

October 2006

## Kevin Lee

*continued on page 2*

## Fred Haber and Yong Cho

*continued on page 3*

◆ ◆ ◆ KEVIN LEE

With NO DSE Run on 10/22, DSE has contracted with Nike Marathon to provide a minimum of 30 volunteers to man the Lake Merced & Higuera aid station. The

*continued on page 2*

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## LAKE MERCED HALF MARATHON

continued from page 1

for measuring and marking the race course and having the ability to recalibrate the half marathon distance and save the day. Here's what happened: the 3-loop race course consisted of two 4.5M loops and one 4 mile shortcut loop to equal 13 miles. That meant we needed to add .1 mile to obtain the half marathon distance, by using a different starting line. The half marathoners began their 13.1-mile journey at the wrong starting location (the 4.5 Mile starting line). It was left to Kevin Fry to troubleshoot this while the race was in progress. He solved the problem by making up .8 mile just beyond the footbridge on the second loop.

Jason Reed won the half marathon by a 2:21 minute margin, with a time of 1:20:48. For complete Half Marathon and 4.5 Mile race results, see pages 4 and 5.

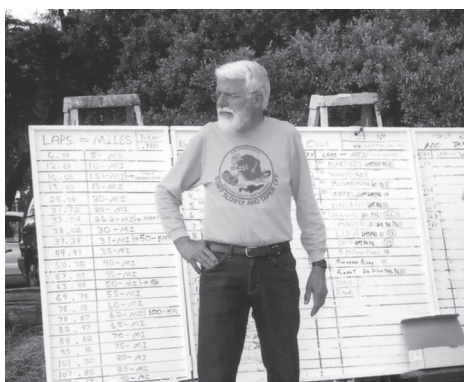
I hope to see you at next year's Lake Merced Half Marathon.



Round and round Lake Merced



Round and round the Polo Field track



Jim Pommier keeps the scoreboard up to date at the distance classic



Runners check the scoreboard as they pass  
All photos by Don Watson

## FROM THE PRESIDENT'S DESK

continued from page 1

Nike marathon has a 7 hour time limit. Therefore the DSE aid station hours are 8:00 AM–3:00 PM. Volunteers won't be expected to work the entire time unless they want to. Instead, volunteers are asked to work a 4-hour shift, either 8:00 AM–12:00 PM or 11:00 AM–3:00 PM. ideally all 30 volunteers should be present for a one hour overlap between 11:00 AM and 12:00 noon. If you can help, please contact Kevin at: 415-751-9653 or [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) to RSVP your shift preference.

## CLASSIC STU-PEDS

by Stu Ruth



## ◆ Notices ◆

## DSE RELAY TEAM INFORMATION MEETING

Janet Nissenson

A quick reminder that there will be a meeting for all DSE members interested in running on one of the two teams that our club will send to the 2007 Calistoga to Santa Cruz Relay. The meeting will be held immediately following the October 29 Rainbow Falls 5K in Golden Gate Park. Please make every effort to attend if you have any interest in participating. If you are unable to attend, but would still like to be on a team or receive more information about the race, please contact Janet at [jLnissenson@aol.com](mailto:jLnissenson@aol.com).

## ◆◆◆◆◆ 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  
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### 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.

to greet the volunteers during set up. *[Editorial note: The runners were extremely grateful for the fog as long as it lasted.]* Yong and I baked on Friday evening so as not to be too tired come Sunday. Saturday evening we loaded up the supplies in the truck and relaxed. Report time for the hard core volunteers was 7:00 AM, and when we arrived Bobby and company were already there in fog so thick that visibility was less than one block. There was no wind, and for a foggy morning in Golden Gate Park it was not too cold. Everything went smoothly setting out the food and snacks for volunteers and runners. Yong planned ahead and brewed 3 pots of coffee complete with cream and sugar, an unexpected and welcome treat.

Before the race began middle school-aged children and their parents started showing up en masse for what appeared to be soccer finals. Parking spaces went fast. We lugged out delineators (tall highway-style cones) to keep the runners on track and set up the infamous score board and large clock. Around 8:03 AM fewer than the 31 total hardy souls (soles?) set forth to test their mettle. In retrospect, we're glad the race is confined to the Polo Fields because 20 seconds later they were in the Twilight Zone and invisible from the starting area. In the beginning you can never tell who's running for fun, mileage, or an award, so round and round we watched them go. More volunteers showed up, more runners showed up. Two wonderful volunteers made the most beautiful signs for registration and directional assistance (we may save them for the future). Distance Classic Runners are a unique breed, bringing a flavor of humor and determination to both the club and this race. There was a very high level of appreciation from the runners for all of our efforts, jokes were told, and suffice to say everyone had a great time.

This year we awarded medals (Gold, Silver, Bronze) three deep in 10 year age divisions for both Female and Male finishers. As you will see in the results, winning a medal was a no-brainer in some age brackets. It's so easy, so inexpensive, and so much fun to show off your award. As always, there were ribbons for all finishers. Because of limited space I can only name the medal winners in this article. Please see the race results on page 6 for a complete list of runners and their distances.

