

*Ted Vincent*

Heinrich has a chapter on the ultramarathoner camel and another on the “athletic frog.” The last third of the book gives the usual material on how we evolved in the African highland plains where all sorts of animals chased each other around and around, and where our ancestors did well because they decided to use their endurance and mother nature’s special gift to us, good sweat glands that wick heat. So, while other animals had to go rest under a tree, we could push ahead. Regarding sweat glands, as in other aspects of Heinrich’s book, his aside is almost as interesting as his main point. He states that our invaluable sweat system for wicking heat is matched in nature, apparently, only by a bug in the Arizona desert—that boiling cauldron that tragically proves the match for so many desperate border crossers these days.

◆ ◆ ◆ KEVIN LEE

In winter, bears go into hibernation. Regardless of the weather, DSE knows how to grin and bear it. Throughout the winter, at every DSE Race, we'll be offering group hugs along with challenging Sunday races to keep every race participant warm. The out & back rolling race course of the 11/5 Great Highway 4 miler may be therapeutic. Situated right next to Ocean Beach, you may experience the tranquility of the ocean with the calmness of the rushing tides. If this doesn't warm your heart, running 4 miles will. On 11/12 DSE takes you from the ocean to the SF Bay. Experience up front the warm Fisherman's Wharf atmosphere and enjoy the panoramic views of the SF Bay as you run the Embarcadero 10K. On 11/19, the Golden Gate Park Conservatory 5K is the ideal DSE Race. It showcases the beauty of SF's picturesque park with a challenging 5K circling Stow Lake. No one walks away from the GG Park without warm memories. There is NO DSE Run on 11/26;

*continued on page 2*

## Inside

San Jose Rock 'n' Roll Half Marathon .....	2
Polo Field Panorama .....	2
Nike Women's Marathon Volunteers .....	5
Andy Chan, a Passionate Coach.....	5
Holiday Races for a Cause .....	8
Volunteering With DSE in 2007 .....	9
Pamakids Holiday Dinner Dance.....	9

How to Contact the Newsletter.....	2
Race Results .....	4-5
DSE at the Races.....	6-8
Volunteers Needed .....	9
Monthly Running Schedule .....	10
Group Runs.....	10
Membership Info & DSE Officers .....	11
Folding Session & Weather .....	11
Birthdays & New Members.....	12

# SAN JOSE ROCK 'N' ROLL HALF MARATHON

## TWO HOUR PACER

Kat Powell

The day dawned clear as I sat near the Adobe building in downtown San Jose, staring up at the four semaphore code symbols on the building slowly rotated, changing positions. We all know that San Jose is the nerd capital of Silicon Valley but as I sat there contemplating the race about to begin, I wondered how such a nerdy place as San Jose could attract world class athletes such as Meb Keflezighi.

Soon it was time to check my sweats and meander my way up to Corral 4, where I settled in. Piped-in rock music boosted my excitement as I did my own personal pre-race warmup—BOOGIE-WOOGIE grooving in the California sun! After introduction of the elite athletes (a large field of rising stars from Kenya were present) and an inspiring well-sung Star Spangled Banner, we were finally off...now the real fun began!

The dome of the new City Hall glistened in the morning sun as the *California Repercussions* entertained us with their inspirational 'marching band' music to launch us on our musical running adventure. Time seemed to pass quickly as I settled into an easy 9-minute mile pace while cheer leader squads and rock bands entertained us. Music really made a difference in my motivation to keep moving. Since I had signed up for the 2:00-hour pace team, I wore a 'blackened 2:00 on hot pink rectangular paper' pinned on my back. However, I could not locate my pace team leader at the start (he had started behind me in corral 6), so I just ran my

*continued on page 3*

## A DIFFERENT PACE

Kevin Lee

I ran the same race as Kat, but with different results. At the last minute, I agreed to pinch run for my friend Edmund. Without any long distance training, I took my position along side the 2:15 finishers in corral 11. With a running chip, I didn't get to the starting mat until 3+ minutes into the race. My race approach was just to finish. Having prior experience running several San Jose Silicon Valley Marathons, I expected warmer temperatures. I dressed appropriately. I wore and advertised my DSE Singlet with "Start Slowly & Taper Off..." Running with a different approach than Kat's, and way back in the pack, most likely was an advantage. It kept me from speeding up. Referring to my GPS watch, my running time varied from 4.7 to 6.5 miles per hour pace. I recall all the key intersections Kat referred to, but at a more leisurely pace. I agree with Kat that the mile markers took longer to reach and seemed further apart. With warm temperatures, I drank water/Gatorade at every 2 mile aid station.

