41st Year December 2006

FALL GENERAL MEETING SUNDAY, DECEMBER 3, 2006

Don't forget to attend the Fall General Meeting immediately after the Ferry Building Run. It will be your opportunity to meet the members of the new Executive Committee and to discuss how it will function in running the DSE during 2007.

The meeting will also provide the last open forum this year for members to voice opinions and ideas for the club.

RESTORING THE DIPSEA STEPS

Ken Reed

The DSE continues to raise \$\$ to repair the Dipsea Steps. Over the years, the steps have suffered from thousands of hikers and runners climbing those 676 steps up from Old Mill Park. The top 100 or so steps will be replaced starting June 24th,

a day after our DSE Walt Stack Double Dipsea race.

The money raised will go to The Dipsea Foundation, and for every \$1,000.00 raised we will have a brief message engraved on a plaque and imbedded into the riser or surface of a step.

We have donated \$1000.00 already with the plaque stating "Walt Stack Double Dipsea." We hope to raise another \$1000.00 and are looking for another appropriate message .. like Dolphin South End Runners or ??.

If you would like to help contact Ken Reed at *runkenrun@aol.com* or 415-810-3832. Make the check to *DSE*. The donation is tax deductible.



The top flight a century ago was primitive, and subject to severe erosion. The current steps (shown in photo) are deteriorating and need to be replaced. The new design is expected to endure for generations of Dipsea runners.

Photo courtesy of The Dipsea Race Foundation

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THE FINISH LINE AND BEYOND

December is here, the 2006 finish line is near. Regardless of who finishes first, DSE will crown you the winner. No matter what level of runner you are (elite, middle of the pack or fun runner), the club would like to recognize and award you for your running efforts. Please take a few minutes to complete both the 2006 Award Reporting Form and DSE 2007 Gala Invitation inserts. We look forward to seeing you at the 2007 DSE Gala.

VOLUNTEER APPEAL

Everyone knows DSE cannot survive without a continual supply of race day volunteers. At least 5 volunteers are needed for each regular DSE Race. In 2007, the new Executive Committee members will be doing their part by serving as weekly race directors. As long as I am able, I will handle the race course markings. Please do your part by signing up for one of the remaining race day volunteer assignments. For further information, see the *Volunteers Needed* article.

DECEMBER RACE SCHEDULE

How often have I referred to DSE's club logo "Start Slowly & Taper Off"—and meant it? This month's races and mileage reflect this. The 12/3 Ferry Building 4 miler is DSE's longest race of the month. This is the fifth time in 2006 DSE has run past the Ferry Building. On 12/10, the DSE Ballpark 5K starts 2 miles south of the Ferry Building. It's off season for baseball. Running the double loop around AT&T Park will give you plenty of time to

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THE 2006 SAN ANTONIO MARATHON: REMEMBER THE ALAMO!

This year's San Antonio Marathon occurred on Veteran's Day weekend, and the starting point was directly in front of the Alamo, the historic shrine to the nearly 200 men who died there in 1836 to free Texas from Mexico. To those runners who knew the story of the Alamo, the site no doubt inspired them to their own quest for glory, to raise their arms in triumph as they crossed the finish line after pounding along 26.2 miles of asphalt and concrete.

Approximately 2,700 runners gathered behind the start line, about 1,000 running the full marathon and the rest doing the half. The morning was cool, the temperature hovering around 40 degrees. At 7:00 AM, the start was signaled by a volley of musket fire from a squad of soldiers dressed as defenders of the Alamo.

As I awaited the start, I was feeling good and doing my best to keep warm on this unexpectedly cool morning. Temperatures were forecast to climb another 30 degrees by midday. These were ideal marathon conditions: cool air, very little wind and a glorious sun to lift the spirits. The colorful flag of the California Republic decorated my running shorts—in silent tribute to those who died at the Alamo.

The three months of training leading up to this marathon seemed adequate. If I had apprehensions this race morning, they centered on the absence of my usual pre-race light breakfast and on the packet of energy gel that I had checked with my sweats thirty minutes before the start. Once those muskets roared, however, I put such thoughts behind me—until my tank of energy began running low about two-thirds of the way into the race.

This year's marathon followed a new route, first heading north from the Alamo and then turning south, passing through

the downtown area and then neighborhood streets, crossing the San Antonio River several times. It continued south with long, scenic sections next to the river, reaching its southernmost point shortly before mile 17 where it again started north. The marathon course passed near all five of San Antonio's Spanish missions, the most prominent being the Alamo and Mission San Juan Capistrano. By mile 25, runners re-entered the downtown area and were headed for a great finish inside the Alamodome, home of the San Antonio Spurs basketball team. Spectators inside the arena could view the finishers on two very large and spectacular high definition video screens.

The marathon benefited from excellent organization and fine weather. Replenishment included water and Gatorade at nearly every mile along the route, with energy gel provided in the latter stages. Refreshments at the conclusion were plentiful. As marathons go, this is not one of the biggest, but it is growing as more sponsors come forth and advertising increases. The race director told me that the city is solidly behind the race and that he expects significant growth in the coming years. The new course is a good one, mostly flat with some rolling hills for an occasional change of pace. The finish inside the Alamodome was a major addition.

As for my own adventures during the race, I cruised across the halfway point at 1:38, well on the way to my goal of a sub-3:30 finish. It wasn't long, however, before the tank was running on empty and I was forced to begin taking walks in between the water stops instead of my normal procedure of walking through the water stops and resuming the pace at the other end. Crossing mile 20 at 2:35, my mathematical mind indicated I had 55 minutes to

complete the remaining 6.2 miles and stay

under 3:30. Who couldn't do that? Well, a stop and go performance would make such a finish a very tenuous possibility.

Thinking I had time to spare, my confidence was shaken at mile 25 when a man in a bright yellow t-shirt cruised by. In big red letters on the back was written something like "Official 3:30 Pacer." This was the first time in the race I had seen a pacer and my immediate thought was, "I can't let this guy pass me!" I was about to throw in the towel when he turned around and headed back in my direction, apparently to encourage some other runners to my rear. Shortly afterwards I entered the Alamodome and crossed the finish line with the clock showing 3:30:09. But because I had started the race several seconds back from the start line, my actual marathon finishing time was 3:29:58. I had accomplished my goal with two seconds to spare.

But my marathon experience did not end there. Shortly after finishing, a reporter for the local paper cornered me for an interview. The ten minutes this took was disastrous for my health. As he asked questions and I responded with my take on the course and the marathon in general, my eyes began clouding over, things were going dark and I was feeling slightly queasy. But I fought it all the way, thinking I could give an interview and control my body. The reporter asked if I was okay and I naturally responded in the affirmative. I must have looked very shaky.

With the interview over, I followed other finishers, taking several paces toward the long refreshment table. The next thing I remember was the strange feeling of taking several steps backward and then hitting the cement floor, first with my butt and then

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The DSE Newsletter is published monthly for the DSE Running Club.