#### 70 age division:

Marion Irving, The Flying Nun, Gold  
Ted Vincent, DSE statistician, Gold  
Bob Theis, Silver

#### 60 age division:

Jane Colman, DSE editor+, Gold  
Ron Vertrees, very funny, thankful, appreciative, Gold  
Theo Jones, runner extraordinaire, Silver  
Paul Mosel, Mr. Photo - DSE flash, Bronze  
Sorry, Gene French.

#### 50 age division:

Evelyn Martinez, runner of the year, Gold  
Diane McLean, friend of the nun, Silver  
Daz Lamparas, Gold  
Calvin Chan, glory hog, Silver (3 laps!)

#### 40 age division:

Cathy Morgan, Gold  
Marie Appel, Silver  
Susan Chin, Bronze  
Doug Bond, Gold  
Aaron Kohr, Silver  
Mark Magers, Bronze

#### 30 age division:

Sunanda Minarikova, Gold  
Noe Castanon, Gold  
Eric Berg, Silver  
Eduardo Vasquez, Bronze

#### 20 age division:

Oliver Chan, runner of the year, Gold  
Viddyut Balmer, Silver  
Kennet DeSilva, Mr. Produce, Bronze

There's been talk in the wind that this event is scheduled for termination. We volunteered as race directors this year not because of that but because no one was willing to take on the task. We would do it again but we need more participants. Most jobs in the DSE are relatively easy and volume makes a huge difference. We recommend that everyone step up and help out more often, before a race, after a race, when we're not running, bringing out our mate and asking them to volunteer while you run with the promise of breakfast out possibly even with other DSE members. Working out and hanging out can be one and the same. Think about it.



Paul Mosel photographs the starters before joining them  
Photo by Don Watson



Yong and Bobby at the well-stocked aid table  
Photo by Don Watson



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

**October 3, 2006**

**Potrero Hill Run, 4 miles**

**Race Director: Grant Kolling**

**Volunteers: Roxanna Pezzy, George**

**Sacco, John Gregson, Richard Hannon,**

**Noe Castanon, Calvin Chan, Jeanie Jones**



**Race Director Grant Kolling**

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I've been running since middle/high school in South Africa. I've always been fast; I was a left wing in both soccer and rugby and a member of HS track team in the sprints and relays (and long jump). I trained occasionally with the distance runners, but have only run one timed mile (5:10) and one timed half-mile (2:07).

I first became interested in running when chasing girls in middle school, Hazel, in particular! She was faster. In HS, as a lark, I entered a 100 yd sprint as a freshman, ran it barefoot and won. The coach said, get spikes, then say hello to Fartlek training. The rest is history.

I've been a DSE member since May 2005, though I ran my first DSE at Crissy Field in January 2005.

I can't say I enjoy running as much as I do cycling or motorcycling. Fartlekking sprints 8-10 miles daily during HS track seasons took the fun out of running. Now, running is a fun way to stay in shape and when running zig-zag on the beach with the ebb and flow of the waves, it's mesmerizing.