I ran the first 8 miles on cruise control. Amazingly, I believe a portable-potty stop was the turning point. For the next 3 1/2 miles, I teamed up with a welcome energized female runner. We took turns surging ahead. At mile 11.5 I slowed with a slight calf strain. I regrouped soon afterwards and found my second wind seeing the 20K mark. Recalling that 42K equates to a marathon or 21K for a half marathon, I took off for the finish line. During my final sprint, I passed many runners. To my chagrin,

*continued on page 3*

## FROM THE PRESIDENT'S DESK

*continued from page 1*

DSEers are encouraged to participate at the Run Wild 5K/10K.

## NIKE MARATHON AID STATION 10/22 REVISITED

Kudos to the 34 volunteers for expertly manning the DSE Aid Station at Lake Merced & Brotherhood Way. Regardless of the extra demands Nike set forth, we dealt with everything Nike asked for with style and grace. From start to the finish, completing a grueling 6 1/2 hour shift, unloading/reloading supplies from a big truck, doing the set up/breakdown/clean up of the aid station, and leaving the aid station location cleaner than it originally was. DSE pampered every one of 7000 marathoners, refilling their water bottles, always having an ample supply of water and Gatorade available for transfer from volunteer to runner.

## 2007 DSE RACE SCHEDULE APPROVED

Kudos to new Race Permits Officers Suzana Seban and Wendy Newman for getting our 2007 Race schedule approved. Please keep this race insert handy. Finalizing a 12 month race schedule isn't always a done deal. Due to unforeseen race date conflicts, the race schedule is subject to change, so it is advisable that you periodically double check race information with the DSE Hotline and DSE Website Race Schedule for the most updated race information listing. Stay one step ahead and sign on with the DSE Runners Club Egroup (see back page) for weekly advance race announcements.

## 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.

## ◆◆◆◆◆ How to contact the DSE Newsletter ◆◆◆◆◆

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

### Mail/Phone/Email Address

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

### Letters to the Editor

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

### Articles and Photos

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

### Submission Deadline

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

# POLO FIELD PANORAMA



## SITE OF THE DSE DISTANCE CLASSIC

COMPOSED OF SIX PHOTOGRAPHS BY PAUL MOSEL WITH HIS CANON POWERSHOT G5 CAMERA

TWO HOUR PACER

*continued from page 2*

own race with my inner guide as a pace leader.

At about mile 4 we ran under the ornate, historic iron arch that spans narrow San Pedro Street and then turned the corner onto wide Santa Clara Street. After passing the HP Pavilion (aka Shark Tank) we were on our way to assault The Alameda and the quaint Rose Garden neighborhood. I felt very privileged to have been running down The Alameda at the time when the elite athletes were on their way home, for I soon witnessed the oncoming entourage of police on motorcycles and then the convertible press car with photographer leaning on back dash, camera telephoto lens aimed directly down road...and then I saw the leader all by himself, an impressively focused, slight Kenyan man blazing down the road, with a 17 on his bib. I kept looking for bib number 1 (Meb Keflezighi) but he was nowhere in sight! It turned out that Meb had dropped out of the race due to a nagging hamstring irritation, making way for Duncan Kibet to take command of the race. And it happens that this was the kid that Jeff had picked up from SF airport on Friday because he volunteered to do so. I think Jeff's quiet, focused driving set the stage for this kid's BIG, unexpected win!