Mail/Phone/Email Address

The DSE Newsletter mailing address is Jane Colman 692 60th Street Oakland, CA 94609-1420 Phone 510-652-3116 Email janecol@earthlink.net

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

FROM THE PRESIDENT'S DESK

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reminisce about the glory days of the San Francisco Giants. There is NO DSE RUN on 12/17; DSEers are encouraged to run the Miracle Mile and Christmas Classic 5K. The tapering continues with DSE's last race of 2006, the Xmas Blind Date Relays. Each teammate runs the same 2 mile loop around Stow Lake Boathouse.

Merry Xmas & Happy New Year!

GREAT ACHIEVEMENTS IN RUNNING

Theo Iones

Our contributor this month, Heather Johnson, is one of our younger women runners with impressive race performances and excellent nutritional advice for all of us. The photo shows her after the DSE 40th anniversary run, with Keith Johnson (no relation) who was profiled in Nov. 2005.

I started running shortly after I started walking—well, not when I first started walking (wouldn't that be impressive!)—but as a young adult who desperately needed to get healthy—body, mind, and spirit.

On September 6, 1995, my boyfriend, John VanEtten, died after accidentally falling down an elevator shaft in his warehouse apartment building. Losing him was absolutely the most devastating, painful experience of my life. Never before or since have I experienced such profound grief. Worst of all, the person I most wanted to talk to was gone.

At age 24, I didn't know how to cope with such a loss. After the flowers had died and the funeral was over, all I knew to do was to keep busy and not think about it. As you can expect, this created a whole new set of problems.

I worked three jobs, went out almost every night of the week, drank excessively on the weekends, smoked sometimes, but never exercised. I had many a fun night, but inside, I was edgy and miserable, though I never gave myself time to acknowledge that fact.

After two years of this behavior, I got a wake-up call. I caught the flu and my boyfriend dumped me, saying, "even when you're here, you're not really here." At that point, I slowed down and gave myself a little time to think. I was 26 and exhausted, and decided that I wanted to enjoy the sunshine

rather than sleep through it. I wanted to be happy again. Over time, I dramatically changed my life, and running became a key component to my improved physical, emotional and spiritual health.

I started walking in the morning before work. One day, I thought, "I wonder what would happen if I jogged to that telephone pole?" Wow! I felt like a little kid again! Gradually I added more telephone poles; a couple of months later, I forgot all about them. Soon enough, the dark cloud of gloom I had felt disappeared. I felt that I had more to run for than to run from

In December 1998, I entered my first road race, the Rudolph's Red Nose Run 5K in Nashville. "Where the heck did all these people come from?" I wondered at the start line. I didn't know a soul, but I really liked the healthy environment and excitement of this racing thing. I was hooked. I was a runner.

By 2001, I had entered a handful of races from 5 to 15K. That year, I decided to run the Country Music Marathon, but injuries prevented me from competing. Twice. Finally, in 2003, my friend Tom and I committed to run the Cleveland

Marathon. I moved to San Francisco during peak training time and completed my last long run four days after driving across the U.S. I finished in 3:58, with my aunt, uncle, cousins, and Tom at the finish.

In December 2003, I completed the California International Marathon in Sacramento, with a Boston qualifying time of 3:38—Hooray! A few weeks later, I developed a pelvic stress fracture, and was out of commission for two months. Boo. A year later, it happened again! A bone density screening then confirmed what my doctor suspected—dangerously low bone density. If I may offer any advice, especially to female runners: Please protect your bones! I do this by taking calcium/vitamin D supplements, eating a variety of dairy products and dark leafy greens, and doing regular strength

training and weight-bearing exercise like yoga...and running!

Over the past few years, I've become a more consistent and competitive runner. I've remained free of serious injury, and my strength, speed and endurance have all benefited tremendously. Up until last year, I raced only occasionally, so even though I have about eight years of running behind me, in terms of "personal bests," I feel as if I'm just getting started! I do see more marathons in my future (I've improved so much since 03!), but right now I'm enjoying participating in a variety of events.

A few high points to date include

a 1:38:28 at the Kaiser Permanente San Francisco Half Marathon in February 2006, a 22:15 at this year's Banana Chase 5K, and a 45:50 at the 2005 Run to the Far Side 10K, which I have every intention of beating this year. I'm also especially proud of winning first place in my age group (2nd woman overall!) at the Pacifica Rocket Run, a hilly five miler on the Fourth of July. It was a small race, but the first time I've ever topped my age group.

For the past year and a half, I've regularly attended Andy Chan's Thursday night track workouts which, combined with his coaching, have given my running a huge boost. Just in the last few months, I've run some of my best 800 meter and mile repeats ever, and I appreciate those achievements as much as any organized race. It was also Andy who motivated me to join DSE. This spring, he encouraged me to participate in the club's Sunday morning races. I ran my first one, a Great Highway 4-miler, in early April, and was surprised to win a 3rd place ribbon! Ribbon or no ribbon, I'm really grateful to be a part of DSE's large and welcoming family, and I look forward to seeing you some Sunday morning soon. Ain't no stopping me now!





Note: The numbers **0 2 3 4 6** next to a runner's name represent the placement of the first five female finishers.

October 29, 2006 Rainbow Falls 5K Race Director: Oliver Chan Volunteers: Selma Vincent, Kevin Lee, **Bobby Marty, Ted Vincent, Mort** Weisberg, Richard Hannon, Adrian Jue, Shannon Luppino, Jeanie Jones, Phyllis Nabhan



Race Director Oliver Chan © 2006 Paul Mosel

<u>PL</u>	<u>NAME</u>	<u>AGE</u>	TIME
1	Tom Delaney	19	15:29
2	Neil Fitzgerald		15:47
3	Steve Irwin	35	17:43
4	Jason Reed	27	18:30
5	Daniel Weintraub	46	18:43
6	Thomas McManus	36	18:55
7	John Woods	42	18:58
8	Keith Sonberg	50	19:03
9	George Rehmet	39	19:15
10	Jerry Flanagan	40	19:23
11	Andres Stinchfield	28	19:29
12	Kennet De Silva	24	19:48
13	Matthew Fabry	33	19:54
14	Jeremy Calnan	47	20:14
15	Ralph Gordon	47	20:36
16	Noe Castanon	38	20:47
17	Robert Britain	48	20:49
18	Heather Leutwyler •) 28	20:53
19	Brad Spielman	39	21:20
20	Daryl Luppino	46	21:23
21	Michael Sweet	37	21:35
22	Sam Logan	22	21:46