PL	NAME	AGE	TIME
1	Oliver Chan	24	23:28
2	Jason Reed	27	24:04
3	David Davis	37	24:52
4	John Woods	42	25:25
5	Jerry Flanagan	40	25:46
6	Joe Jensen	32	26:01
7	Eduardo Vazquez	33	26:06
8	Corrie Drakulich ①	24	26:30
9	Steve Stephens	62	26:41
10	Kennet De Silva	24	27:22
11	Kevin Licht	24	27:30
12	Jeremy Calnan	46	27:43
13	Bob Akers	50	28:09
14	Kevin Fry	27	28:10
15	Matthew Fabry	33	28:19
16	George Rehmet	30+	28:57
17	Daryl Luppino	46	29:12
18	Pete Shepherd	27	29:20
19	Robert Sobsey	55	29:38
20	Joel Rizzo	40	29:56
21	David Klinetobe	45	29:58
22	Juan Sanchez	35	30:18
23	Michael Sweet	37	30:33
24	Daz Lamparas	54	30:53
25	Art Lopez	29	30:54
26	George Baptista	63	31:03
27	Larry Wuerstle	50	31:00
28	Richard Drechsler	53	31:40
29	Daniel Postle	40	31:46
30	Paul Mosel	64	31:57
31	Mark Kelley	50	32:15
32	Mitsuyuki Ohura	47	32:17
33	Keith Johnson	68	32:23
34	Kathleen Lail ②	38	32:37
35	Theo Jones	67	32:43
36	Patrick Lee	58	32:57
37	Andrew Finn	33	33:02
38	Gilbert Lara		33:19
39	Alfred Hu	45	33:33
40	Lloyd Breeland		34:11
41	Sam Roake	70	34:21
42	Kenneth Fong	44	34:28
43	Patrick Mattimore	56	34:42
44	Jonathan Tynes	50	34:58
45	Steve Scotten	36	35:21
46	Gregory Brown	57	35:26
47	Ling Moser ③	37	35:28
48	Michele Wayne ④	36	35:39
49	Janet Nissenson ⑤	46	35:48
50	Peter Royce	71	35:58
51	Marian Lyons	50+	36:04
52	Jane Hartmann	39	36:08
53	Yong Cho	48	36:27
54	Johanna Merriss	56	36:30
55	Megan O'Connor	35	36:39
56	Gary Brickley	50+	36:41
57	Peking Duck	51	36:43
58	Andrea Cernusak	28	37:10
59	Bill Bixby	31	38:00
60	Janet Fry	27	38:03
61	Michael Moser	39	38:09
62	Jordan Jones	40	38:51
63	Josh Weddle	24	39:10
64	Kate O'Conner	39	39:15
65	Jeff Houston	48	39:23
66	Jon Finn		39:39
67	Jack Bascom	65	39:54
68	Jim Kauffold	68	40:01
69	Barbara Zerbe	43	40:02
70	Manuel Quiogue	34	40:24
71	Male Runner		42:45
72	Chris Posey		46:49
73	Peggy Hickey	44	47:03
74	John Zerbe	12	47:45
75	Paul Griffith	45	47:46:
76	Bob Kovash	68	48:44
77	Christina Tynes	48	49:29
78	Cici Zerbe	67	51:55
79	Claire Zerbe	10	53:53
80	John Zerbe	38	53:55
81	Bruce Oliver	78	54:02
82	Dina Kovash	68	59:12
<b>SELF-TIMERS</b>			
	Richard Finley	58	
	Steve Nissenson	58	
	Bob Theis	78	
	Jim Pommier	73	
	Ken Reed	61	
	Tom Huster		
	Kim Chee		
	Sunhi Kim		
	Tony Stratta	76	1:21:00
	Ed Olkowsk1	63	1:21:36
<b>KIDS' RUN</b>			
	Alexander Davis	8 3/4	1:50
	Shannon Luppino	10 1/2	2:30
	Jakob Lail	2 1/2	4:04
<b>September 10, 2006</b>			
<b>Lake Merced Half Marathon and 4.5 Mile</b>			
<b>Race Director: Adrian Jue</b>			
<b>Volunteers: Robert Brizuela, Noe Castanon, Oliver Chan, Kevin Cuevas, Kevin Fry, Verena Graham, John Gregson, Fred Haber, Richard Hannon, Jim Kauffold, Jane Lee, Kevin Lee, Bobby Marty, Janet &amp; Steve Nissenson, Ken Reed, George Sacco, George &amp; Kay Teiber, Don Watson</b>			
<b>HALF MARATHON</b>			
PL	NAME	AGE	TIME
1	Jason Reed	27	1:20:48
2	Eduardo Vazquez	33	1:23:09
3	Marshall Boyd	26	1:23:18
4	Roy Clarke	50	1:23:52
5	Peter Hsia	46	1:24:09
6	Jerry Flanagan	40	1:24:37

*continued on page 5*

# LAKE MERCED HALF MARATHON

continued from page 4

7	Bruce Adams	33	1:24:45
8	Jacob Gron	35	1:26:42
9	Melinda Karchem ❶	29	1:27:38
10	Kelvin Ng	29	1:28:54
11	Neal Karchem	29	1:29:42
12	Jim Granahan	57	1:29:44
13	Peter Delahunt	43	1:29:51
14	Michael Schulz	58	1:29:00
15	Ian Reid	63	1:31:40
16	Herbert Martinez	43	1:31:52
17	Luis Vargas	49	1:31:54
18	Kennet De Silva	24	1:32:17
19	Matthew Fabry	33	1:32:28
20	Ernie Rivas	56	1:32:35
21	Dragon Stojanovic	34	1:32:17
22	Diego Avalos	24	1:32:17
23	Amanda Thompson ❷	28	1:33:26
24	Jeremy Calnan	47	1:33:46
25	Patrick Newman	23	1:35:09
26	Gene French	60	1:37:59
27	Burton Lee	34	1:38:28
28	David Lakness	54	1:41:22
29	Katie McGuire ❸	24	1:41:25
30	Marty Brounstein	49	1:41:43
31	Milton Lorig	54	1:42:03
32	Greg Campbell	40	1:42:35
33	Keith Sonberg	50	1:42:50
34	Malcolm Walter	53	1:43:45
35	Louise Hallberg ❹	23	1:44:03
36	Kirk Kristian	45	1:44:06
37	Lange Thompson	45	1:44:13
38	Daz Lamparas	54	1:45:45
39	Dion Emelian	40	1:46:04
40	Sage Weil	28	1:46:24
41	Gilbert Yan	44	1:46:35
42	Bernadette Pedagno ❺	55	1:46:38
43	Marie Appel	42	1:47:01
44	George Baptista	63	1:47:27
45	Kevin Stange	28	1:47:55
46	Ashley Clayborn	29	1:47:57
47	Richard Drechsler	53	1:50:37
48	Andrea Bachtel	27	1:50:52
49	Diana Chan	28	1:51:07
50	Owen Clements	44	1:52:45



