115, or \$460. The Dipsea goes through the GGNRA and requires a \$125 permit, plus a \$75 to \$100 race surcharge. The Mission Rock is a street race, and nets the club the full \$460.

The temptation to fill the schedule with cheap city street races is balanced by the bigger draw of runs in the park areas. For instance, the free Twin Peaks Loop drew 70 runners (\$280). But our Waterfront 10 Mile and 5K that cost a \$50 National Park Service permit drew 251 runners, making a profit of near \$1000 even with a fee.

Over the years, a few of our runs have gone through two permit areas. The Golden Gate Vista, for instance, required both \$125 to the GGNRA

and the SF Park and Rec 50 cents per runner. There were 126 runners, \$604, minus \$125, minus \$63. In an effort to avoid paying two permits, changes were made to our Ocean Beach run that used to go along the boardwalk by Golden Gate Park and along the dirt and sand path above the beach. It was moved inland across the Great Highway and labeled the Great Highway Run. This year it drew 102 runners.

Permits are by no means the total cost. Ribbons cost 75 cents each, up from a few years ago. Races have a \$25 cost in advertising. When an old run is discontinued, it is often because attendance has gone too low to cover finances, not to mention the cost of time and energy to race volunteers. Kevin Lee feels the traditional Christmas Relays might be ready for the scrap heap. It hardly had 40 people last year, and, Kevin notes, they were nearly all members, i.e. the low-priced runners.

Fortunately, runners are flocking to most DSE runs. George Sacco notes a jump of 884 more runners this year than last year from January to mid-July. A curious feature of this year's results is the number of runs with 133 or 134 runners; they are Conservatory 5K, Kennedy Drive 8K, Polo Fields 5K, Golden Gate Park 10K, Rainbow Falls 5K, and the two Lake Merced Runs. All these are in the 50 cent per runner fee category.

The big winner in attendance for the DSE was our Double Dipsea, with its 343 runners. In finances, however, it had to deal with the numerous fees and permits, that befit a race that ran four hours and required medical crews on duty. High entry fees and aggressive clothing sales were, of course, necessary. Over all, our club has a \$7,000 profit this year, whereas for all of last year we lost \$3,000.

The success of the January 29 Sawyer Camp Trail run in San Mateo County was the subject of much pleasant chitchat at the club meeting. Kevin Lee commented that the 181 runners showed, "We've found a new crowd, Peninsula runners who are starved for races."

**FROM THE PRESIDENT'S DESK**  
*continued from page 2*

## 7/23 GENERAL MEETING SUMMARY

In addition to the 2007 DSE Office Nomination Alert and Dipsea Step Donation, a \$250 GG National Park Conservancy membership was approved. The idea for this is to shore up relationships and give back to the GGN Park.

Membership is down to 312 households; 72% receive snail mail and 28% receive electronic newsletters. Newsletter postage savings is approximately \$407. DSE finances are solvent from 25 DSE Race monies thanks to a 940+ race attendance increase. 2006 Race analysis reviews positives: 21-25 DSE races have over 125 race attendants; the remaining 4 between 70 and 86. 2007 Race scheduling will look toward upgrading/attracting new race participants by turning odd mileage races into 5K distance (e.g. Easter Roller Coaster from 2.92 to 5K). On the opposite side, there was discussion to eliminate overpriced race permit races (e.g. double permit GG Bridge Vista, which requires permits from both GGNRA & Park & Rec); downsize 2nd Stern Grove Run; change low attended (36 race attendance in 2005) Xmas Blind Date Relay into a FUN RUN; add second Sawyer Camp Trail 5k/10K; add second Ballpark 5K.

## DSE BIG EVENT RACE DIRECTOR OUTLOOK

Kudos go to all 2006 DSE Race Directors for their leadership in staging successful DSE races. However, serving as the race director of one of the DSE big events takes leadership to another level of excellence. I would like to thank all the 2006 big event RDs. These include Janet Nissenson for the Waterfront 10M, Ken Reed for the Double Dipsea, and George Rehmet for the Coastal Trail Challenge. We should extend the same club support to two upcoming big events, the 9/10 Lake Merced 1/2 Marathon and the 9/24 Distance Classic. Adrian Jue and the team of Fred Haber and Yong Cho will thus have the same satisfaction of achieving big event success.

# 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.

July 2, 2006

Lake Merced 4.5M

Race Director: Laurie Sullivan

Volunteers: Kevin Lee, George Sacco,

Mort Weisberg, Richard Hannon,

Calvin Chan, Bobby Marty, Wally

Rapozo



Race Director Laurie Sullivan  
with sons Patrick and Kevin

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PL	NAME	AGE	TIME
1	Stephan Aris	38	24:41
2	Matt Patout	33	26:08
3	Mark Janes	30	26:24
4	Michael Brandell	21	26:38
5	David Davis	37	26:45
6	Tom Prindiville	27	27:02
7	Jason Reed	27	27:21
8	Brandon Yragui	17	27:44
9	Thomas McManus	36	27:53
10	John Woods	42	28:09
11	Eduardo Vazkez	33	28:26
12	Mark Ford	46	28:29
13	Ben Allen	27	28:43
14	Kennet De Silva	24	29:01
15	Samuel Horvell	43	29:05
16	Devon Crosby-Helms ①	24	29:05
17	George Rehmet	39	29:30
18	Jeremy Calnan	46	29:33
19	Marc-Cedric Latreille	28	29:45
20	Jelani Dotson	33	29:50
21	Andrew Bloch	43	29:54
22	Heather Leutwyler ②	28	29:55
23	Gene French	59	30:05
24	Patrick Sullivan	16	30:40

25	Peter Hsia	46	30:46
26	Jim Buck	63	30:59
27	Mariah Walker ③	10	31:07
28	Daryl Luppino	46	31:08
29	Michael Sweet	36	31:36
30	Brad Spielman	38	31:46
31	Noe Castanon	35	32:00
32	Matthew Fabry	33	32:03
33	NO NAME NO AGE		32:06
34	Sunanda Minarikova ④		32:07
35	Frank Shum		32:10
36	George Baptista	63	32:11
37	Lazaro Sanchez		32:17
38	NO NAME NO AGE		32:23
39	Joel Rizzo	40	32:31
40	Karl Olson	53	32:33
41	Marie Appel ⑤	42	32:43
42	Patrick Lee	58	32:51
43	Christopher Kraemer	53	32:55
44	Mark Kelley	50	33:01
45	Raymond Lie	29	33:17
46	Ed Santos	36	33:23
47	Daz Lamparas	54	33:36
48	Amy Sonstein	36	33:37
49	Kevin Sullivan	14	33:49
50	Jeremy Leitman	30	33:51
51	Craig Edwards	60	34:17
52	Lina Morris-Khatib		34:27
53	Paul Mosel	64	34:36
54	Keith Johnson	68	34:39
55	Manish Harpalani	33	34:52
56	Eric Park	60	34:53
57	Kathleen Lail	38	34:59
58	Vincent Ramirez	18	35:20
59	Bernadette Pedagno	55	35:28
60	Steven Pitsenbarger	38	35:40
61	Mikel Matto		35:46
62	Willi Wehowshy	38	36:01
63	Thomas Smiley	48	36:21
64	Stephanie Broder	15	36:22
65	Sam Roake	70	36:31
66	Dermot O'Neill	42	36:32
67	Cindy Santos	34	36:34
68	Patrick Regan	39	36:36
69	R. Archibald		36:39
70	Julius Schillinger	59	36:41
71	Tom McCarthy	60	36:42
72	Neal Ashton	49	36:53
73	Hilary Fong	48	37:05
74	Karen Azevedo	43	37:06
75	Peter Royce	71	37:08
76	Gregory Brown	57	37:10
77	Michele Wayne	36	37:12
78	Marian Lyons	50+	37:13
79	Kenneth Fong	44-1/2	37:27
80	Roger Mazon	50	37:30
81	Hashim Bashiruddin	49	38:25
82	Alfred Hu	45	38:28
83	Ana Amaya	35	38:29
84	Yong Cho	48	38:30