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23	Paul Norris	44	21:51
24	George Baptista	63	21:53
25	Demon Devil	49	21:55
26	Joel Rizzo	40	21:58
27	David Klinetobe	45	22:01
28	Mark Kelley	50	22:18
29	Jorge Larre	49	22:20
30	Amy Sonstein 2	36	22:21
31	Daz Lamparas	54	22:30
32	Patrick Lee	59	22:33
33	Stan Yasuhara	56	22:41
34	Theo Jones	67	22:50
35	Hashim Bashiruddin	49	22:52
36	Mark Moser	37	22:54
37	Ed Kinchley	57	22:58
38	Art Lopez	29	23:02
39	Hilary Fong 3	47	23:12
40	Paul Mosel	65	23:36
41	Lina Khatib 4		23:53
42	Patrick O'Sullivan		23:55
43	James Eales	47	24:07
44	Brian Fry	26	24:12
45	Paul Burket	50	24:17
46	Kathleen Lail 6	38	24:39
47	Sam Roake	70	24:47
48	Ian Maitland	62	25:01
49	Outlaw of Torn	31	25:03
50	Eric Muehlhausen	27	25:05
51	Michele Wayne	36	25:16
52	Patrick Mattimore	56	25:19
53	Kevin Cuevas	15	25:28
54	Sarah Daniel	35	25:48
55	Steven Scotten	36	25:54
56	Marian Lyons	50+	25:58
57	Nancy Kauffold	36	26:19
58	Gary Brickley	53	26:24
59	Janet Nissenson	47	26:27
60	Janet Fry	27	26:51
61	Kevin Fry	27	26:52
62	Joe Connelly	45	26:53
63	Olivia Horgan	33	26:57
64	Eric Shackelford	56	27:08
65	Stuart Ruth	70	27:28
66	Vanessa Loftan	28	27:34
67	Suzana Seban	53	27:53
68	Skyler Haataja	7	28:01
69	Juliet Haataja	36	28:01
70	Russell Breslauer	61	28:27
71	NO NAME		28:55
72	Sean McAviney	59	29:01
73	Uwe Schling	36	29:10
74	Jim Kauffold	69	29:24
75	H. Nebeling	74	29:52
76	Nancy Flynn	29	30:03
77	Bill Woolf	71	30:06
78	Ben Sargent	26	31:01
79	Linda Davick	52	31:28
80	Emily Ness	58	31:40
81	Dennis Hassler	73	32:33
		7 7	
82	Casey Leffers	/	32:58

83	Matt Leffers	52	32:59
84	Jane Colman	63	33:23
85	Tom Huster	65	33:26
86	Julia Guthrie	20	34:07
87	Chase Leffers	5	34:24
88	Jeff Darrow	57	34:59
89	Marcia Martin	54	35:02
90	Carol Epstein	53	35:41
91	MaryAlice Culen	46	35:54
92	Anne-Marie Canter	37	35:55
93	Leslie Bernstein	35	35:56
94	Annemarie Mullar		39:47
95	Ann Marie Dunne	31	39:52
96	Dina Kovash	68	40:29
97	Bob Theis	78	41:23
98	Tom Davick	57	42:11
99	Summer Benton	26	43:51
	Emma Wexler	10	46:55
101	Kelly Skeen	10	46:55
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	SELF-TIMERS		
	Carolyn Clark		
	Doerte Murray	66	
	Don Watson	77	
	Ellen Breslauer	58	
	Jane Lee	56	
	Jeff Houston	48	
	Kim Chee Huster	1	
	Mort Weisberg		
	Phyllis Nabhan	59	
	Richard Finley	58	
	Richard Hannon	71	
	Robert Brizuela	66	
	Sasha Vitomski		35:00
	Sunhi Kim	48	
	Ted Vincent	70	
	Tony Stratta	76	58:30
	Wendy Newman	56	
	Yong Cho	48	
	KIDS' RACE		
1	Mark Moser	9	4:53
2	Casey Leffers	7	5:01
3	Chase Leffers	5	5:50
4	Colby Houston	6	6:13
5	Skyler Haataja	7	6:24
6	Shannon Luppino	10	6:39
7	Scott McManus	4	7:43
8	Jacob Lail	2	10:40
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Coming 'round the bend Photo by Don Watson

November 5, 2006 Great Highway 4M Obstacle Course Race Director: Andrew Bloch Volunteers: Robert Brizuela, George Sacco, Mort Weisberg, Richard Hannon, Thomas Pang, Kevin Lee, Calvin Chan, Baking Girl-Cho



Race Director Andrew Bloch
© 2006 Paul Mosel

2 Oscar Sanchez 2 John Woods 4 John Woods 4 John Woods 4 John Woods 5 Thomas McManus 6 Kennet De Silva 7 Kevin Fry 8 Daryl Luppino 9 Jim Buck 9 Jim Buck 10 George Baptista 11 David Klinetobe 12 Lazaro Sanchez 13 Patrick Lee 15 Phil Melman 16 Mark Moser 17 Larry Wuerstle 18 James Eales 19 Paul Burket 19 Paul Burket 10 Francisco Arnaiz 10 Frank Shum 20 Eric Park 21 Lina Khatib 22 Jovina Havard 23 Keith Johnson 24:10 24:11 24:11 25:10 26 Paul Mosel 27:54 28:57 29:10 20 Eric Park 29:10 21 John Buck 21 Francisco Arnaiz 22 Jovina Havard 23 Keith Johnson 24 Lina Khatib 25 Frank Shum 26 Paul Mosel 27:40 28 Jim McBride 29 Hashim Bashiruddin 20 John Smiley 21 John Smiley 22 John Smiley 23 Jim McBride 24 Ling Moser 25 Jim McBride 26 Jim McBride 27 Ed Lange 28 Jim McBride 31:35 31 Jerry McGowan 31:35 32 Ling Moser 37 Jim	<u>PL</u>	NAME Devid Devid	AGE	<u>TIME</u>
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16 Mark Moser 37 29:40 17 Larry Wuerstle 50 30:04 18 James Eales 47 30:08 19 Paul Burket 50 30:29 20 Eric Park 61 30:44 21 Francisco Arnaiz 25 31:08 22 Jovina Havard 28 31:10 23 Keith Johnson 68 31:15 24 Lina Khatib 31:20 25 Frank Shum 31:22 26 Paul Mosel 65 31:34 27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser 37 33:06 33 Sue Aeberli 37 33:18 34 The Krakken 31 33:42 36 Sam Roake 70 34:02				
18 James Eales 47 30:08 19 Paul Burket 50 30:29 20 Eric Park 61 30:44 21 Francisco Arnaiz 25 31:08 22 Jovina Havard • 28 31:10 23 Keith Johnson 68 31:15 24 Lina Khatib • 31:20 25 Frank Shum 31:22 26 Paul Mosel 65 31:34 27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser • 37 33:06 33 Sue Aeberli • 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong • 47 33:42 36 Sam Roake 70 34:02				
18 James Eales 47 30:08 19 Paul Burket 50 30:29 20 Eric Park 61 30:44 21 Francisco Arnaiz 25 31:08 22 Jovina Havard • 28 31:10 23 Keith Johnson 68 31:15 24 Lina Khatib • 31:20 25 Frank Shum 31:22 26 Paul Mosel 65 31:34 27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser • 37 33:06 33 Sue Aeberli • 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong • 47 33:42 36 Sam Roake 70 34:02	17	Larry Wuerstle	50	30:04
20 Eric Park 61 30:44 21 Francisco Arnaiz 25 31:08 22 Jovina Havard				30:08
21 Francisco Arnaiz 25 31:08 22 Jovina Havard	19	Paul Burket	50	30:29
22 Jovina Havard	20	Eric Park	61	30:44
23 Keith Johnson 68 31:15 24 Lina Khatib	21	Francisco Arnaiz	25	31:08
24 Lina Khatib ❷ 31:20 25 Frank Shum 31:22 26 Paul Mosel 65 31:34 27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser ❸ 37 33:06 33 Sue Aeberli ④ 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong ❸ 47 33:42 36 Sam Roake 70 34:02	22	Jovina Havard 0	28	31:10
25 Frank Shum 31:22 26 Paul Mosel 65 31:34 27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser ❸ 37 33:06 33 Sue Aeberli ④ 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong ❸ 47 33:42 36 Sam Roake 70 34:02	23	Keith Johnson	68	31:15
26 Paul Mosel 65 31:34 27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser ❸ 37 33:06 33 Sue Aeberli ❹ 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong ❺ 47 33:42 36 Sam Roake 70 34:02				31:20
27 Ed Lange 63 31:35 28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser				
28 Jim McBride 63 31:39 29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser ❸ 37 33:06 33 Sue Aeberli ❹ 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong ❺ 47 33:42 36 Sam Roake 70 34:02		Paul Mosel		
29 Hashim Bashiruddin 49 32:18 30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser 37 33:06 33 Sue Aeberli 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong 47 33:42 36 Sam Roake 70 34:02		O		
30 Tom Smiley 52 32:38 31 Jerry McGowan 68 32:48 32 Ling Moser ❸ 37 33:06 33 Sue Aeberli ❹ 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong ❺ 47 33:42 36 Sam Roake 70 34:02				
31 Jerry McGowan 68 32:48 32 Ling Moser 37 33:06 33 Sue Aeberli 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong 47 33:42 36 Sam Roake 70 34:02				
32 Ling Moser 37 33:06 33 Sue Aeberli 37 33:18 34 The Krakken 31 33:36 35 Hillary Fong 47 33:42 36 Sam Roake 70 34:02				
33 Sue Aeberli				
34 The Krakken 31 33:36 35 Hillary Fong 6 47 33:42 36 Sam Roake 70 34:02				
35 Hillary Fong 6 47 33:42 36 Sam Roake 70 34:02				
36 Sam Roake 70 34:02				
37 Marian Lyons 50+ 34:13				
	37	Marian Lyons	50+	34:13