Race Director Adrian Jue

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51	Jeff Rocca	40	1:52:48
52	Helen Chan	29	1:52:58
53	Theo Jones	67	1:53:07
54	Marian Lyons	59	1:53:13
55	Sam Roake	70	1:53:41
56	Jaime Rangeley	25	1:53:50
57	Frank Montalvo	56	1:54:12
58	Paul Mosel	64	1:55:40
59	Michael Rucker	34	1:55:56
60	Stepanie Rowen	34	1:56:58
61	Dan Coughlin	37	1:57:00
62	Unknown Runner		1:57:04
63	Robin Rangeley	24	1:57:35
64	Kevin Porter	54	1:57:41
65	Suresh Venkateswaran	32	1:58:53
66	William Trovinger	24	1:58:58
67	Patrick O'Sullivan	41	1:59:20
68	Thomas Pang	50	1:59:46
69	Merisa Piper	23	1:59:55
70	Ramesh Madhira	39	2:03:11
71	Joe Connelly	45	2:04:21
72	Stephanie Alvarez	35	2:05:17
73	Elizabeth Conway	24	2:06:41
74	Megan Tompkins	28	2:08:10
75	Maureen McFadden	45	2:09:21
76	Oscar Gonzalez	41	2:10:58
77	Mark Mooney	49	2:12:11
78	Gary Davis	49	2:14:08
79	Ron Vertrees	69	2:16:11
80	Lan Nguyen	28	2:16:22
81	Ray Piva	80	2:18:40
82	Calie Anderson	30	2:19:23
83	Evonne House	25	2:22:12
84	Evelyn Martinez	58	2:25:45
85	James Citron	28	2:36:27
86	Jane Colman	63	2:37:35
87	Marcia Martin	54	2:37:38
88	Jim Pommier	73	3:08:24

## 4.5 MILE

PL	NAME	AGE	TIME
1	Oliver Chan	24	25:51
2	John Woods	42	27:32
3	Thomas McManus	36	28:05
4	Steve Wittrock	36	30:29
5	Yoeman Fong	43	30:47
6	Will Colglazier	26	31:25
7	Sergio Sanchez		31:31
8	Dough Bamford	50	31:33
9	Courtney Miller	27	31:34
10	Joel Rizzo	40	31:38
11	Daryl Luppino	46	31:42
12	Shuman Mitra	36	31:50
13	King Wayman	57	32:24
14	Lazaro Sanchez	42	32:50
15	Jorge Larre	49	33:00
16	Amy Sonstein ❶	36	33:03
17	Phil Melman	41	33:36
18	Sherman Lam	31	34:07
19	Keith O. Johnson	68	34:26
20	Patrick Lee	58	34:37



Veteran Jim Pommier running the Half

Photo by Don Watson

21	Josh Ziue	24	34:42
22	Dan Shalom	54	34:58
23	Tia Kilpatrick ❷	26	35:25
24	Kathleen Lail ❸	38	35:43
25	Michael Tucker	51	36:27
26	Hilary Fong ❹	47	36:32
27	Alisha Beltramo ❺	22	37:01
28	Gary Decker	41	37:29
29	Jennifer Melman	34	37:50
30	Kenneth Fong	44	37:57
31	Yong Cho	48	38:04
32	Tom Smiley	48	38:21
33	Heidi Eriksen	30	38:29
34	Patrick Mattimore	56	38:39
35	Mieke Vandewalle	34	39:13
36	General Zod		39:16
37	Gary Brickley	53	39:23
38	Kelly Lem	57	39:34
39	Hashim Bashiruddin	49	40:07
40	Janet Fry	27	40:23
41	Tom Huster		40:27
42	Christina Lai	40	40:29
43	Emily Cernusak	36	41:14
44	Robert Morris-Khatib		41:16
45	Jack Bascom	65	42:04
46	Jim Kauffold	68	42:30
47	Marsha Zarco	25	44:16
48	Suzana Seban	52	44:22
49	Henry Nebeling	73	44:31
50	Betty Sanchez		45:23
51	Bruce Oliver	78	53:19
52	Jeffrey Darrow	57	54:31
53	Dina Kovash	68	1:00:20
54	Bob Theis	78	1:02:10

## SELF-TIMERS (both races)

Elaine Gecht	62	
Russell Breslauer	61	
Tony Stratta	76	1:30:00
Ted Vincent	70	
Kim Chee	1	
Sun Kim		
Robert Brizuela	66	1:04:24
Ken Reed	61	
Wally Rapozo	78	
Liese Rapozo		

September 17, 2006

### Muni Pier Single and Double Runs

**Race Directors:** Tom Huster & Sunhi Kim

**Volunteers:** Robert Brizuela, Kevin Lee, George Sacco, Mort Weisberg, Richard Hannon, Lucy Wing

*Tom writes:*

I joined DSE the first time in approximately 1976 and was probably a member for about 5 years. I participated in many DSE runs during that time period. I have distinct recollections of Walt and the big bald guy named Buck he used to run with (if you call that running). I did not know Walt personally. I also remember seeing Harry Cordellos in many of those runs and am pleased to see he is still in the club. My son John, who went to Argonne School and Presidio Jr. High, also participated in many running events in the 70s with me.

I originally joined for the fitness benefits. I used to be a regular jogger, worked to improve my times (now I don't care and it shows), weighed 20 pounds less, had hair and played a lot of squash rackets at the JCC. We had a squash team that won the NORCAL league championships in about 1977.