I must have stayed ahead of the actual 2:00 hour pace leader for I never saw him throughout the race, unless I was brain-dead when he passed, if he ever did. However, I did see several runners adorned with the 2:00 sign on their backs and around mile 7, I saw a guy pass me wearing a 1:45 sign on his back. I assumed that I was slightly ahead of my predicted 1:59:59 time at this point but was beginning to feel my energy dissipate, as I yelled to the 1:45 man slowly widening the gap between me and him, "Am I ahead of pace or are you behind?" Someone in the crowd near me responded, "You're ahead!"

Fatigue started creeping in at about mile 8, so I had to dig deep inside me for motivation to keep moving at my present pace. When I passed the beautiful Rose Garden, I knew I was tired but I caught a glimpse of the new library and felt a sense of gratitude for having residence in this side of town. The cheer squad at Lincoln High were very uplifting so I kept pressing through my fatigue. Soon I felt challenged by heat and began pouring water on my head at the aid stations. Somewhere later along the course I remember running under a couple of water showers to cool off (set up by some smart thinking volunteers) which were truly welcoming life-sav-

ers! The other thing that kept me going was the rock bands performing along the course, especially the one at mile 9.5. I felt a surge of energy as I ran by their stage. I hope they win!

By the time we turned the corner from Emory onto the Alameda, I was visibly slowing down even though I heard one of my favorite old Rolling Stones hits (gosh, I can't remember which one). After what seemed like an eternity, I finally saw the mile 11 marker and began thinking that the mile signs were moving farther from each other. Of course they were! Don't they always do that according to Einstein's theory of Relativity...or the Penguin's theory of 'Brain Gone Bye Bye'? Everyone passed me at this point and I did not check my watch after mile 11 for fear that my 9-minute mile pace would become a 20-minute crawl. I just plodded along as all youngsters of all shapes and sizes passed me, including a Clydesdale-like young lady with a huge over-stuffed fanny pack bobbing up and down on her butt! I needed to save myself for the race the following Sunday. I picked it up just a tad as I approached the finish line, seeing that the clock already had a red 2 in its number 1 digit spot.

Once in the finish chute, I wandered about aimlessly letting go of my intense focus I had clung to during the run, disappointed that I hadn't broken the 2:00 hour barrier. My watch said 2:00:30, and the finishing clock had 2:01:22 on it as I crossed the mat, but I had not shut my watch off until I was well inside the chute, so I kept wondering if I had broken the barrier, though deep down inside me I knew it was wishful thinking.

As it turned out, I finished just 21 seconds off my estimated time of 1:59:59...and a lady in the chute said she had been pacing off of me thinking that I was the actual 2:00 hour pace team leader. HEY, they should pay me for pulling these others to their PRs!

I thought to myself as I staggered through the chute that I hadn't saved much for the PA/USATF Humboldt Redwoods Half Marathon the following Sunday—but what an exhilaration to run in your home town and soak in all the positive energy emanating from every soul!

A DIFFERENT PACE

*continued from page 2*

mile 13 was almost my downfall. Not expecting a quick left hand turn, I had a momentary stumble, but regained my balance. With a chip time finishing format, like Kat upon crossing the finish line, I didn't know if I was close to a 2:15 finish.

*Editor's note: See DSE at the Races for Kevin's finishing time.*

# RUNNING RESULTS

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

October 8, 2006

Rockaway Beach 5K

**Race Director:** Norman Ching

**Volunteers:** Steve Nissenson, Janet

Nissenson, Bobby Marty, George

Sacco, Calvin Chan, Jimmy Yu, Paul

Mosel, Richard Hannon, Lynne

Rodriguez, Wally Rapozo, Liese Rapozo



Race Director Norman Ching

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PL	NAME	AGE	TIME
1	Mark Janes	31	18:40
2	Jason Reed	27	19:46
3	Thomas McManus	36	20:07
4	John Woods	42	20:18
5	Roy Clarke	50	20:32
6	Kennet De Silva	24	21:01
7	Sergio Sanchez		21:05
8	Kevin Fry	27	21:12
9	Matthew Fabry	33	21:18
10	Bob Akers	50	21:33
11	Ron Castle	44	21:55
12	Noe Castanon	36	22:33
13	Frank Shum		22:51
14	Joel Rizzo	40	22:56
15	Daryl Luppino	46	23:11
16	George Baptista	63	23:13
17	Brian Thorson	36	23:19
18	Amy Sonstein ①	36	23:32
19	David Klinetobe	45	23:52
20	Larry Wuerstle	50	24:13



The Rockaway Beach switchbacks seen from the bottom ...