38	Gary Brickley	53	34:34
39	Kenneth Fong	44	34:38
40	Joe Connelly	45	34:39
41	Jen Melman	34	34:56
42	Larry Chow	36	35:25
43	Stuart Ruth	70	35:51
44	Janet Nissenson	47	36:02
45	Janet Fry	27	36:04
46	Peking Duck	51	36:05
47	Jason Hayes	31	37:04
48	Olivia Horgan	33	37:28
49	Sean McAviney	59	37:46
50	No Name		38:11
51	H. Nebeling	74	38:12
52	Bill Woolf	71	39:33
53	Linda Davick	52	40:21
54	Emily Ness	58	40:28
55	Barbara Robben	72	41:35
56	Valerie Stratta Trenev	47	41:48
57	Jennifer Coffey	36	42:51
58	Jim Kauffold	69	43:16
59	Harry Cordellos	69	43:17
60	Marcia Martin	54	45:42
61	No Name		45:57
62	No Name		45:58
63	Amanda Elizonelo	28	45:59



Smiling Great Highway runners Photo by Don Watson

	<u> </u>	note by E	von vvatson
70	Tom Davick	57	51:38
71	Bruce Oliver	78	52:08
<u>SEL</u>	F-TIMERS		
	Doerte Murray	66	
	Don Watson	77	
	George Rodrigue	ez 69	
	Jane Colman	63	
	Ken Reed	61	
	Liese Rapozo	78	
	Lynne Rodriguez	z 68	
	Phyllis Nabhan	59	
	Richard Finley	58	
	Richard Hannon	n 71	
	Thomas Boyd	60	
	Tony Stratta	76	1:16:20
	Wally Rapozo	77	
	Wendy Newmar	n 56	

November 12, 2006 Embarcado 10K Race Director: Cammie Dingwall Volunteers: George Sacco, Calvin Chan, Richard Hannon, Thomas McManus, Selma Vincent, John Gregson, Hilary Fong, Kevin Cuevas, Robert Brizuela, Kevin Lee

68

28

40

47

9

46:02

46:09

46:14

46:15

46:16

47:24

64 George Sacco

Alexander Davis

Susan Phelan

Marie Lorenzo-Davis

65 Anne Kuchman

66 Tim Oliver

67

68

69



Race Director Cammie Dingwall
© 2006 Paul Mosel

<u>PL</u>	NAME	AGE	TIME
1	Brent Shaw	26	36:43
2	Jeff Lifur	36	37:25
3	Jason Reed	27	38:19
4	Oscar Sanchez	19	39:15
5	John Woods	42	40:14
6	John Cary	29	40:48
7	Andy Roth	38	40:53
8	Mike Harville	37	41:09
9	David Pinto	41	41:20
10	Joris Thybaut	31	41:46
11	Jakob Gron		41:51
12	Andrew Bloch	44	41:55
13	Matthew Thomas	27	42:22
14	Bob Akers	50	42:24
15	Corrie Drakulich 1	24	42:27
16	Ryan Duval	28	42:43
17	Stephen Tracy	43	42:49
18	Ralph Gordon	47	42:54
19	Candes Gentry 2	29	42:55
20	Andrew Keay	29	42:56
21	Shari Tracy 3	43	42:57
22	Jeremy Calnan	47	44:09
23	Daryl Luppino	47	44:59
24	Marie Appel 4	42	45:21
25	Rich Stiller	61	45:39