I rejoined the club in January 2006 just for the fun of it. I have enjoyed the club much more the second time around and appreciate the comraderie of the members. I generally run with my dog Kim Chee, and we are always at the back of the pack, through no fault of Kim Chee. I have talked my wife Sunhi into participating. Sunhi routinely kicks my butt in golf, but not in a 5K—yet.



Race Directors Sunhi Kim, Kim Chee, and Tom Huster

Photo by Kevin Lee

### SINGLE MUNI PIER, 1.25 MILES

PL	NAME	AGE	TIME
1	John Woods	42	6:42
2	Gustavo Sanchez		6:46
3	Kevin Fry	27	6:47
4	Andres Stinchfield		6:59
5	Jeremy Calnan	47	7:05
6	John Mintz	40	7:24
7	Patrick Lee	58	7:57
8	Tom Smiley	48	8:44
9	Kenneth Fong	44	8:45
10	Michael Sovik	40	9:01
11	Michele Wayne ❶	36	9:28
12	Gary Brickley		9:35
13	Norman Ching		9:38
14	Jeff Houston	48	9:51
15	Harry Cordellos	68	11:44
16	Jim Kauffold	69	11:45
17	George Sacco	68	12:35
18	Laura Gallegos ❷	27	14:19
19	Scott McManus	4 1/2	14:52
20	Silvia McManus-Munoz ❸		14:53

### DOUBLE MUNI PIER, 2.47 MILES

PL	NAME	AGE	TIME
1	Jason Reed	27	13:33
2	Thomas McManus	36	14:19
3	Eradio Sanchez		14:29
4	Roy Clarke	50	14:30
5	Dan Levy	28	15:59
6	Joel Rizzo	40	16:06
7	Sergio Sanchez		16:14
8	Jim Buck	63	16:27
9	Lazaro Sanchez		16:39
10	Mitsuyuki Ohura	47	16:47
11	Jorge Larre	49	16:53
12	George Baptista	63	17:18
13	Francisco Arnaiz	25	17:20
14	Larry Wuerstle	50	17:45
15	Noe Castanon	36	18:27
16	Abe Zesati	33	18:39
17	Allison Groves ❶	42	19:34
18	Capt. James T. Kirk	31	20:40
19	Kevin Cuevas	15	21:10
20	Russell Breslauer	61	21:25
21	Dena Shapiro ❷	33	21:26
22	Suzana Seban ❸	52	23:56
23	Bruce Oliver		28:42
24	Elliot Hoff	37	
25	Unknown Female ❹		

### SELF-TIMERS

John Lang	67	
Ed Olkowski	63	45:25
Tom Boyd	60	
Jack Bascom	65	
Roxanna Pezzy		
Doerte Murray	66	
Ellen Breslauer	58	
Mort Weisberg		



At the Muni Pier run registration table  
Photo by Kevin Lee

September 24, 2006

### DSE Distance Classic 6-Hour & 5K

**Race Directors:** Fred Haber & Yong Cho

**Volunteers:** Jack Bascom, Jeremy Calnan, Calvin Chan, Joe Connelly, Matthew Fabry, Janet Fry, Phyllis Nabhan, Richard Hannon, Helen & Jim Kauffold, Kevin Lee, Bobby Marty, Doerte Murray, Jim Pommier, Ken Reed, Stuart Ruth, George Sacco, Don Watson, Michele Wayne, Kevin Fry, Adrian Jue, Susan Phelan

### 6-HOUR

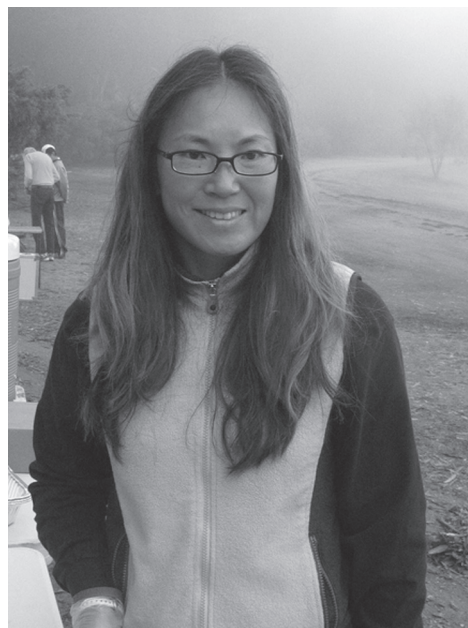
PL	NAME	AGE	LAPS	MILES
1	Oliver Chan	24	50	39.41
2	Viddyut Balmer	24	47	37.04
3	Doug Bond	43	44.5	35.07
4	Sunanda Minarikova	32	43.5	34.28
5	Aaron Kohr	42	42.5	33.49
6	Noe Castanon	36	42	33.10
7	Ron Vertrees	69	40	31.52
8	Mark Magers	48	37.5	29.55
9	Cathy Morgan	47	34	26.80
10	Joe Kaniewski	40	34	26.80
11	Eric Berg	39	33	26.01
12	Evelyn Martinez	58	31.5	24.83
13	Jane Colman	63	30	23.64
14	Theo Jones	67	28	22.07
15	Paul Mosel	64	27	21.28
16	Eduardo Vazquez	33	27	21.28
17	Daz Lamparas	54	25	19.70
18	Ted Vincent	70	24	18.91
19	John Woods	42	22	17.34
20	Marion Irving	76	21	16.55
21	Diana McLean	50	21	16.55
22	Robert Archibald	49	20	15.76
23	Gene French	60	19	14.97
24	Marie Appel	42	19	14.97
25	Kennet De Silva	24	18	14.19
26	Susan Chin	40	15	11.82
27	Bob Theis	79	13	10.25
28	Lina Morris-Khatib	40+	13	10.25
29	Calvin Chan	55	3	2.36