Photo by Jane Colman



... and from the top

Photo by Don Watson

21	Mark Kelley	50	24:16
22	Stan Yasuhara	56	24:36
23	Alice Pierce ②	25	24:38
24	Richard Drechsler	53	24:45
25	Tyler Abbott	45	24:58
26	Lazaro Sanchez		25:04
27	Patrick Lee	59	25:09
28	Kathleen Lail ③	38	25:27
29	Theo Jones	67	25:36
30	Lina Morris-Khatib ④	40+	25:41
31	Melissa Ketunuti ⑤	29	25:57
32	Thomas Smiley	48	26:10
33	Connie Sanchez	42	26:15
34	Kenneth Fong	44	26:50
35	David Lakin	45	27:01
36	D. Horgan		27:03
37	Peter Royce	71	27:15
38	Project Genesis	31	27:27
39	Patrick Mattimore	56	27:29
40	Gregory Brown	57	27:42
41	Olivia Horgan	33	27:52
42	Kevin Cuevas	15	28:07
43	Brooke West	28	28:12
44	Jack Bascom	65	28:18
45	Janet Nissenson	47	28:38
46	Carolyn Garriott	43	29:20
47	Jeff Houston	48	29:55
48	Jim Kauffold	69	30:22
49	Suzana Seban	53	30:23
50	Havala Gittings	31	31:14
51	Silvana Lucero	55	32:46
52	Mia Glasman		33:08
53	Mike Rouan		33:20
54	Elliot Hoff		34:13
55	Sarah Kalicin	34	34:21
56	Arlene Diamond	50	36:03

57	Jane Colman	63	36:07
58	George Sacco	68	36:51
59	Bob Kovash	68	37:05
60	Roberta Schramet	39	39:50
61	Wolfgang Pritchett	4	39:22
62	Rod Hall	57	39:23
63	Mehran Moshiri	38	39:51
64	Mary Alice Colen	46	39:59
65	Dina Kovash	68	42:30
66	Susan Ramirez	49	42:40
67	Jordan Ramirez	16	42:46
68	Bob Theis	78	
69	Yan Lu	29	1:04:00
70	Amie Ashcraft	29	1:04:00
71	Chris (no last name)		1:04:00

## SELF-TIMERS

Ed Olkowski	63	1:00:04
Jim Pommier	73	
Don Watson	77	
Richard Finley	58	
Richard Hannon		
Lynne Rodriguez	67	
George Rodriguez	67	
Liese Rapozo	78	

October 15, 2006

Stern Grove Run, 4 miles

**Race Director:** Marian Lyons

**Volunteers:** George Sacco, Richard

Finley, Sue ?, Hilary Fong,

Richard Hannon, Fred Haber, Calvin

Chan, Kevin Lee, Tony Stratta,

Ken Reed

PL	NAME	AGE	TIME
1	Chikara Omine	24	22:50
2	Mark Janes	31	23:48
3	Jason Reed	27	24:49
4	Cris Reifsteck		24:53
5	Thomas McManus	36	25:17
6	John Woods	42	25:40
7	Chad Simpson	38	26:11
8	Kennet De Silva	24	26:41
9	Jeremy Calnan	47	27:07
10	Kevin Fry	27	27:18
11	Ralph Gordon	47	27:41
12	Steve Stephens	62	27:50