85	Fred Haber	46	38:31
86	Mike Lemke	42	38:32
87	Gary Brickley	53	38:53
88	Joe Connelly	44	38:56
89	Janice Yuen		39:05
90	Brigitte Schlatter	54	39:10
91	Dave Sabo		39:12
92	Dave Floersch	65	39:20
93	Patrick Mattimore	56	39:29
94	Brian Hartley	53	39:51
95	Stan Yasuhara	56	40:03
96	Regina McKenzie	35	40:06
97	Gero Reynolds	48	40:13
98	Norman Ching	58	40:17
99	Steven Scotten	36	40:19
100	Lorrie Kalos	45	40:28
101	Olivia Horgan	33	40:37
102	Mark Mooney	49	40:59
103	Suzana Seban	52	41:05
104	Alyssa Rasis	16	42:00
105	Jeff Houston	48	42:29
106	Tom Huster	63	42:31
106	Kim Chee Huster	1	42:31
107	Kellen Blurton	25	42:55
108	H. Nebeling	73	42:56
109	Bill Woolf	71	43:02
110	Silvia Foppiano	37	44:17
111	Jim Kauffold	68	46:03
112	Harry Cordellos	68	46:04
113	NO NAME NO AGE		46:14
114	Q. Trinh	35	46:14
115	Barbara Robben	72	46:15
116	Mary Matto	31	46:32
117	Kay Teiber	66	46:59
118	NO NAME NO AGE		47:56
119	George Sacco	68	48:44
120	Gustavo	33	52:15



A pack of runners rounding Lake Merced  
Photo by Don Watson

## SELF-TIMERS

Bob Theis	77
Denise Kalos	44
Doerte Murray	65
Don Watson	77
Jane Lee	56
Jim Pommier	73

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**LAKE MERCED 4.5M***continued from page 4*

Liese Rapozo	78	
Linda Wheeler	59	
Mark Magers	48	
Richard Finley	58	
Robert Brizuela	66	1:14:00
Ted Vincent	70	
Tom Boyd	60	
Tony Stratta	76	1:22:00

**KIDS' RACE**

Jessica Pechner	12	1:57
Shannon Luppino	10	2:02
Dylan Moser	6	2:15
Julia Moser	4	2:50
Scott McManus	4	2:40

Tim Abbott	2-1/2	8:20
Lena Hsia	2-3/4	9:10
Hetti Hsia	2-3/4	9:13

**July 9, 2006****Coastal Trail Challenge 10K and Half Marathon****Race Director:** George Rehmet

**Volunteers:** Kevin Lee, Bobby Marty, Calvin Chan, George Sacco, Richard Hannon, Jim Pommier, Ken Reed, Robert Brizuela, Jerry Flanagan, Wally Rapozo, Eduardo Vasquez, Shannon Luppino, Ken Fong, Sandra Seiki, Judith Jarosz, George Baptista

**Race Director George Rehmet**

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## FORMER DSE PRESIDENT JOE OAKES HONORED

*London:* Joseph A. Oakes, Portland, Oregon, has been appointed as a Fellow of Great Britain's prestigious Royal Geographical Society. Oakes has been "adventuring" for many years, from the Arctic to the Antarctic. He was honored for his non-motorized circumnavigation of the earth, walking, running, cycling, mushing, kayaking, swimming and sailing around the planet. En route he became the first person to swim from Russia to Alaska in the Diomedes, in the Bering Strait.

When asked how he felt about being inducted into the Royal Geographical Society, Oakes replied, "I am flabbergasted at being asked to join the ranks of people like my hero, Ernest Shackleton. It is beyond my wildest expectations, and frankly, I do not feel that I deserve it." That sounds a little modest for a man who has run 130 marathons, 51 ultramarathons, half a dozen Ironman triathlons, has done long-distance swims in the English Channel, the Strait of Gibraltar, the Dardanelles, the Bering Strait and his favorite, Alcatraz. He has mushed a team along the Iditarod Trail and has kayaked the Yukon River. He is also the creator of the Escape From Alcatraz Triathlon, now in its 27th year. Because of his long years of service to the community (Boy Scouts, Red Cross, etc.), Oakes was given the honor of carrying the Olympic torch along the route to Atlanta in 1996. He is the author of *The Alcatraz Swimmers Manual*, now in its fourth printing.

*continued on page 13***10K**

PL	NAME	AGE	HEADSTART MINUTES	HEADSTART TIME	ACTUAL TIME
1	Marv Smith	57	14M	33:50	47:50
2	Art Liberman	65	16M	36:18	52:18
3	Mari Manger ①	26	10M	39:06	49:06
4	Marc Forde	46	5M	40:09	45:09
5	Melissa Braisteo ②	34	10M	41:54	51:54
6	Stephanie Barber ③	44	14M	42:07	56:07
7	Ken Klein	53	8M	43:27	51:27
8	Amy Sonstein ④	36	10M	43:38	53:38
9	Scott Weaver	46	5M	44:03	49:03
10	Patrick Lee	58	14M	44:40	58:40
11	Jason Reed	27	S	45:08	45:08
12	Rosanna Saffaie ⑤	30	10M	45:24	55:24
13	Sara Papas	35	10M	45:50	55:50
14	Juliu Schillinger	55	14M	46:32	60:32
15	Elisha Zander	45	15M	46:34	1:01:34
16	Yong Cho	48	15M	46:43	1:01:43
17	Brierly Reybine	67	23M	47:14	1:10:14
18	Ardy Dunn	59	18M	47:27	1:05:27
19	Cyrus Saffaie	26	S	47:34	47:34
20	Jim Kauffold	68	18M	47:57	1:05:57
21	Brigitte Schlatter	54	16M	48:12	1:04:12
22	Lorrie Kalos	45	15M	48:54	1:03:54
23	Sue Herder	49	15M	48:57	1:03:57
24	Kevin Fry	27	S	49:23	49:23
25	Bill Woolf	70	18M	49:46	1:07:46
26	Sylvie Liberman	26	10M	49:56	59:56
27	Bradley Matthews	27	S	49:58	49:58
28	Michael Sweet	36	S	50:49	50:49
29	Hashim Bashiruddin	49	5M	51:41	56:41
30	Nishanga Bliss	38	10M	52:15	1:02:15
31	Gary Brickley	53	8M	52:57	60:57
32	Stan Yasuhara	56	14M	53:21	1:07:21
33	Susanne Steggerda	35	10M	53:28	1:03:28
34	Channon Cederna	31	10M	53:34	1:03:34
35	Jonathan Barber	39	S	53:40	53:40
36	Joel Rizzo	40	2M	53:46	55:46
37	Raymond Lie	25	S	54:11	54:11
38	Patricia Scott	21	10M	54:30	1:04:30