30	Silvia McManus-Munos	42	3	2:36
31	Roxanna Pezzy	40+	2	1:58
3	Kevin Lee	50	1	0:79

## 5K

PL	NAME	AGE	TIME
1	Leif Kohler	22	18:44
2	Jason Reed	27	18:48
3	Thomas McManus	36	19:25
4	John Woods	42	19:30
5	Kevin Fry	27	19:52
6	Kennet De Silva	24	20:09
7	James Doran	30	20:12
8	Matthew Fabry	33	20:16
9	Jeremy Calnan	47	20:36
10	Steve Wittrock	36	21:07

continued on page 9



Distance Classic Race Directors

Yong Cho and Fred Haber

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# 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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## Romancing the Island 12K, Angel Island, August 26

37	King Wayman	57	1	M55-59	1:02:05
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## Romancing the Island 25K, Angel Island, August 26

46	Edward Celestina	55	3	M55-59	2:24:13
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76	Thura De Lopez	41	4	F 40-44	3:04:20
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## XXIV Maratón Internacional de la Ciudad de México, August 27

5740	Gregory Brown		877	M50-59	5:18:11
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## LMJS 4th Sunday 5K, Oakland, August 27

7	Noe Castanon	35	3	M30-39	21:46
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30	Kevin Cuevas	15	2	M <20	29:27
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## Run for the Community 10K, Palo Alto, September 10

43	Gregory Brown				53:40
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## Disneyland Half Marathon, Anaheim, September 17

2105	Gregory Brown	57	74	M55-59	2:07:26
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## Banana Chase 5K, September 17

35	Cliff Lentz	41	6	M40-44	16:23
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87	Mark Janes	31	10	M30-34	17:52
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114	Adam Lucas	39	6	M35-39	18:26
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127	Eduardo Vazquez	33	15	M30-34	18:33
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186	Tracy Hogan	35	11	F 35-39	19:46
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206	Matthew Butrimovitz	16	9	M16-19	20:24
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238	Marie Lorenzo-Davis	41	13	F 40-44	21:26
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261	Amy Sonstein	36	15	F 35-39	22:08
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263	Heather Johnson	35	16	F 35-39	22:15
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284	Keith Johnson	68	5	M65-69	22:47
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318	Stan Yasuhara	56	16	M55-59	23:26
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356	Alistair Berven	12	6	M12-15	24:54
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413	Kat Powell	55	6	F 55-59	26:34
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417	Joseph Connelly	45	26	M45-49	26:45
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472	Miriam Butrimovitz	55	8	F 55-59	28:13
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508	Dennis Hassler	72	3	M70-74	29:02
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514	Olivia Horgan	33	28	F 30-34	29:05
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589	Jeanie Jones	67	3	F 65-59	30:54
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697	Mary Jean Pramik	58	10	F 55-59	34:08
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790	Lynne Rodriquez	67	4	F 65-59	38:48
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816	Dina Kovash	68	5	F 65-69	41:37
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843	George Rodriguez	69	10	M65-59	46:46
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## Banana Chase 10K, September 17

26	Monica Zhuang	32	2	F 30-34	42:52
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39	Robert Bowman	52	1	M50-54	43:59
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85	Theo Jones	67	1	M65-59	48:23
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98	Nick DeBenedictis	46	5	M45-49	49:39
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112	Paul Mosel	64	1	M60-64	50:33
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255	Elisa Zuniga	36	11	F 35-39	59:54
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391	Elaine Gecht	62	1	F 60-64	1:32:54
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# 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.

*Our profiled runner this month is one of our fastest 60+ men, George Baptista. As you will see DSE has its own onsite fast response security at every race George attends! He writes:*

I quit smoking in 1977. Six months later, I had gained 40 pounds, which was unacceptable to my wife, as had been the smoking. She told me to do something about the weight. So, she agreed to start running if I did. We started running January, 1978. Fortunately, I had obtained a book by Joe Henderson, *Jog, Run, Race*. It made the whole running process effective. The main things that I learned from it was to run aerobically, by time, and forget speed. My first race was the 1978 Bay to Breakers. There were 18,000 runners and it was low key. We finished in the fog and there was no party afterwards.