continued on page 5

## STERN GROVE RUN

continued from page 4

13	Jeff Dewey	42	28:20
14	Lisa Monroe Watts ①	43	28:27
15	Noe Castanon	36	28:28
16	Eduardo Vazquez	33	28:29
17	Jerry Flanagan	40	28:37
18	Daryl Luppino	46	28:50
19	Joel Rizzo	40	28:53
20	Amy Sonstein ②	36	29:36
21	Karl Olson	53	30:18
22	Bryon Wolf		30:37
23	Ken Klein	53	30:39
24	Daz Lamparas	54	30:39
25	Megan Thomas ③	32	31:36
26	Chuck Hornbrak	39	31:37
27	Ed Kinchley	57	31:55
28	Patrick Lee	59	32:50
29	Matthew Fabry	33	32:52
30	Lina Khatib ④		33:10
31	Frank Shum		33:11
32	Mark Moser		33:40
33	Paul Mosel	64	34:08
34	Agent Smith	31	34:11
35	Kenneth Fong	44	34:20
36	Jim McBride	63	34:32
37	Brooke West ⑤	28	35:05
38	Joe Connelly	45	35:08
39	Gregory Brown	57	35:09



Joe chasing Greg on the Stern Grove Run  
Photo by Don Watson

40	Jack Bascom	65	35:30
41	Ling Moser	37	35:35
42	Janet Nissenson	47	35:38
43	Gary Brickley	53	36:21
44	Yong Cho	48	37:00
45	Stuart Ruth	69	37:12
46	Carolyn Garriott	43	37:19
47	NO NAME		37:27
48	Jeff Houston	48	38:20
49	M. Pinzuti	33	39:16
50	Sean McAvinney	58	40:32
51	Jim Kauffold	69	41:22
52	Peking Duck	51	41:22
53	Sarah Smoot	26	41:38

54	Kristin Walker	26	41:39
55	Bill Woolf	71	42:45
56	Mary Ann Bennett-Treadaway	52	44:40
57	Kathleen Williams	41	44:41
58	A. Henderson	37	45:00
59	George Sacco	68	47:48
60	Tim Oliver	40	50:40
61	Bruce Oliver	78	53:26
62	Susan Phelan	47	54:49

### SELF-TIMERS

Ed Olkowski	63	1:15:22
Elaine Gecht	62	
Shannon Luppino	10	
Robert Brizuela	66	
Brie Reybine		
Jane Lee	56	
John Lang	67	
Doerte Murray	66	
Bob Theis	78	
Ken Reed	61	
Don Watson	77	
Richard Hannon		
Lynne Schleede	37	
Russell Breslauer	61	

### October 22, 2006 Nike Marathon and Half Marathon Aid Station



Some of the DSE aid station volunteers  
© 2006 Paul Mosel

The volunteers (not all of whom are in the photo) were:

George Baptista	Terry Nebeling
Hashim	Yvette Newt
Bashiruddin	Julius Ng
Jeff Bedolla	Janet Nissenson
Robert Brizuela	Susan Phelan
Jeremy Calnan	Kat Powell
Calvin Chan	Jason Reed
Oliver Chan	Peter Royce
Hilary Fong	Rose Royce
Fred Haber	George Sacco
Sarah Kalicin	Mitchell Sollod
Jim Kauffold	Bob Theis
Daz Lamparas	Brooke West
Kevin Lee	Edmund Wong
Patrick Lee	Bill Woolf
Bobby Marty	Stan Yasuhara
Paul Mosel	Jimmy Yu

## PROFILE OF ANDY CHAN, A PASSIONATE COACH

*This month's writer coaches track work for some of us at Kezar stadium on Thursdays at 6:30pm; if you want to improve your speed, try showing up then. Andy still has speed; he ran the Banana Chase 10K in 5:57mis/mile on Sept. 17, placing 6th out of 391 on a hot day with a tough field.*

Theo Jones

I've run 3 marathons, have a 5K PR of 16:35 and a 10K PR of 34:10, have coached track workouts at Kezar since 1994 and coached at the high school and collegiate level. But before all that, there was a skinny teenager who took up running because his friend Eugene Cho said he should.