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COASTAL TRAIL CHALLENGE  
continued from page 5

39	Kenneth Fong	44	2M	54:41	56:41
40	No Name			55:03	
41	Lisa Tracy	38	10M	55:04	1:05:04
42	Hilary Fong	48	S	55:07	55:07
43	Viki Maxwell	36	10M	55:23	1:05:23
44	Fred Haber	46	5M	55:41	1:01:41
45	Hans Buehlmann	38	S	56:11	56:11
46	Jesse Springer	34	S	56:32	56:32
47	Matthew Fabry	33	S	56:45	56:45
48	Claudio Marcelo	47	5M	56:53	1:01:53
49	Devan Flynn	25	10M	58:35	1:08:35
50	Olivia Horgan	33	10M	58:54	1:08:54
51	Chris Kalos	29	S	59:14	59:14
52	Robbins Pastran	57	18M	59:19	1:17:19
53	Kathryn McCabe	41	14M	59:21	1:13:21
54	Colin Heckman	21	S	59:29	59:29
55	Jeff Zander	46	5M	59:51	1:05:51
56	Marcia Martin	54	16M	59:59	1:15:59
57	Ken Loders	47	5M	1:01:07	1:06:07
58	George Sacco	68	18M	1:03:12	1:21:12
59	Sky Dwyer	53	8M	1:03:16	1:11:16
60	Debra Buchanan	43	14M	1:03:45	1:17:45
61	Alan Stewart	19	S	1:04:29	1:04:29
62	Alisha Zimmerman	19	10M	1:04:31	1:14:31
63	Vinay Bapna	30	S	1:05:29	1:05:29
64	Michael Meyers	29	S	1:06:34	1:06:34
65	Mark Mooney	49	10M	1:14:16	1:24:16
66	Bob Theis	77	18M	1:28:40	1:46:40

SELF-TIMERS

Liese Rapozo	78		
Robert Kim	35		
Sean Aviney	59		
Teresa Janisch	25		
Tiffany Janisch	25		
Brigitte chlatler	54		
Kaitlyn Peale	16		
Steve Peale	44		
Patrick Mattimore	56		39:17

**1/2 MARATHON**

PL	NAME	AGE	HEADSTART MINUTES	HEADSTART TIME	ACTUAL TIME
1	Steve Stephens	62	29M	1:08:38	1:37:38
2	Heather Leutwyler ①	28	23M	1:21:44	1:44:44
3	Peter Hsia	46	10M	1:23:29	1:43:29
4	Josh Merlis	24	S	1:26:57	1:26:57
5	Chafik	32	S	1:29:14	1:29:14
6	Matt Patout	33	S	1:29:55	1:29:55
7	Peggy Lavelle ②	45	30M	1:30:58	2:00:58
8	Sam Roake	70	35M	1:31:13	2:06:13
9	Ken Reid	45	10M	1:31:18	1:41:18
10	Dunn Malcolm	35	S	1:32:03	1:32:03
11	Susan Beck ③	48	30M	1:32:28	2:02:28
12	Chris Chromczak	21	S	1:32:51	1:32:51
13	Pete Nowicki	47	10M	1:33:51	1:43:51
14	Peter Royce	71	35M	1:34:08	2:09:08
15	Mark Janes	31	S	1:34:25	1:34:25

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July 16, 2006

Legion of Honor Run, 4.3 Miles

**Race Director:** Phyllis Nabhan

**Volunteers:** Robert Brizuela, Calvin

Chan, Joe Connelly, Kevin Fry,

Richard Hannon, Bobby Marty, Joelle

Miller, Wally Rapozo, George Sacco,

Selma Vincent, Mort Weisberg



**Race Director Phyllis Nabhan**

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I started running in 1983, after quitting smoking, losing 25 pounds, and first joining and then teaching an aerobics class at the Stonestown YMCA. I started running a few days a week around Stow Lake, where I met Ada Thomas and formed a Stow Lake running group with her. In 1984 I started running with the Saturday morning Water Fountain group. While training for the San Francisco Marathon in 1986, I ran into Stu Etzler, with whom I'd gone to school, and he persuaded me to join the DSE. That same day, I met Walt Stack, who gave me a t-shirt with his picture on it.

Running makes me feel free! Running makes me feel happy! Running makes me feel strong! Running with all of you gives me great friends that I have cherished for many years, and love.

PL	NAME	AGE	TIME
1	Chikara Omine	23	25:57
2	Matt Patout	33	26:07
3	Jason Reed	27	26:58
4	David Davis	37	27:12
5	Thomas McManus	36	27:47
6	John Mintz	39	28:03
7	John Woods	42	28:16
8	Nick Todd	25	28:51
9	Jerry Flanagan	40	29:17
10	Kennet De Silva	24	30:08

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COASTAL TRAIL CHALLENGE  
continued from page 6