continued on page 6

	ARCADERO 10K		
cont	inued from page 5		
26	George Baptista	63	45:52
27	Dave Coulman	46	46:15
28	Jorge Larre	49	46:18
29	Amy Sonstein 6	36	46:20
30	Charly	22	46:26
31	Christian Schurmann	41	46:43
32	Phil Melman	41	47:10
33	Noe Castanon	36	47:15
34	Susan Baker	47	47:20
35	Lisa Taft	40	47:30
36	Todd Butzine	41	47:34
37	Mark Kelley	50	47:53
38	Carrington Bradley	32	47:56
39	Patrick Lee	59	48:16
40	Lina Khatib	40+	48:22
41	Frank Shum		48:23
42	Paul Burket	50	48:24
43	Sam Logan	22	49:11
44	Heather Driscoll	34	49:15
45	Jim Gentes	49	49:17
46	Maura Prendiville	25	49:25
47	Kevin McGrath		49:32
48	Keith Bough	37	49:40
49	Paul Mosel	65	49:50
50	Ed Kinchley	57	50:15
51	Kathleen Lail	38	50:31
52	Rene Menjivar	50	50:42
53	Bob Strickland	39	50:58
54	No Name		51:25
55 56	Nick Todd Michael Aires	28	51:26
57	Jessica Bothwell	27	51:36 51:40
58	Fennel Doyle	32	52:38
59	Elizabeth Ulatowski		52:44
60	Sam Roake	70	52:59
61	Jim McBride	63	53:01
62	Carolyn Garriott	43	53:07
63	Kevin Barrido	33	53:15
64	Henry Wolf	43	53:31
65	Patrick Mattimore	56	53:34
66	Ryan Murphy	27	54:07
67	Allison Groves	42	54:16
68	Gary Brickley	53	54:49
69	Kenneth Fong	44	54:58
70	Michele Wayne	36	55:15
71	Robyn Marra	34	55:23
72	Michael Sovik	41	55:31
73	Christina Kreitzer	31	55:40
74	Lorena Wong	45	55:41
75	Pablo Estrada	28	56:02
76	Katie Carroll	25	56:35
77	Molly Williams	36	57:15
78	Susan Herder	49	57:17
79	Marian Lyons	50+	57:20
80	Phillip White	C 1	57:47
81	Shel Gersh	61	57:53
82	Jenny Rowe	33	57:59
83	John Rowe	33	57:59



Waiting at the Aquatic Park finish line © 2006 Paul Mosel

		2000	raur mosci
84	Edward Crossman	35	58:33
85	Anthony Kim	38	58:45
86	Michael Wong		59:03
87	Rachel Hawkins	39	59:13
88	Sarah Daniel	35	59:18
89	Katy Henrickson	33	59:19
90	Pajau Vangay	24	59:20
91	Larry Chow	36	59:21
92	Jim Ernst	61	59:25
93	Ellen Martin	31	59:44
94	Jeff Houston	48	59:56
95	Jen Melman	34	1:00:23
96	Tom Carroll	36	1:01:07
97	Jim Kauffold	69	1:01:12
98	Juan Ontiveros	35	1:01:24
99	Brandon Pelissero	36	1:01:26
	Jennifer Hernaez	29	1:01:34
	Jessica Johnson	27	1:01:35
	Sean McAviney	59	1:01:43
	Heidi Hess	31	1:01:55
	Megan Hess	31	1:02:02
	Andrea Ferris	31	1:02:06
	Hilary Walecka	16	1:02:07
	Melissa Chandler	26	1:02:11
	Debra Bailey	51	1:02:12
	Dennis Hassler	73	1:02:13
	No Name		1:02:18
	Alpana Kharkar	41	1:02:24
	Elizabeth Boyd	46	1:02:29
	Suzana Seban	53	1:02:33
	Henry Nebeling		1:02:51
	Bob Morris	71	1:02:56
	Bill Woolf	71	1:03:04
	Jonathan Slivka	2.2	1:03:08
	Daniel Chung	32	1:03:49
	Linda Leu	27	1:03:50
	Albert Hwang	27	1:04:25
	Tsen-Txheng Choe Debra Buchanan	30 44	1:04:35 1:05:02
	John Ferris	36	1:05:02
	Andrew Post	28	1:05:14
	Duyen Nguyen	23	1:05:23
	Edward Hernaez	31	1:05:24
	Seana Hull	27	1:06:31
	Annie Mitchell	26	1:06:54
	Sara Venters	41	1:06:55
149	Jaia venters	71	1.00.55

130 Annabel Stiven	33	1:06:57
131 Kathryn Hendrix	28	1:07:01
132 No Name		1:09:03
133 Valerie Turck	31	1:09:42
134 Richard Best	61	1:10:45
135 Scott Walecka	49	1:11:50
136 Barbara Robben	72	1:12:23
137 George Sacco	68	1:12:43
138 Meaghan	35	1:12:47
139 Russell Umau	33	1:13:20
140 Kim Roper	45	1:15:16
141 Gabrielle Fidiam	45	1:16:23
142 Susan Plular	-	1:17:43
143 Jan Wichayanuparp	33	1:17:46
144 Helen Yung	29	1:17:48
145 Lorraine Siadat	49	1:19:03
146 M. Siadat	56	1:19:05
147 Gene Escober	35	1:23:32
148 Gina Escober	36	1:23:32
149 Kenneth Garrett	47	1:23:53
150 Jennifer Langsam	34	1:26:43
SELF-TIMERS		
Shannon Luppino	10	
Carolyn Clark		
Brie Reybine		
John Lang	67	

Shannon Luppino	10
Carolyn Clark	
Brie Reybine	
John Lang	67
Elaine Gecht	62
Doerte Murray	66
Ted Vincent	70
Liese Rapozo	79
Wally Rapozo	78

November 19, 2006 **Conservatory of Flowers 5K Race Director:** George Baptista **Volunteers:** Janet & Steve Nissenson, George Sacco, Amy Sonstein, John Gregson, Richard Hannon, Mort Weisberg, Adrian Jue, Bobby Marty, **Kevin Lee**



Race Director George Baptista © 2006 Paul Mosel

I joined the DSE in January of this year. I started running to help lose weight, and have been running almost 29 years.

I enjoy running because: it keeps me physically fit; I feel better mentally;

continued on page 7

CONSERVATORY OF FLOWERS 5K continued from page 6

I see interesting things and beautiful scenery; I meet a lot of great people who are runners; it is the core of a healthy lifestyle; it keeps me grounded—you can't fake running; and it is a simple thing that can be done almost anywhere, anytime.

<u>PL</u>	NAME	<u>age</u>	TIME
1	Brent Shaw	26	16:49
2	Oscar Sanchez		17:29
3	Jim Cox-Nicol	38	17:33
4	Oliver Chan	24	17:40
5	Jason Reed	27	18:00
6	Jerry Flanagan	41	18:17
7	Eradio Sanchez		18:27
8	Roy Clarke	51	18:40
9	David Moulton	39	18:42
10	John Woods	42	19:18
11	Bob Akers	50	19:43
12	Ernie Rivas	56	20:07
13	Ralph Gordon	47	20:13
14	Kennet De Silva	24	20:37
15	Suzanne Eldredge 1		20:47
16	Noe Castanon	36	20:51
17	Frank Shum		21:02
18	Marie Lorenzo-Dav		21:05
19	Jim Buck	64	21:06
20	Daryl Luppino	47	21:14
21	Lazaro Sanchez		21:17
22	Jorge Larre	49	21:25
23	Michael Sweet	37	21:28
24	Jim O'Grady	46	21:34
25	Joel Rizzo	40	21:49
26	Patrick Lee	59	21:59
27	Andrew Johnson	35	22:07
28	Heather Johnson 3	35	22:10
29	Daz Lamparas	54	22:19
30	Eric Park	61	22:28
31	Matthew Fabry	33	22:29
32	Daniel Tsao	36	22:30
33	Jim Kauble	64	22:32
34	Larry Wuerstle	51	22:42
35	James McLean	30	22:52
36	Paul Burket	50	23:00
37	Steve Andrews	36	23:30
38	Thomas Smiley	50	23:33
39	Jim McBride	63	23:36
40	Robert Archibald	49	23:49
41	Michelle McCarron 4		23:54
42	Paul Mosel	65	23:55
43 44	Kathleen Lail 6 Brooke West	36	24:02
44	Robert Reichman	29 55	24:19
45	Aaron Low	55 46	24:27 24:39
46 47	Marian Lyons	50+	24:39
47	Eric Muehlhausen	27	24:41
49	Liz Kauble	53	24:57
7.7	LIZ NAUDIC	33	∠ r.J/