**Middle School All-City Trials, McAteer High School, 1985.** Running for Aptos Middle School and just a novice, I ran the 800. My PR was 2:28. The day of All-City Trials we took MUNI to McAteer but were told to go home because of a bomb scare. Later that afternoon I got a call at home telling me to come back to McAteer; the meet was still on. My parents drove me there. It was the first time my Mom saw me run. Unfortunately I did not qualify for All-City Finals. It was a close battle down the home stretch and I fell after crossing the finish line. My superstitious mother would not come watch me run again until I was a senior in high school.

**Lowell Cross Country Practice, 1985.** We were running hill repeats. Coach Wilson lined us up by ability and the name of the game was "Catch." Slower runners started first followed by the faster runners. If you got caught, you had to do another one. If you caught someone, you got to sit out the next repeat. I don't remember how many hills I ran that afternoon but I do remember I was way at the FRONT of the line. I watched curiously as Coach Wilson joked around with the varsity runners who were all at the back of the line, waiting to chase down us slowpokes. At that moment, I decided I wanted to be a good runner and be at the back of that line someday. Thirteen years later, when I became head coach at Sacred Heart Cathedral, that same Coach Wilson became an assistant on my staff.

continued on page 6

**Freshman and Sophomore Years, 1986-1987.** Initially, I dreaded practice everyday. Every workout seemed a challenge that I was uncertain I could complete. At track practice the first day I thought, "Why am I doing this?" But some of the upper classmen were particularly encouraging, giving me a sense that I couldn't quit. Gradually I got better and though the interval workouts at SF State still left me feeling terrible now there was also a real sense of accomplishment. For the first time



in my life I had the confidence to step up and be a leader. I became the team captain in my sophomore year.

**Junior Year, 1987-88.** There was something very addicting about improving and having success. I won some medals at races. My junior year I was on the last place team at the first California State Cross Country Meet. Nineteen years later, I have attended every State Meet as an athlete or a coach. Going to all day track meets with your closest friends and competing was a highlight. I loved relays, even though I was sick to my stomach with nerves because of the sense of responsibility I felt for the team. I was invited to travel to Germany to run in the Munich New Year's Eve race. It was a real eye opener to meet other runners from the state. I was pretty intimidated because as we compared our PRs I felt I was the slowest one there. But when it came to the race, I summoned up the strength to be the first Californian.

**Cross Country All-City, Polo Fields, 1988 (Senior Year).** It was raining.

continued on page 7

## 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

#### Phil Widener Empire Open, Santa Rosa, 3.5 miles, August 26

##### WOMEN

49	Marie Appel	42	21	F 40-49	25:42
57	Amy Sonstein	36	28	F 00-39	26:25

##### MASTERS MEN

53	Mike Fanelli	50	17	M50-59	21:56
87	Russ Kiernan	68	8	M60-69	24:35

#### UC Santa Cruz Challenge, 4 miles, September 2

##### WOMEN

47	Marie Appel	42	12	F 40-49	30:26
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##### MEN

95	Russ Kiernan	68	5	M60-69	28:33
127	Dennis Hassler	72	4	M70-99	43:07

#### Mount Tam Hill Climb, 3.7 miles, September 4

25	Jason Reed	27	3	M Open	45:19
53	Amy Sonstein	36	8	Women	53:08

#### Golden Gate Park Open, 4 miles, September 9

##### WOMEN

89	Marie Appel	42			31:06
96	Amy Sonstein	36			31:48

##### MEN

28	Chikara Omine	24			22:47
57	Adam Lucas	39			25:15
74	Hashim Bashiruddin	49			33:03

##### MASTERS MEN

7	Cliff Lentz	41			23:12
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#### Hornet Swarm Invitational, Novato, 2.6 miles, September 23

	Amy Sonstein		1	F 36-44	19:36
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#### Heritage Oaks Masters 10K Championship, Paso Robles, September 24

	Hashim Bashiruddin	49			48:50
	Kat Powell	55	2	F 55-59	(PR) 53:00

#### LMJS 4th Sunday 5K, Oakland, September 24

30	Barbara Robben	72	1	F 70+	33:23
32	Tim Oliver	40	5	M40-49	33:26
39	Bruce Oliver	78	3	M 70+	41:13
42	Ed Olkowski	63	5	M60-69	58:48