16	David Newman	26	S	1:34:54	1:34:54
17	Jeremy Calnan	46	10M	1:35:43	1:45:43
18	Sina Aboutaleb	25	S	1:36:06	1:36:06
19	Kellie Banfield ④	19	23M	1:37:45	2:00:45
20	Eduardo Vazquez		S	1:40:03	1:40:03
21	Kennet De Silva	24	S	1:40:22	1:40:22
22	Jill Jackson ⑤	34	23M	1:40:33	2:03:33
23	Deborah Vanwieren	21	23M	1:40:34	2:03:34
24	Daryl Luppino	48	10M	1:40:41	1:50:41
25	Stephen Tracy	43	5M	1:42:30	1:47:30
26	Kathleen Lail	38	23M	1:42:53	2:05:53
27	Tyler Moore	24	S	1:44:50	1:44:50
28	Theo Jones	67	35M	1:46:20	2:21:20
29	David Klinetobe	45	10M	1:47:02	1:57:02
30	Heather Johnson	35	23M	1:47:15	2:10:15
31	Salina Yeung	39	23M	1:47:29	2:10:29
32	Chris Kraemer	53	8M	1:47:43	1:55:43
33	John Backman	60	16M	1:47:45	2:03:45
34	Jan Warhuus	43	5M	1:48:01	2:53:01
35	Daz Lamparas	64	16M	1:48:20	2:04:20
36	Jelani Dotson	32	S	1:48:27	1:48:27
37	Burton Lee	34	S	1:49:03	1:49:03
38	Thomas Smiley	58	25M	1:50:35	2:15:35
39	Teri Wong	37	23M	1:51:11	2:14:11
40	Paul Mosel	64	29M	1:52:16	2:21:16
41	Pat McCarthy	54	15M	1:52:59	2:07:59
42	Michele Wayne	36	23M	1:53:30	2:13:30
43	Jacob Warhuus	15	S	1:53:45	1:53:45
44	Susan Chin	39	23M	1:54:12	2:17:12
45	Dana Adams	35	23M	1:56:59	2:19:59
46	Lucia Lake	30	23M	1:57:00	2:20:00
47	Jennifer Alcaide	32	23M	1:57:11	2:20:11
48	Dave Floersch	65	29M	1:58:14	2:27:11
49	Rick Stevenson	35	S	1:58:36	1:58:36
50	Lisa Warhuus	39	23M	2:02:13	2:25:13
51	Harry Tam	33	S	2:04:59	2:04:59
52	Carolyn Garriott	43	28M	2:06:36	2:34:36
53	Ohera Mitsuyuki	47	10M	2:10:02	2:20:02
54	Ruhi Rastogi	25	23M	2:10:16	2:33:16
55	Deepak Manjunath	26	S	2:10:19	2:10:19
56	M McLavelle	54	8M	2:13:14	2:21:14
57	Conrad Yiu	40	5M	2:15:18	2:20:18
58	Laura Reed	34	23M	2:25:39	2:58:39
59	Evelyn Martinez	58	35M	2:35:00	3:10:00

SELF-TIMERS

Sandra Buth	46	
Elisa Zuniga	36	
Mort Weisberg	69	
Matthew Fabry	33	
Jacqui Bos	35	
David Nevers	35	1:15:54
George Lake	43	1:57:02
Elisa Marti	35	2:22:01
Kate Kane	34	1:40:39
Clarence McIlvaine	40	1:46:20
Marianne Frank	36	1:57:08
Nick Suess	14	2:10:04

LEGION OF HONOR RUN  
continued from page 6

11	Jeremy Calnan	46	30:28
12	Pete Nowicki	48	31:20
13	Matthew Fabry	33	31:43
14	Daryl Luppino	46	31:56
15	Noe Castanon	35	32:33
16	Ken Klein	53	33:31
17	Amy Sonstein ①	36	33:43
18	Mitsuyuki Ohura	47	34:09
19	Joel Rizzo	40	34:16
20	Christopher Kraemer	53	34:16
21	Nick DeBenedictis		34:22
22	Ron Hill	50	34:30
23	Daz Lamparas	54	34:50
24	Keith Johnson	68	34:59
25	Raymond Lie	29	35:20
26	Sarah Hansell ②	36	35:20
27	Art Lopez	29	35:34
28	Hashim Bashiruddin	49	35:46
29	Paul Mosel	64	35:49
30	Hilary Fong ③	48	35:57
31	Lina Morris-Khatib ④		36:14
32	Bob Cowdrey	62	36:55
33	Francisco Arnaiz	26	37:28
34	Thomas Smiley	50+	37:51
35	Mark Moser	37	38:02
36	Ilse Tonn ⑤	40	38:38
37	Kenneth Fong	44	39:10
38	Patrick Lee	58	39:21
39	Sam Roake	70	39:21
40	Dewey St. Germaine	37	39:28
41	Eric Shackelford	56	39:33
42	Ling Moser	36	39:44
43	Patrick Mattimore	56	40:00
44	Gregory Brown	57	40:15
45	Mary Barlow	30	40:38
46	Theo Jones	67	41:00
47	Regina McKenzie	35	41:07
48	Stan Yasuhara	56	41:09
49	Marian Lyons	50+	41:13
50	Elisa Zuniga	36	41:20
51	Tom Huster	63	42:47



The first uphill at the Legion of Honor Run  
Photo by Don Watson

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# LEGION OF HONOR RUN

continued from page 7

52	Kim Chee Huster	1	42:47
52	Jack Bascom	65	42:50
53	Sarah Skikne	24	42:58
54	Steve Rellerman	24	43:07
55	Jeff Houston	48	43:12
56	Sean Aviney		43:32
57	Jim Kauffold	68	43:50
58	Pres. Kevin Lee	51	43:51
59	Yong Cho	48	44:01
60	Laura Page	24	44:11
61	Olivia Horgan	33	44:31
62	Dennis Hassler	72	44:45
63	Johnny Rondzik	47	44:59
64	Bill Woolf	71	45:27
65	Evelyn Martinez	58	47:06
66	Gary Bengier	51	48:13
67	Mary Matto		48:52
68	Jeff Shopoff	62	49:49
69	Marcia Martin	54	50:03
70	George Sacco	68	50:40
71	Bruce Oliver		54:32
72	Jane Colman	63	57:02

## SELF-TIMERS

Robert Brizuela	66	1:15:00
Desirae Foster	11	
John Lang	66	1:45:00
Shannon Luppino	10	
Doerte Murray	65	
Richard Nishiki-Finley	58	
Jim Pommier	73	
Liese Rapozo	78	
Brie Reybine	63	
Tony Stratta	71	1:28:00
Bob Theis	77	
Mary Tully	57	
Ted Vincent	70	
Don Watson	77	

July 23, 2006

Windmill 10K

**Race Director:** Evelyn Martinez

**Volunteers:** Gary Brickley, Calvin Chan, Richard Hannon, Kevin Lee, Patrick Lee, Shannon Luppino, Bobby Marty, Janet & Steve Nissenson, Wally Rapozo, George Sacco, Mort Weisberg

PL	NAME	AGE	TIME
1	Nicholas Thompson	24	35:20
2	Parker Kelly	37	36:21
3	Mark Janes	31	37:19
4	Mathieu Des Jardins	36	37:28
5	Peter Hsia	46	38:12
6	David Davis	37	38:26
7	Barry Eisenberg	47	38:48
8	Jason Reed	37	39:24
9	Thomas McManus	36	39:41