Running down the hill from Stow Lake Photo by Don Watson

50	Patrick Mattimore	56	24:59
51	Kenneth Fong	44	25:12
52	Susan Gourlay	52	25:22
53	Michele Wayne	36	25:36
54	Gary Brickley	53	25:43
55	Sam Roake	70	25:44
56	Joe Connelly	45	26:10
57	Lauren Vandenaan		26:37
58	Brian Fry	26	26:39
59	Bill Hart	32	27:05
60	Esther Mecking	30	27:29
61	M. Pinzuti	33	27:31
62	Julia Pellegrini	28	27:33
63	Sarah Lauffer	26	27:35
64	Bob Morris	53	27:39
65	Tom Huster	63	27:44
66	Jeff Houston	48	27:47
67	Uwe Schling	36	27:52
68	Stefan Pellegrini	33	27:57
69	Suzana Seban	53	28:11
70	Stu Ruth	70	28:28
71	Henry Nebeling	74	28:35
72	Nicholas Mitrousis	26	28:44
73	Boris Chang	28	29:16
74	Russell Breslauer	61	29:42
75	Emily Ness	58	29:45
76	Linda Davick	52	29:50
77	Kentaro Ohara	9	29:51
78	Kaz Ohara	39	29:52
79	Paul Griffiths	45	30:12
80	Rick Weese	40	30:16
81	Patricia West	31	30:52
82	Bill Woolf	71	30:55
83	Mandy Gilbert	28	30:59
84	Gary Bengier	51	31:05
85	Peking Duck	51	31:06
86	Tara Bahrampour	39	31:08
87	Jim Kauffold	69	31:09
88	Harry Cordellos	68	31:10
89	Jennifer Coffey	36	31:19
90	Wendy Newman	56	31:46
91	Susan Herder	49	31:47
92	Calvin Chan	56	31:48

93 Rosy Alvarez	34	32:15
94 Yong Cho	48	32:17
95 Fred Haber	47	32:18
96 Mary Ann Buxton	43	32:20
97 Jane Colman	63	33:22
98 Marcia Martin	54	34:03
99 George Sacco	68	34:09
100 Bob Kovash	68	35:42
101 Alexander	9	36:17
102 Richard Hippard	70	37:27
103 Peter Hippard	42	37:28
104 Richard Finley	58	38:16
105 Mi Mi Ohara	7	38:31
106 Teruyo Ohara	32	38:47
107 Tom Pavick	57	39:02
108 Dina Kovash	68	39:25
109 Susan Phelan		40:24
110 Franklin Sanchez	6	40:25
111 Bob Theis	78	45:57
SELF-TIMERS		
Tony Stratta	76	62:00
Cindy Toler	45	42:00
Kim Chee Huster	1	
Ed Olkowski	64	55:49
Loring Slivinski	40	
Robert Brizuela	66	45:00
John Lang	67	
Phyllis Nabhan	59	
Richard Hannon	71	
Doerte Murray	66	
Ken Reed	61	
Don Watson	77	
Jim Pommier	73	
KIDS' RACE		
Katie Flanagan	5-1/2	4:22
Connor Flanagan	1-1/2	5:21
Adina Sweet	3-3/4	5:31
Raquel Sweet	2	7:18
Tristan Davis	4	7:50

CLASSIC STU-PEDS

by Stu Ruth



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.

<u>PL</u>	NAME	<u>AGE</u>	A.G. PL	AGE GROUP	TIME
	ur Trail Half Marathon				
144	Margie Whitnah	58	1	F 55-59	2:04:24
Laws	on Tamalpa Challenge,	4.25 miles, \$	San Rafael,	October 28	
Wom		,	,		
71	Amy Sonstein	36		Open	33:40
103	Carolyn Garriott	43		Masters	44:04
108	Barbara Robben	72		Veterans	48:12
Mast	ers Men				
52	Mike Fanelli	50		Seniors	27:36
90	Tyler Abbott	45		Masters	29:41
108	Russ Kiernan	68		Super Seniors	20:43
152	Dennis Hassler	72		Veterans	45:57
Silico	on Valley Marathon, Sa	n Iose. Octob	er 29		
489	Gary Aguiar	51	40	M50-54	4:35:28
497	Gregory Brown	57	14	M55-59	4:37:00
	Feet Open, 6K, Sacran				
Wom	-	nemo, Noven	illoci 4		
46	Amy Sonstein	36	28	Open	26:43
70	Barbara Robben	72	1	Veterans	38:04
	ERS MEN	, 2		veterans	30.01
5	Cliff Lentz	41	5	Masters	19:53
72	Russ Kiernan	68	6	Super Seniors	24:20
	sure Island Sprint Triath			super semons	21.20
483	Stu Etzler	iidii, Noveilik	6 6	M60-64	1:59:06
485	Dina Kovash		1	F 65-69	2:01:55
		anim Carrette	•		2.01.33
24	Redwood High 5K, M Russ Kiernan	arın County,			20.22
37			2 1	M60-69	20:23
57 53	Amy Sonstein		15	F 30-39 M50-59	21:58 25:34
62	Julius Schillinger Jeff Houston		18	M40-49	28:20
	•		10	140-49	20.20
	York City Marathon, N		1.1	F 60 64	4.10.15
	3 Judith Webb	63	14	F 60-64	4:10:15
	a Clarita Marathon, No				
211	Gregory Brown	57	15	M55-59	4:47:23
Clark	ksburg Country 30K Ru	n, Clarksburg	g, Novemb	er 12	
12	Cliff Lentz	41	6	M40-49	1:52:26
61	Tyler Abbott	45	16	M40-49	2:13:22
112	Jim Flanigan	57	19	M50-59	2:34:29
177	Kat Powell	55	6	F 50-59	3:07:55
San A	Antonio Marathon, Nov	vember 12			
113	Jim Buck	64	1	M60-64	3:29:58
Unite	ed We Run RadRockyD	3.5 Mile Fur	Run, Nov	ember 18	
	Amy Sonstein		h woman		25:40
PA a	nd Western Regional C	ross Country	Champion	ships. Novembe	er 19
	ien, 6K	· · · · · · · · · · · · ·		1 - ,	-
143	Amy Sonstein	36			27:45
145	Marie Appel	42			27:55
155	Hilary Fong	47			29:46
171	Barbara Robben	72			39:52
	ERS MEN, 10K				
10 Cliff Lentz 41 35:32					
				COI	ntinued on page 9
	DCE Nove 12/06				

LOWER BACK PAIN: IT DOES NOT HAVE TO STOP YOU FROM RUNNING!