#### LMJS 4th Sunday 15K, Oakland, September 24

7	Jim Buck	63	1	M60-69	69:45
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#### Race for the Cure 5K, September 24

20	Anders Ryerson	29	7	M20-29	20:15
205	David Lakin	45	30	M40-49	25:49

#### Running of the Bulls 5K, Palo Alto, September 24

110	Grant Kolling	57	8	M50-59	25:14
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#### Fog Jog, Pacifica, 5 miles

3	Michael King		1	M40-49	29:28
12	Keith Johnson		1	M 60+	34:11
17	Larry Wuerstle	4		M50-59	35:24

#### See Jane Tri, Pleasanton, September 30

573	Edwina Kovash	68	4	F 60+	1:57:04
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continued on page 7

**Garrin Park XC Challenge, Hayward, 5K September 30****WOMEN**

59	Amy Sonstein	36	36	F 01-39	25:07
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**MEN**

22	Chikara Omine	24	20	M01-39	17:48
147	Dennis Hassler	72	52	M59-99	32:57

**Bridge to Bridge 12K, October 1**

19	Jason Reed	27	8	M16-29	43:43
49	Roy Clarke	50	2	M50-59	46:46
146	Monica Zhuang	32	7	F 30-39	51:38
190	Kevin Trock	51	12	M50-59	52:59
191	Pablo Perez	40	29	M40-49	53:00
241	Daryl Luppino	46	41	M40-49	54:13
246	Mark Kelley	50	17	M50-59	54:19
283	Joel Rizzo	40	56	M40-49	55:02
512	Amy Sonstein	36	43	F 30-39	58:58
610	Christopher Kraemer	54	48	M50-59	1:00:13
708	Allison Groves	42	24	F 40-49	1:01:15
754	Lucille Wing	49	28	F 40-49	1:01:48
1089	Gary Brickley	53	92	M50-59	1:05:33
1131	Joe Connelly	45	202	M40-49	1:05:53
1540	Gina Antonini	22	184	F 16-29	1:09:52
1608	Michael Sovik	40	267	M40-49	1:10:38
1679	Suzana Seban	53	31	F 50-59	1:11:46
1713	Steven Scotten	36	421	M30-39	1:12:04
2003	Dennis Hassler	72	2	M70-99	1:15:28
2582	Elaine Gecht	62	14	F 60-69	1:55:08

**Bridge to Bridge 7K, October 1**

8	John Mintz	40	1	M40-49	27:51
49	Martin Gutierrez	49	9	M40-49	33:33
81	Jim McBride	63	1	M60-69	35:52
222	David Lakin	45	29	M40-49	39:28
487	Tony Wasserman	61	13	M60-69	44:25
540	Russell Breslauer	61	15	M60-69	45:29
549	Marnie Kelley	49	46	F 40-49	45:38
1256	Shannon Luppino	10	45	F 1-15	1:08:29

**Cowtown Marathon, Sacramento, October 1**

144	Gregory Brown	57	9	M55-59	4:25:31
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**Cowtown Half Marathon, Sacramento, October 1**

227	Jim Flanigan	57	6	M55-59	1:43:38
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**Firetrails 50M, Castro Valley, October 7**

1	Chikara Omine	24	AG record!	M <29	6:54:55
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**Presidio Challenge, 3.55 miles October 7****WOMEN**

50	Amy Sonstein	36			29:26
72	Barbara Robben	72			44:59

**MASTERS MEN**

2	Cliff Lentz	41			21:11
45	Tyler Abbott	45			25:34

**San Jose Rock 'n' Roll Half Marathon, October 8**

79	John Mintz	40	10	M40-44	1:22:42
331	Adrian Jue	24	22	M18-24	1:35:07
934	George Musante	51	40	M50-54	1:45:33
1330	Daz Lamparas	54	55	M50-54	1:50:21
1961	Edward Celestina	55	48	M55-59	1:56:15