10	Jelani Dotson	33	39:47
11	John Woods	42	40:23
12	Kennet De Silva	24	40:54
13	Greg Ulrich		40:57
14	Mark Ford	46	41:16
15	Pete Nowicki	48	41:22
16	Kazumi Nigro ❶	31	41:24
17	Jeff Rabin	51	41:48
18	Andrew Bloch	43	41:55
19	Jeremy Calnan	46	42:17
20	Brad Spielman	38	44:14
21	John Buckley	45	44:23
22	Daryl Luppino	46	44:32
23	Tom Waite	45	45:27
24	Jim Buck	63	45:56
25	Hashim Bashiruddin	49	46:34
26	Charles Cory	30	46:42
27	Ken Klein	53	46:43
28	Mike Cutter	43	46:44
29	Chad Gaver	25	46:45
30	Christopher Kraemer	53	46:46
31	Ed Celestina	55	46:50
32	Joel Rizzo	40	47:03
33	David Klinetobe	45	47:04
34	George Baptista	63	47:04
35	Dimitrios Sklavopoulos	61	47:08
36	Amy Sonstein ❷	36	47:09
37	Bob Cowdrey	62	47:36
38	Nick DeBenedictis	46	47:51
39	Keith Nielsen	30	48:24
40	Josh Brann	29	48:35
41	Keith Johnson	68	48:38
42	Don Daniel	36	49:13
43	Enrique Julio	27	49:14
44	Daz Lamparas	54	49:26
45	Paul Norris	44	49:31
46	Paul Mosel	64	49:37
47	Chae Kang	43	49:39
48	Hilary Fong ❸	48	49:44
49	Joel Storrow		49:56



Heading up Kennedy Drive on the Windmill 10K

Photo by Don Watson

50	Manish Harpalani	33	50:14
51	Richard Drecshsler	53	50:19
52	Cristina Baldyga ❹	30	50:39
53	Francesca Lao ❺	30	50:40
54	Ed Kinchley	57	50:43
55	Peter Stanfield	32	50:45
56	Sharon Melmon		50:59
57	Frank Nigro	41	51:14
58	Ilse Tonn	40	51:16
59	Thomas Smiley	48	52:11
60	Theo Jones	67	52:22
61	Carolina Gonzalez-Prats	31	52:49
62	Avery Pham	33	53:53
63	Ann Pham	32	53:56
64	Michele Wayne	36	54:41
65	Elisa Zuniga	36	55:14
66	Miguel Unzueta	27	55:16
67	Elizabeth Pontikes	30	55:21
68	Greg Brown	57	55:32
69	Marian Lyons	50+	55:39
70	Peking Duck	51	55:43
71	Chuck Wethington	37	55:47
72	Denise Leo	30	55:53
73	Kenneth Fong (DQ)	44	56:06
74	Eilis O'Neill	17	56:10
75	Ken Deary	54	56:48
76	Lina Morris-Khatib		57:19
77	Mary Barlow	30	57:27
78	Joe Connelly	44	57:27
79	David Desharnais	34	57:41
80	Jessiqa Pace	28	57:54
81	Mitsuyuki Ohura	47	58:28
82	Ron Krahn	38	59:13
83	Stan Yasuhara	56	59:18
84	Dave Floersch	65	59:31
85	Leslie White	39	59:34
86	Paul Sporer	65	1:00:40
87	Judith Waitz	46	1:00:43
88	Laura Stratton	26	1:00:48
89	Gaurav Parnami	30	1:00:49
90	Michael Mantsch	60	1:01:05
91	Olivia Horgan	33	1:01:35
92	Fred Haber	46	1:01:37
93	Henry Nebeling	73	1:01:51
94	Denis Leclerc	52	1:02:24

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Race Director Evelyn Martinez

© 2006 Paul Mosel

95	Jack Boatright	64	1:03:21
96	Tara Backman	26	1:03:24
97	Patricia Lowe	40	1:03:26
98	Mia Weber	38	1:03:27
99	Janet Thompson	57	1:04:37
100	Jennifer Ulbrich	28	1:04:45
101	Carla Punch	44	1:05:25
102	Marcie Daniel	35	1:06:07
103	Dave Bocan	57	1:06:26
104	Mary Matto	31	1:07:18
105	Jennifer Bunting	25	1:08:09
106	Ann Acker		1:08:11
107	Gina Siciliano	25	1:08:22
108	Susan Swisher	57	1:08:59
109	George Sacco	68	1:10:49
110	Jane Colman	63	1:10:58
111	Marcia Martin	54	1:14:40
112	Elizabeth Kang	17	1:18:24
113	Eleni Yatar	50	1:18:27
114	Calvin Hom	53	1:18:47
115	Bruce Oliver	70+	1:20:22
116	Judith Jarosz	66	1:21:27
117	Jen Meier	33	1:24:21

#### SELF-TIMERS

Marie Appel	42	
Ina Boatright	59	
Russell Breslauer	61	
Robert Brizuela	66	1:34:00
Cammie Dingwall	40+	1:45:00
Aaron Low	45	1:45:00
Phyllis Nabhan	59	
Jim Pommier	73	
Liese Rapozo	78	
Bob Theis	77	
Ted Vincent	70	
Don Watson	77	
Bill Woolf	71	



Double Dipsea finish line volunteers  
all ready to start working  
Photo by Paul Mosel

## 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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#### Canyonlands Half Marathon, Moab, March 18

344	Jim Kauffold	68	6	M65-69	2:23:48
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#### Bolder Boulder 10K, May 29

	Jim Kauffold	68	7	M68	1:01:41
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#### Full Moon Madness 5 Mile Run, San Mateo, June 21

	Gregory Brown				41:45
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#### LMJS 4th Sunday 5K, Oakland, June 24

7	John Sullivan	40	3	M40-49	20:26
20	Kevin Cuevas	15	3	M20-	26:08
35	Barbara Robben	72	1	F 70+	32:49
36	Tim Oliver	40	9	M40-49	33:13
40	Judy Jarosz	66	1	F 60-69	39:10
41	Bruce Oliver	78	2	M70+	40:02

#### LMJS 4th Sunday 10K, Oakland, June 24

7	Dennis Hassler	72	1	M70+	1:05:02
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#### LMJS 4th Sunday 15K, Oakland, June 24

5	Noe Castanon	35	2	M35-39	1:10:56
12	Gregory Brown	57	5	M50-59	1:27:28

#### Shriner's 8K, Sacramento, June 24

91	Mark Ford	46	17	M45-49	31:23
92	Tyler Abbott	45	18	M45-49	31:26
227	Amy Sonstein	36	10	F 35-39	39:21
401	Barbara Robben	72	1	F 70-74	53:19

#### The Presidio Relay, 5K, June 25

21	Joel Rizzo	40	4	M40-49	22:04
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#### HBC Run for Canada, Toronto, July 1

840	Jane Colman	63	6	F 60+	1:09:36
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#### Freedom Road 2 Mile, July 4

9	Fiona McCusker	42			13:54
18	Aram Durgerian	11			18:06

#### Freedom Road 10K, July 4

4	Jason Reed				38:33
6	Adam Lucas	39			39:53
8	John Woods	42			40:14
22	Andrew Bloch	43			47:41
23	David Klinetobe	45			48:06
33	Paul Mosel	64			50:41
38	Kenneth Fong	44			50:59
57	Gregory Brown	57			56:12