My first marathon was the first San Francisco Mayor's Cup Marathon, August, 1978. It was also going to be my last one. I hit the wall at about 21 miles. But the amnesia factor set in and I ran 29 more of them. My best time was 2:56:04, in one of the Paul Masson Marathons. My slowest was 3:36+ in the Kona Marathon near Osaka, Japan. I was a guest runner via South San Francisco's sister city, Kishiwada. This meant that I, along with other guest runners, were placed at the front of the race. One of the guests was Lasse Viren, of Olympic fame. I was out of my league, being in the front, and I could not run to the side because the sides were blocked by spectators. So I ran faster than I had planned to avoid getting trampled. It was in February, and was snowing when I arrived two nights before the race. It was 39 degrees at the start. Most runners were wearing knee length shorts. Apparently, it helped keep their quads warm. Spectators lined the entire course and encouraged us. I ran with an Australian man for about 18 miles.

On a trip to Europe, I was able to run in Portugal, Denmark, Sweden, Finland and Norway. It was warm and

sunny in Portugal. And I ran in the snow in northern Norway. I did get lost in Porto, Portugal one morning. It is similar to San Francisco in that it is hilly and near the sea. I was worried about missing the tour bus, but fortunately a kind soul got me back on the right street. I don't know why, but it seemed that all of the tracks were fenced off and locked. I found my way onto one at the University of Lisbon, but after one lap a worker angrily ordered me off in Portuguese.

Relatively speaking, my wife, Kiiko, got better results at races than I even though she never did any speed training. She even won a drawing for a trip for two to Maui at one of the old Ocean Beach races. She decided to stop running

after 19 years. She keeps in shape by walking and yoga.

I have had relatively few running injuries. When I can't work them out, my chiropractor straightens me out.

I had a stressful job, being a police officer, and running helped with that. I could run down fleeing suspects if I could keep them in sight. I have also surprised some criminals, while running off duty. Yes, I have also had my share of coffee and donuts.

Running has kept me in shape and has led to other activities, such as yoga, bicycling, and weights. Anything to make running easier and minimize the injuries. And I have met a lot of nice people through running.

My inspirations are the older runners. If they can keep doing it, then there is no excuse for me not to continue. And many of them do it very well, indeed.

I am impressed with the DSE Running Club. The dedicated members put on good races, and publish the results quickly, along with photos. I appreciate what they do.

I plan to continue running as long as I possibly can.



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

## NIKE MARATHON AID STATION VOLUNTEERS NEEDED OCT 22

DSE has contracted with the Nike Marathon to provide 30+ volunteers for the aid station at Lake Merced & Higuera. With a 7-hour time limit, Mile 21 Aid Station hours are 8:00AM–3:00 PM. We asking all volunteers to work a 4-hour split shift, either 8:00 AM–12:00 PM or 11:00AM–3:00 PM. Please contact Kevin at 415-751-9653 or [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) to RSVP with your shift preference.

## YOUR HIP AND YOU

*Dr. Amelia Mazgaloff, D.C*

The hip joint is a very strong joint that connects the lower limb to the pelvis and is the focal point to which all the body weight is transmitted during any daily and physical activity. You might wonder how much force is applied to your hips during simple activities such as getting up from a chair. Try to imagine the tire on your car. The average air pressure equals about 29psi. Your joint sustains pressures about 25 times greater! Any problem related to the spine, knee or foot will affect proper function of the hip joint and can predispose it to dysfunction and injury. Here is a brief summary of most common conditions affecting the hip joint:

**Osteoarthritis or degenerative joint disease** is characterized by deterioration of the articular cartilage with abnormal bone formation. Pain while walking, with rest or after activity. Symptoms progressively worsen and may cause local or referred pain, muscle spasm or swelling.

**Stress fracture** causes non-specific hip pain with insidious (unknown) onset. It is often seen in athletes (especially distance runners) who are subject to continuous stress on the joint and the bone.

**Avulsion fracture** occurs when the attachment of the tendon or ligament

tears off the bone, taking a piece of the bone with it. Caused by rapid, strong muscle contraction, associated with strenuous sports activity.

**Bursitis** presents with an aching on the side of the hip and sometimes down the outer side of the thigh. Symptoms will increase with walking, running and stretching.

**Tendonitis** irritation of the muscle tendon is caused by overuse. Its onset is gradual.

**Ilio-Tibial band syndrome** is associated with fibrous tissue that runs over the outside of the thigh to the knee. It may affect athletes such as runners and cyclists and can be caused by foot problems.

Because the elements that contribute to the stability and mobility of the hip are so diverse, it is important that you have it evaluated by an experienced physician. Our clinic specializes in the treatment of the extremities as well as the spine.

For more information on this article and to schedule free lower extremity you can call Chiro-Health at 415-546-1461 or on the web at [www.chirohealthsf.com](http://www.chirohealthsf.com).