Dr. Amelia Mazgaloff, DC

Up to 20% of all injuries that occur in sports involve the lower back or neck. Sports that use repetitive impact (e.g., running) or weight loading at the end of a range-of-motion (e.g., weightlifting) commonly cause damage to the lumbar spine (lower back).

How running causes back pain

Every time your feet hit the ground, the shock is transferred up your legs to your hips and spine, and any biomechanical irregularity or imbalance in the feet, ankles, knees and hips can ultimately cause lower back pain. Runners' feet contact the ground 800-2000 times per mile (50-70 times per minute for each foot) This means dissipation of 100 tons of force per mile! Joints and discs are jarred and compressed by these forces of the body leaving the ground and landing on every stride when running or jogging.

It could be that you have flat feet, and your over-pronation is causing these forces to travel up the spine all the way to your neck and cause back and or neck ache.

It could be that one of your legs is ever so slightly shorter than the other, or that your pelvis is just a wee bit uneven (see last month's topic: pelvic torsion).

You could have a curve in your spine that is causing aberrant interlocking of the nerve-rich fact joints on the back side of each spinal bone preventing them from moving properly that is causing the symptoms.

More seriously, one of the discs between the vertebrae of your spine could be degenerating.

Relatively weak abdominal and lower back muscles might also contribute to the problem. Running generally tends to cause strength imbalances between these muscle groups.

Add tight hamstrings, another common condition among runners, and you have a nifty recipe for back pain.

Preventing back pain from running

Wear top-quality cushioned or motion control running shoes. Get your feet and shoes evaluated. Running video gait analysis is the most accurate way to identify continued on page 9

♦ ♦ • Volunteers Needed ***

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. Beginning with the January 2007 races, there will be an ongoing need each week for at least five volunteers to assist the Race Director. Two volunteers will be needed to handle registration from 8:00-9:00 AM (these volunteers would therefore have the opportunity to also run the race), and three volunteers to assist with finish line timing/stringing from 8:55 AM to the race end (a good option for self-timers, those nursing injuries or otherwise not racing that week).

Following are upcoming races at which we need a full slate of volunteers:

January 7 Lake Merced Run January 14 Embarcadero 10K Windmill 10K January 21

February 18 Golden Gate Bridge Vista 10K

February 25 Great Highway Run

February 11 Polo Field 5K

January 28 Sawyer Camp 5K/10K

A reminder that members will need to volunteer at least twice each year to receive a small trophy, and four times to receive a large trophy for the 2008 Gala (volunteering for the Double Dipsea in late June will also satisfy this requirement).

If you can assist at any of the races listed above, please contact Kevin at dse.pekingduck@juno.com or 415-751-9653 (after 7pm) or simply sign your name to the new Volunteer Sign-Up Sheet that will be available at each weekly race. There will also be a new Volunteers Needed section on the DSE website that you can check to see what races volunteers are still needed for.

Thank you for your continued support in putting on our weekly races.

DSE	AT THE RACES			continu	ed from page 8
75	Tyler Abbott	45			40:01
119	Russ Kiernan	68			43:28
160	Hashim Bashiruddin	49			49:04
181	Dennis Hassler	Dennis Hassler 73 1:06:20			
O PEN	N MEN				
98	Chikara Omine	24			37:42
Seag	gate Elite 5K, San Jose, Nov	ember 23			
31	Chikara Omine	24			16:25
40	Oliver Chan	24			17:16
Ocea	anside Turkey Trot 5K Ope	n, Oceansid	e, November 23		
81	Amy Sonstein	36	2 F	35-59	21:06

2006 SAN ANTONIO MARATHON

continued from page 2

the back of my head. Apparently, I had passed out on my feet and started reeling backwards. I was out for only a couple of seconds and folks were helping me to my knees. Blood was flowing from a gash in the back of my head. I declined a trip to the hospital, not really knowing the extent of my injury. But a cold compress stanched the bleeding and I was led to a nearby table. All this was very embarrassing, but I benefited by being the center of attraction, with good Samaritans fetching me all the refreshments I could eat and drink.

The head injury turned out not to be serious. I was able to spend the rest of the day and the next walking around town, seeing

the sights. I attribute my fall to the complete absence of food since dinner at 6:00 PM the night before. Every marathon is an adventure and this one proved no exception.

As an added bonus, the Saturday before the race was Veterans Day and the Alamo was the scene of official City of San Antonio remembrances. An extensive parade of vehicles, floats, veterans and marching bands also wound through the streets and past the mission. I visited the Alamo several times, always feeling on hallowed ground and never tiring of the story of Davey Crockett, Colonel Travis, Jim Bowie and all those who fought for liberty against overwhelming odds.

LOWER BACK PAIN continued from page 8

- biomechanical faults in the lower extremity.
- Run on softer surfaces (grass or padded track)
- Do more frequent but shorter runs as opposed to marathon running.
- Maintain good posture while running. Use form that reduces the "up and down" stride motion and focuses on forward motion while running. Lead with the chest, keeping the head tall and balanced over the chest.
- Maintain strong abdominal muscles to help stabilize the lower back while running. To strengthen abdominals and lower back stabilizer muscles, particularly the multisided and erectors, use a ball, disc and or a foam roller, which will provide dynamic strengthening and endurance.
- Balance stretching between the hamstring and psoas 2:1 and do stretch them every day.

Treatment options

- Bed rest. But research shows that bed rest can delay recovery and make problems worse.
- Physical therapy. But exercising spinal joints that aren't working right is like continuing to drive your car with misaligned tires!
- Cover up the pain with drugs. While drugs can offer temporary relief, they cannot correct functional problems of affected spinal joints.
- The most drastic measure is surgery. While there may be times when surgery makes sense, it is expensive, risky. and more than half of all back surgeries fail.
- More and more people are choosing chiropractic first. Specific chiropractic adjustments can improve spinal function. They are safe. Chiropractic is natural and looks to correct the cause of the problem.

At Chiro-Health, Inc we offer a full body check up for runners including custom orthotic prescription, weight distribution measurement, leg length check and videotaped running gait analysis. We also have special 5 session treatment courses for runners, making it affordable. For further details about these services and this article please contact us at 415-546-1461 or visit us on the web at chirohealthsf.com.

Happy running!