#### Sleepy Hollow Run, 3.25 Miles, Marin County, July 4

1	Steve Stephens				19:57
	Amy Sonstein		2nd woman		22:26

#### Fleet Feet Mile, Davis, July 9

	Cliff Lentz	41	6	M40-44	4:49
	Tyler Abbott	45	15	M45-49	5:21
	Russ Kiernan	68	1	M65-69	6:11
	Dennis Hassler	72	10	M70+	9:21
	Jane Colman	63	6	F 60-64	9:49

# DOUBLE DIPSEA 2006 - SUCCESS

Ken Reed, RD

**2006 Race winner: Roy Rivers, 49 in 1:38:12**

**1st woman: Judy Rabinowitz, 48 in 1:39:28**

## THANK YOU TO:

- 115+ Volunteers who made this race possible:
  - o 37 Course Safety Monitors under Captains Julius Ng, Bob Kovash, Jim Pommier, Jeff Houston, Gene French, Rick Shea, Keith Weaver, Janet Nissenson, Ed Baumgarten, Richard Pon, and Mike & Peter Adams
  - o 24 Aid Station and Refreshment workers under Captains Ron Dorey, John Gregson, and the Calvin & Rose Chan family
  - o 12 Finish Line helpers under Captain Wilhelm Yee
  - o 7 Registration volunteers under Captain Sandy Baumgarten
  - o 6 Results calculators headed by Bill Dake
  - o 6 Parking "Police" under General John Blankenship
  - o 5 Transport people (Truckers & Trouble Shooter VIPs): Bobby Marty, Peter Webb, Rick Shea, Jack Darrow and Jim Kauffold
  - o 4 T-Shirts & Goodie Bags handlers under VIP Shannon Luppino & Captain Yong Cho
  - o 3 Picnic assistant Chefs and 1 Head Chef Calvin Chan
  - o 4 Clothing Sales "clerks" who sold lots of Shirts, hats and stuff under Captain Ed Mahler
  - o 2 Trail Markers: General Henry Black & Captain Bob Brizuela
  - o 1 Artistic Director (Clothing, T-Shirts, etc.): Rick Hardina
  - o Registration Form Design and hard worker Letty Garbisch
  - o Results Publisher and Data Base Designer Elaine Mah
  - o Cookie Baking Team Fred Haber & Yong Cho
  - o 1 Trail Sweep by PAMAKIDS President Ron Dorey
  - o 1 Permit Person General John Blankenship
  - o 1 Volunteer Coordinator and DSE 1st VP Colonel Janet Nissenson
  - o 1 Sponsorship Honcho and DSE President Kevin Lee with sponsors:
    - Ultima Replenisher, MetroSport, Clif Bar, Dipsea Café, Stretch Island, Trail Runner, National Trophy, Road ID
  - o 1 Publicity Chairman and Trucker Colonel Jim Kauffold
  - o Many more volunteers helping the volunteer leaders already mentioned
  - o GGNRA (Golden Gate National Recreation Area)
  - o Mount Tamalpais State Park
  - o Red Cross
  - o City of Mill Valley
  - o Marin Amateur Radio Club
- 343 Runners Finished (9 more than last year)
- 94 women and 249 men ran
- 388 Runners Registered (mostly on *active.com*)
- Most runners (82%) found info & registered via *www.DoubleDipsea.com*
- We had runners from Tennessee, Nevada, Utah, and California
- Ceis Wildin came from Arizona to volunteer and visit friends

The Double Dipsea Volunteer of the Year Award goes to Brie Reybine for her countless hours of volunteering, auditing, and assisting. Brie also ran the race winning her age division (65-69 in 2:44:14). . She won after volunteering in the early morning hours before the race. You are greatly appreciated.

The DSE Double Dipsea Race Committee invites everyone back next year.

We faced many challenges this year helping runners to a fun safe finish. We had landslides to guide runners around, warm weather to overcome, and closure of normally open trail sections to patrol. Our volunteers excelled and the runners appreciated us.

Complete results and many race photographs at *www.DoubleDipsea.com*. Thanks to photographers Paul Mosel, Steve Bradley, and Tom Ingersoll.

Limited quantities of Double Dipsea Clothing (Baseball 3/4 Sleeve T-Shirt (S,M,L,XL), Long Sleeve Dri-Release running shirt (M,XL), and zippered hooded Sweat Shirt (M, L) available at *www.DoubleDipsea.com*.

Thank you again to **all** DSE Walt Stack Double Dipsea volunteers. You made this year's race a HUGE SUCCESS. A special thanks to all the volunteers not named. You are greatly appreciated.

# COASTAL TRAIL CHALLENGE 2006

George Rehmet, RD



Dipsea Trail crossing Muir Woods Creek  
Photo by Tom Ingersoll



Roy Rivers wins the Double Dipsea  
Photo by Steve Bradley



Double Dipsea Volunteer of the Year  
Brie Reybina at the top of  
the Coastal Trail Challenge sand ladder

Coast Challenge photos by Steve Woo,  
[www.FastTwitchPro.com/RUNSF](http://www.FastTwitchPro.com/RUNSF)

The Thursday after the race, at Kezar, some of my fellow track runners who had done the Trail Challenge came up to me and said, "That was really cruel to have us go up the Sand Ladder." With a smirk, I replied, "You did pay to do it." So another edition went into the record books with a total of 150 runners signed up and 130 starting. Not bad for a low-key trail race.

Why do it? Maybe it's the views. Maybe it's the sand ladder. Maybe it's the handicapped format. Maybe it's a good training run for the SF Marathon. Maybe it's the volunteers. Maybe it's the theme of awards and finisher mementos that changes each year. Let's take a look at each reason.

Maybe it's the views. Luckily, the fog was not a big factor. The GG Bridge and the Bay were in sight. And as a bonus, it was nice and cool. There were a number of out-of-towners from the east coast and Puerto Rico. And they were glad to have been here!

Maybe it's the sand ladder. Not many races have such an unique feature. Many of the runners were grateful that the sand ladder is only 400 yards long. A special thanks to Robert Brizuela, Jerry Flanagan, and Jim Pommier for manning the aid station at the sand ladder and for keeping the runners from going in the wrong directions.

Maybe it's the handicapped format. Not many races give head starts according to age and gender. And if the race is handicapped, it's usually a hellish course like the Dipsea or Woodminister. The only thing hellish is the sand ladder.

Steve Stephens again dominated the half marathon even though I cut his handicap time by 9 minutes. I guess I'll have to rework those times. Marv Smith beat last year's 10K champ Art Liberman

by over 3 minutes. The best part was that these runners were in their 6's and 50s. In fact, one entrant wrote me to say that he was glad not to have been a scratch runner because they have to work their tails off.

Maybe it's a good training run for the SF Marathon. A lot of regulars came to get one more long run in before the marathon which is 3 weeks later. Eduardo Vazquez did the Reno-Tahoe Odyssey Relay the day before and ran the half marathon. I think he was training to do an ultra.