*Next Month: Low back and Neck pain*

## DISTANCE CLASSIC 5K

*continued from page 7*

11	Heather Leutwyler ①	28	21:13
12	Jim Flanigan	57	21:59
1	Joel Rizzo	40	22:05
14	Daryl Luppino	46	22:10
15	King Wayman	57	22:17
16	Amy Sonstein ②	36	22:20
17	Mitsuyuki Ohura	47	22:22
18	Jorge Larre	49	22:57
19	George Baptista	63	23:04
20	Nick DeBenedictis	46	23:24
21	Alice Pierce ③	25	23:45
22	Patrick Lee	59	24:06
23	Jim Seeto	28	24:12
24	Nick Pegley	44	24:12
25	Peter Liang	34	24:16
26	Rob Park	28	24:36
27	Jim McBride	63	25:12
28	Michelle McCarron ④	33	26:03
29	Thomas Smiley	46	26:08
30	Allison Groves ⑤	42	26:12
31	Ken Fong	44	26:18
32	Michele Wayne	36	26:25
33	Michael Sovik	40	26:26
34	Steve Nissenson	58	26:36
35	Gary Brickley	53	26:51
36	Janet Nissenson	46	26:56
37	Patrick Mattimore	56	27:08
38	Mieke Vandewalle	34	27:39
39	Khamtanh Vannouvong	28	28:06
40	Janet Fry	27	28:09
41	Sheldon Gersh	61	28:15
42	Lars Larson	60	28:17
43	Linda Lee	28	28:22
44	Russell Breslauer	61	29:21
45	Jim Kauffold	69	29:25
46	Dennis Hassler	72	29:45
47	Tom Huster	63	30:16
48	Eunice Moyle	33	30:26
49	Amy Liu	27	31:28
50	Elliot Hoff	37	31:41
51	Carol Chui	28	32:07
52	Laura Johnson	28	42:03
53	Daniel Johnson	30	42:03
54	Emily Ness	58	42:11
55	Linda Davick	52	42:22
56	Dina Kovash	68	43:03
57	Shannon Luppino	10.5	45:35

## 5K SELF-TIMERS

Jack Bascom	65	
Kim Chee	1	
Phyllis Nabhan	59	
Richard Hannon	70	
Sunhi Kim		
Tony Stratta	76	59:20

# ◆◆◆ 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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**10/1 NO DSE RUN**—DSEers are encouraged to run the Bridge to Bridge 12K

## **10/8 Rockaway Beach 5K**

START/FINISH: Rockaway Beach parking lot in Pacifica, at Dondee & San Marlo Ways

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

DIRECTIONS TO START: From Highway 1 (southbound) turn right at traffic light at Rockaway Beach Blvd. Turn right at second block, which is Dondee Way. Follow to end and turn left onto San Marlo Way, and into parking lot.

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd., right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path, crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point shopping center and return same way to finish.

## **10/15 Stern Grove Run, 4 miles**

START/FINISH: 33rd Avenue & Wawona

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

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

## **10/22 NO DSE RUN—DSE volunteers at the Nike Marathon Aid Station**

LOCATION: Lake Merced & Higuera – Mile 21

AID STATION HOURS: 8:00 AM–3:00 PM

REPORTING TIME: 1st Shift 8:00–11:30 am; 2nd Shift 11:30 AM–3:00 PM

## **10/29 Rainbow Falls 5K**

START/FINISH: Transverse Drive & Kennedy Drive

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 eastbound along Kennedy Drive, turn around at barricade at Kezar Drive, turn right onto and run around East Conservatory Drive, back onto Kennedy Drive, run to finish.

## **11/5 Great Highway Run, 4 miles**

START/FINISH: Lincoln Way & Lower Great Highway

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

COURSE DESCRIPTION: Run left onto Great Highway pedestrian path. Counterclockwise turnaround at Sloat Blvd. Return northbound to Lincoln Way to finish.

## **11/12 Embarcadero 10K**

START/FINISH: Dolphin Club, Jefferson & Hyde Sts

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic), which turns onto Embarcadero (sidewalk). Turn around at south side of Townsend/Embarcadero at mini-park entrance prior to AT&T Park. Return same way to finish.

# ◆◆◆ Group Runs ◆◆◆

- ◆ 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).
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ **Tuesday and Thursday evening runs have been CANCELLED.**



# Happy Birthday! ◆◆◆◆◆◆◆◆

1 Janet Nissenson  
 2 Sophia Cannata-Bowman  
 3 Betty Cunneen  
 Penny Peters  
 Michael Sovik  
 4 Dennis Hassler  
 7 Valerie Stratta Trenev  
 9 Denise Kalos  
 Trinh Ngo  
 11 James Eales  
 12 Fred Haber  
 Monica Zhuang  
 13 Eulogio Sanchez  
 14 John F. Sullivan  
 15 Brian Hutto  
 17 Manish Harpalani  
 19 Jerry Applegate  
 Paul Mosel  
 Eric Park  
 Vivian Rodriguez  
 Keith Starner  
 Larry Wuerstle

20 Michael Lopez  
 23 Jack Bettencourt  
 Sonya Mankowsky  
 John Vidosh  
 24 Paul E. Gregson  
 Silvia Z. McManus-Muñoz  
 25 John Blankenship  
 27 Lynne Rodriguez  
 29 Calvin Chan  
 30 Theo Jones  
 Christine Lopez  
 Tina Sandidge  
 31 Jim Buck

## New Members

**SAN FRANCISCO**  
 Jeremy Calnan  
 Jeffrey Parker  
 Susan Phelan  
 Sam Spielman

**SAN JOSE**  
 Arthur Ziffer



**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!