◆ ◆ ◆ M onthly Running Schedule ◆◆◆

- 1) All race entries are payable at the event by cash only (sorry, no checks) unless you register online at www.active.com by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids (under 12) pay \$1. All others pay at the adult rate.
- 4) Race dates and times are subject to change without notice. Check the DSE hotline at 415-978-0837 for any changes.
- Race Day registration is from 8:05–8:55 AM unless otherwise noted.
- Finisher's ribbons to all participants. Place ribbons to first 5 men and women unless otherwise noted.

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

Ferry Building Run, 4 miles Sun Dec 3

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early. <u>COURSE DESCRIPTION</u>: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Stay on sidewalk. Turn around 2 feet beyond the south side of Ferry Building complex and return the same way to finish.

*** KIDS RUN (1/2 mile) at 9:45 AM (same start/finish location)

Sun Dec 10 Ballpark 5K

START/FINISH: Terry Francois & Illinoise Streets (off Mariposa)

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

COURSE DESCRIPTION: Run north on Terry François, right on Third Street, right turn across Lefty O'Doul Bridge. Upon exiting bridge, run a double counter-clockwise loop around AT&T Park. Re-cross the bridge; make a left turn back onto Terry François and return to finish.

Sun Dec 17 **NO DSE RUN**

DSEers are encouraged to run the Miracle Mile & Christmas Classic 5K, www.peopleevents.org

Xmas Blind Date Relays, 2 x 2 miles Mon Dec 25

START/FINISH: Stow Lake Boathouse in Golden Gate Park

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

COURSE DESCRIPTION: Take an immediate right turn around Stow Lake, right over first bridge onto island, take right fork and run along dirt trail up Strawberry Hill. Run a clockwise circular loop up to the top of the hill and return downhill the same way to finish.

Mon Ian 1 Hangover FUN RUN, 4 miles

START/FINISH: GG Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run north on East Battery Road path onto GG Bridge, run to Vista Point viewing area, turn around and return the same way to finish.

NOTE: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Ian 7 Lake Merced Run, 4.5 miles

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

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

COURSE DESCRIPTION: Run clockwise around the lake staying entirely on jogging/pedestrian path.

Embarcadero 10K Sun Jan 14

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto the Embarcadero (sidewalk). Run to the mini-park beyond Townsend Street (before AT&T Park), turn around and return the same way to finish.

***KIDS' RUN (1/2 mile) at 9:45 AM (same start/finish location)

- 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 ludith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or 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.

Membership ◆◆◆ ◆◆◆ Information

The DSE was founded in 1966 by members of three clubs who were also interested in running—the Dolphin Club, the South End Rowing Club and the San Francisco Rowing Club.

The DSE has grown into San Francisco's largest running club with about 450 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and distance (2–6+ miles).

DSE members automatically receive a one year subscription to the *DSE Newsletter* and become members of the Road Runners Club of America. Club members receive free electronic publications of *Footnotes* and *Peak Running Performance*.

Annual Dues are \$25 for an individual membership and \$30 for a family membership (two or more people with the same address). There is a \$5 discount for memberships that opt to receive the monthly newsletter online. Renewal dues are payable by the date shown on the mailing label of your DSE newsletter. Dues can be paid by either personal check or money order made out to DSE and mailed to Richard Finley at the address shown below, or online at www.Active.com.

Membership applications can be downloaded from the DSE website, www.dserunners.com, or contact Richard Finley at nishikifinley@sbcglobal.net or write to Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404. Changes of Address are also to be sent to Richard Finley.

Folding * * * * * * * Session

DATE: Wednesday, December 27, 2006

TIME: 7:00 PM
PLACE: Doerte Murray
526 Clayton Street

(near Oak)

San Francisco 94117

415-626-3607

Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

Please remember to bring drinks or snacks to share after the folding session.



Meteorologist Mike Pechner

December will be dry and mild for the first first few days with rain around the 4th, then we can expect dry, mild, sunny days for the next week, especially near the coast.

Heavy rain is likely for a day or two around the 11th, followed by a week or more of dry, mild weather except for morning fog through Christmas Day.

We'll have more stormy weather between Christmas and New Years around the 27th, then it should be dry through and including the Hangover run.







PRESIDENT ANGELICUS Walt Stack

PRESIDENT Kevin Lee 415-751-9653 dse.pekingduck@juno.com

SR.VICE PRESIDENT Janet Nissenson Mom114@aol.com

2ND VICE PRESIDENT/LOST & FOUND George Sacco 415-695-2951 gsgasacco@yahoo.com

SECRETARY Roxanna Pezzy rpez0@allstate.com

TREASURER Steve Nissenson 650-355-7660 Swifth20@aol.com

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

♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦DSE Runners

P.O. Box 210482

San Francisco, CA 94121-0482 Hotline: 415-978-0837

Hotline: 415-978-0837

Website/Membership Application: www.dserunners.com

WEBMASTER: Natalie Nissenson

sparklethenfade@aol.com
ASSISTANT: Stephen Boesch

DSE Coordinators

MEMBERSHIP Richard Finley nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

DSE RACE RESULTS Joe Connelly

CLUB OUTREACH Theo Jones

KIDS' RACE DIRECTOR

Daryl Luppino 650-757-5247

DOUBLE DIPSEA RACE DIRECTOR Ken Reed RunKenRun@aol.com

Happy Birthday! $\bullet \bullet \bullet \bullet \bullet \bullet \bullet$

Neil Mahoney 4 Kat Powell 5 David Gemigniani 6 Len Wallach 8 Juliette Johnson Joel Rizzo George Rehmet Peter Royce 9 Gary Brickley 10 Adrian Jue 11 David Mackesey 12 John Tyler Amy Sonstein Hilary Fong George Baptista 13 Grant Kolling Bean Anderson Rod Hall 15 Jim Pommier George Sacco 17 Lazaro Sanchez Blake Bengier

	•	
	18	Ed Celestina
		Steve Stephens
	19	Eduardo Vazkez
	20	Susan Herder
	21	George Musante
	22	Elaine Gecht, MD
	24	Fred Dunn
	25	Stephanie Gruszynski
		Mary Stratta
		Eugenio Sanchez
	26	Tim Oliver
	27	Michael King
		Harry Tam
		Steven Scotten
	28	Barbara Bernhart
	29	Kyle Clarke
\parallel	31	John F. Guinee
		David Klinetobe
		Robert Moser

Benny Yih

New Members

San Francisco

Paul Burket Kelly Haston Grace Ruth Cindy Toler Brian Wolfe

San Rafael Benjamin Tracy Isabel Tracy Rachel Tracy Stephen Tracy



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 egroup mail list to receive DSE updates and other running information, by linking to http://groups.yahoo.com/group/DSERunnersClub/join.

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

FALL GENERAL MEETING SUNDAY, DECEMBER 3, 2006

A General Meeting will take place immediately following the 12/3 Ferry Building Run. The new DSE Executive Committee will be a key agenda item. Please mark down this important date to attend the last open forum to voice your club opinions and club ideas for 2006.

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!