Maybe it's the volunteers. No volunteers means no race or maybe lots of lost runners. George Baptista had signed up to run, but then volunteered to make sure runners went up the stairs and not to Fort Point. Richard Hannon, Shannon Luppino, and Sandra Seiki kept the finish line moving. Judith Jarosz manned the aid station at the turnaround. Ken Reed shared his Double Dipsea goodies with the Coastal Runners. Kevin Lee helped to mark the course. This year's race was a particular challenge as I had done the Reno-Tahoe Odyssey Relay the day before. So I was low on energy and sleep. Volunteers, thank you all.

Maybe it's the theme of awards and finisher mementos that changes each year. Last year, I went South Pacific with shell leis. This year, Hurricane Katrina and New Orleans were big news. So all finishers got Mardi Gras beads. Luckily, no one lifted up their shirts. The top 10 got New Orleans French ceramic masks. The fastest runners got a necklace with Hurricane Katrina on it since these runners created such a storm.

So ends another race and the many reasons for its success. Now what theme should I have for next year?



The infamous sand ladder



And the welcome aid station near the top

# GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

*This month's article introduces the Senior Vice-President and Treasurer respectively of DSE, Janet and Steve Nissenson, whom we see working at virtually every DSE race and who put in an immense amount of volunteer time for the club.*

Steve writes:

In the summer of 1980 I weighed in at 225 pounds at my ripe old age of 32. One afternoon I was at Great America with my kids and realized that it was a struggle to do more than sit on a bench and watch them have fun on thrill rides. It occurred to me at that defining moment that I had to take dramatic measures to turn my life around.

So that night I took a trip to the local high school track (in the dark so I wouldn't be seen), and "ran" a couple of laps culminating in collapsing on the grass and getting sick to my stomach. But that was a start and with a great deal of determination I kept this up and forced myself to do a little common sense dieting and succeeded in taking off 90 pounds in the following 9 months! In fact, it was coming off so fast that I was a little worried and ate a few hot fudge sundaes just to be sure I could still put the weight on if I wanted. (This worked, by the way.)

So, this was the beginning, and by the following May someone suggested I do the Bay to Breakers with him. Racing wasn't in my plans at that point, but I went along with it and had a great time and did far better than I had ever imagined. And most of all the friendship and camaraderie with all the many people with a common purpose became very clear, so I, like many others through the years, became enraptured with the enjoyment of running ever since.

By 1989 at age 41, my running was progressing and I found myself doing PRs of 19:01 for the 5k, 39:40 for the 10k, and 3:19 for the marathon (Avenue of the Giants). However, I recall one fateful day that someone asked me if I had ever suffered any debilitating injuries. Of course I said no, and that was the curse of the beginning of the end. Since then it has been one thing after the other, but I still very much enjoy running and all the friends I have made along the way. I still have the elusive goal of doing Boston once before I die. I did qualify once, but could not go that year, and although 17 years later the Boston Marathon

committee is kind enough to give us maturing runners a few extra minutes of qualifying time, it is still a challenge.

Janet and I share the same enjoyment of running and we joined the DSE to also share the running experience with others. As a result, we have made many friends along the way, which is what it is all about. We hope we have been able to give a little back to the organization and all the members and look forward to many years to come.

Janet writes:

I've been running for 20 years, and began in the sport to keep my husband Steve company as he had been running for several years already. During the mid-eighties to early nineties, we both worked in San Francisco and would go for runs during our lunch hour along the Embarcadero, usually accompanied by a couple of other co-workers. We also joined a running club in San Bruno, where we were living at the time, and did a lot of races.

My favorite races—none of which are held any longer—include the Modesto Half Marathon, the Nun Run 10K, the San Bruno Park Cross Country Race, and the (original) Takara Cable Car Chase. My favorite DSE courses are the Daly City Scenic Run and the Twin Peaks Loop.

My absolute favorite running events, however, are without doubt the Hood to Coast and the Calistoga to Santa Cruz Relays. We ran in 9 Hood to Coasts, from 1990-98, and so far have participated in 9 Calistoga to Santa Cruz races (1998-2006). It is this event that is solely responsible for my continuation in the sport, and the one from which I have my fondest running memories. We have made many friends over the years from our various Relay teams, and have had some of the best experiences of our life, running or otherwise.

Between the ages of 29 and 35 was when I ran my fastest times at various distances. PRs include a 21:10 5K, 44:18 10K, 1:42 half-marathon, and a 3:39 marathon. A series of injuries—from sciatica to runner's knee to broken bones—have slowed me down considerably over the years and I consider myself lucky to still be running 4-5 days a week. I incorporate yoga and weight training 3 days a week into my exercise regime to try and ward off injuries.

We joined DSE in 1998 and I became an officer in 2002. It became a real family affair a couple of years later when Steve agreed to serve as club Treasurer and our daughter as the webmaster. I have met a great

many interesting people through the club, and have added considerably to my running memories.

While I will be stepping aside from my Senior Vice President post next year, I look forward to continuing to serve DSE in various capacities and to participating in as many DSE races as possible. DSE is unique among running clubs, and I am proud to be associated with it.



# ◆◆◆ 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 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 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

## LAKE MERCED HALF MARATHON VOLUNTEERS NEEDED SEP 10

Please come join DSE with its Lake Merced Half Marathon race series. 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 Adrian at [toojue@yahoo.com](mailto:toojue@yahoo.com) or 415-664-3528. All Lake Merced volunteers receive post-race refreshments along with DSE's heartfelt thanks.

## DISTANCE CLASSIC VOLUNTEERS NEEDED SEP 24

Everyone is welcome and all are encouraged to participate. If running or walking circular loops isn't your forte, we can really use your volunteer help with score keeping or the aid station. Please join us for 1 hour or up to 6 hours. If you can help, please contact Yong at 415-503-8226 or [yongdse@yahoo.com](mailto:yongdse@yahoo.com). All Distance Classic volunteers receive post-race refreshments and DSE's heartfelt thanks.

FORMER DSE PRESIDENT JOE OAKES HONORED  
continued from page 5

"I guess that I am the luckiest guy in the world. When I started running in high school in 1948, I was blessed with a great coach, Howie Borck, who taught us to love athletics and to give our very best. Now, 58 years later, I still love getting out and putting my body through its paces." What are his plans for further adventures? "As you get older and slow down, so you look more to the quality of an adventure, and the opportunity to associate with like-minded people. Yes, there are a few things on the burner. In September I will be swimming island-to-island in Croatia. I am currently studying the feasibility of an extreme swim in the Irish Sea. And I have always wanted to go from Northern Canada down to Tierra del Fuego under my own steam, on foot and on a bike. With gasoline prices rising so fast, that might soon be the only way to go."



Joe on the cover of  
*Bay Crossings*, August 2001

## SHIN SPLINTS

*Dr. Amelia Mazgaloff, D.C.*

**Definition:** Shin Splints are often a catch-all diagnosis for lower leg pain that occurs below the knee either on the front outside part of the leg (anterior shin splints) or the inside back of the leg (posterior-medial shin splints). It represents pain originating at the point where the calf muscles are attached to the shin bone (tibia). This pain frequently results from tendonitis, the inflammation of the muscles where they attach to the bone.

### Posterior Medial Shin Splints

Abnormal biomechanics can be a cause of posterior medial shin splints. The most common biomechanical factor that causes foot, leg, and hip injuries is excessive pronation through exaggerated twisting of the lower leg, tugging on the muscular attachment to the tibia, resulting in inflammation. Other causes include inadequate

stretching, worn shoes, or excessive stressed placed on one leg or one hip from running on banked roads or always in the same direction on the road. Pain associated with posterior medial shin splints becomes more severe when you rise up on your toes or turn your foot out.

**Anterior shin splints:** Pain that occurs on the front outside part of the leg. These are usually the result from an imbalance between the large calf muscles and the muscle in the front of your leg. In general the muscles in the front are working hard to overcome the power of the muscles in the back. Restriction in the movement of the joint of the first toe can cause increased demand on the anterior leg muscles during the toe-off phase.

### Treatment

- Rest: Resting does not have to be absolute unless there is pain with walking and normal daily activities.

- Cryotherapy (ice) 10-15 minutes.
- Gradual, progressive stretching, to stretch and strengthen the tendons and the muscles in the front of the leg. Sit on a table and loop an ankle weight around your ankle. Move your foot up and down without bending your knee.
- Consider swimming, running in the pool, or cycling in a low gear.
- Chiropractic manipulations to address the misalignment and muscle imbalance.
- Myofascial Release (best in the form of ART) to address muscle imbalance.
- Orthotic devices to correct over-pronation.

For more information on this article or to schedule free lower extremity and shoe evaluation contact Dr. Mazgaloff at 415-546-1461 or on the web at [www.chirohealthsf.com](http://www.chirohealthsf.com).

Next Month: Pelvic Torsion (Short Leg Syndrome)

# ◆◆◆ 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) Finishers' 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 Aug 6      Daly City Scenic Run 6.8M**

START/FINISH: Colma School, East Market & Hillside Streets in Daly City.

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

COURSE DESCRIPTION: Run along Guadalupe Canyon, right turn (enter fenced gate) onto Radio Tower Road. Turn around at white steel fence. Return same way to finish.

## **Sun Aug 6      Daly City Scenic 5K**

START/FINISH: Colma School, East Market & Hillside Streets in Daly City.

STARTING TIME: Runners at 9:05 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run along Guadalupe Canyon, turn around at first (right side) stand up reflector sign (1.55 miles). Return same way to finish.

## **Sun Aug 13      Golden Gate Park Cross Country 5K**

START: Upper Speedway Meadows at big tree (south of Lloyd Lake), GG Park

FINISH: Lower paved Polo Field track

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

**\*\*\*\*\*KIDS' RUN (1/2 MILE) at 9:45 AM**

**NOTE:** Please allow yourself 15 minute earlier arrival. Park at the South side Polo Field parking lot, walk east 1/4 mile to start. **No sweats check or transportation of personal items from start to finish will be available.**

COURSE DESCRIPTION: Start at the "Big Tree" in Upper Speedway Meadows grass area. Exit left onto paved path just before Polo Field. Stay on paved path beyond Polo Field parking lot, run clockwise loop around Polo Field perimeter using dirt path around 43rd Avenue/Chain of Lakes Drive. Path curves to the right onto Kennedy Drive and becomes a dirt path. Continue beyond starting area, run to Polo Field parking lot for second time. Exit through a swinging gate onto upper Polo Field dirt track, run downhill onto lower paved Polo Field finish (beyond south side Polo Field tunnel).

## **Sun Aug 20      Fort Point Promenade 12K**

START/FINISH: Dolphin Club, 502 Jefferson (foot of Hyde St.)

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

**REVISED COURSE DESCRIPTION:** Figure 8 loop: run westbound on Aquatic Park walkway, make a right onto Muni Pier, and complete a counter-clockwise loop. Turn around, return to start; then run eastbound on Jefferson, merge onto Embarcadero sidewalk; turn around 1/4 mile beyond mini-park straightaway at Townsend Street. Return the same way back to wooden post finish.

## **Sun Aug 27      NO DSE RUN—DSE Volunteer Appreciation Picnic (by invitation only)**

## **Sun Sep 3      Potrero Hill Run, 4M**

START/FINISH: 17th Street & Arkansas

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th, right on 3rd, right on Cesar Chavez, right on Vermont, right on 26th. Then left on Kansas, left on Vermont (up crooked street), right on 20th, left on Kansas, right on 17th. Finish on sidewalk corner near 17th & Arkansas.

# ◆◆◆ 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 on 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

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](http://www.Active.com).

# Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

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

[illegible]

DOUBLE DIPSEA RACE DIRECTOR  
Ken Reed     *RunKenRun@aol.com*

# Happy Birthday! ◆◆◆◆◆◆◆◆

1 Amy Qu  
2 Kennet De Silva  
Sam Pleasure  
3 King Wayman  
4 John Antonini  
Alistair Berven  
Raghavan Sarathy  
5 Lan Nguyen  
6 Mary Matto  
8 Nan Boyd  
Doerte Murray  
9 Thomas Chuey  
David Moulton  
Sofia Rochetti  
George Rodriguez  
11 Jim Flanagan  
12 Ed Lange  
13 Cecilia Diaz  
14 Jorge Larre  
Lisa Mitchell  
15 Gene French  
16 Christopher Berven

17 John Heldens  
19 Jack Major  
20 Ed Baumgarten  
Patrick Calihan  
Liliana Wong  
21 Kyoung Lee  
Blythe Milbury-Steen  
Anne Single  
23 Bob Bowman  
Rob Kay  
24 Lisa Griffin  
Chikara Omine  
26 Hannah L. Blumenstiel  
27 Peter Antonini  
Sharon Boome  
Nan Boyd  
28 Maricela Castaneda  
29 Patricia Baker  
Elena Heldens  
30 Ursula Bernhart  
Gregg Whitnah  
31 Ian Reid

## New Members

**OAKLAND**  
Elizabeth Terry

**SAN FRANCISCO**  
Mary Matto  
Jeff Shopoff

**SAN JOSE**  
Gene Kieman

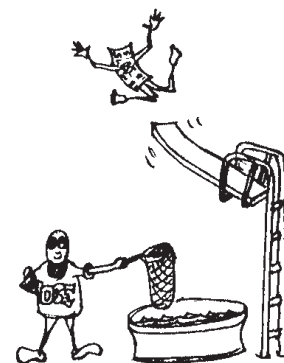


**San Francisco**  
**Dolphin South End Running Club**  
Postmaster, Return Undeliverable Mail To:  
Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### 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](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!