The team outcome for the meet was not in doubt. Lowell would win all three divisions and as SF Champions, we would advance to the State Meet. But the order of finish within our own team was in doubt. As a senior, I was getting beat all season by one junior and two sophomores. I was nervous about this race weeks before. It would be my last All-City and I wanted more than anything to win a trophy (top 3). In previous years, I had peaked nicely and run my best race of the season at All-City. But could I do it again? Every night I would picture the race course and "feel" myself surging during the second mile and passing runners in the last mile. As the race unfolded, it was as if I had run it already. It happened just as I had imagined it! A group of us were together through a mile and half. With a mile to go I finally moved into 3rd. Rain was coming down hard. Everything seemed to be happening in slow motion, just as in my visualization. I still remember entering the Polo Fields, my teammate Teo screaming at me to kick it in to get 2nd, and I did! I took 2nd place at All-City!

**Track & Field All-City Championship, 1989 (Senior Year).** My team, Lowell, trailed McAteer by 41 points after the first day's field events. I knew we had a chance, but needed everything to go our way on the final day, to win the championship. Little by little we closed the gap. But we were running out of events. I was on the 4x400 and we were battling McAteer for every point. My teammates from cross-country went 1-2 in the 3200 which pulled us close, how close I didn't know. We wanted it to come down to the 4x400. All we wanted was a chance. Coach Wilson came to the warm-up area and said just three words, "We're down one." Translation: "If we beat McAteer in this race, we win the championship. Go hard and leave it all out there." I love that moment. We weren't able to beat McAteer and pull off the miracle comeback. But I treasure the memory.

**The Passionate Runner.** Running has given me something that I am passionate about and I like to instill that same passion in others. That's why I keep running. That's why I am passionate about coaching.

2570	Kat Powell	44	10	F 55-59	2:00:20
4035	Eric Berg	39	474	M35-39	2:13:18
4618	Kevin Lee	51			2:18:43
8244	Patricia Baker	46	560	F 45-49	3:53:56

**Humboldt Redwoods Half Marathon, Weott, October 15**

78	Russ Kiernan	68	1	M65-69	1:32:09
92	Tyler Abbott	45	13	M45-49	1:35:04
120	James Flanigan	57	11	M55-59	1:42:18
175	Theo Jones	67	6	M65-69	1:49:19
242	Kat Powell	55	6	F 55-59	2:00:58
386	Jane Colman	63	7	F 60-64	2:33:27
432	Liese Rapozo	79	1	F 75-79	3:24:02

**Humboldt Redwoods Marathon, Weott, October 15**

124	Margie Whitnah	58	4	F 55-59	5:47:31
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**Humboldt Redwoods 5K, Weott, October 15**

51	Jeanie Kayser-Jones	70	1	F 70-74	31:17
78	John Blankenship	61	2	M60-64	40:25
93	Wally Rapozo	78	2	M75-79	46:42

**Shoreline Open, Mountain View, October 21****WOMEN, 5K**

79	Marie Appel	42	15	F 40-49	22:17
87	Hilary Fong	47	17	F 40-49	24:44
96	Barbara Robben	72	1	F 70+	32:37

**MEN, 4.6 MILES**

33	Chikara Omine	24	30	M00-39	24:26
43	Cliff Lentz	41	6	M40-49	24:48
109	Tyler Abbott	45	36	M40-49	28:13
134	Russ Kiernan	68	4	M60-69	30:12
159	Hashim Bashiruddin	49	56	M40-49	33:42
169	Dennis Hassler	73	4	M 70+	46:47

**Samuel P. Taylor Park Run, 5.5 miles, October 22****WOMEN**

7	Amy Sonstein		1	F 30-39	44:35
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**MEN**

43	Kenneth Fong			M40-49	50:14
46	Julius Schillinger			M50-59	53:57
47	Jeff Houston			M40-49	57:21
50	Dennis Hassler			M 70+	61:00

**Nike Women's Marathon, October 22**

195	Lucille Wing	49	17	F 45-49	3:55:28
480	Trinh Ngo	27	102	F 25-29	4:15:03
654	Michele Wayne	36	112	F 35-39	4:24:43
1887	Lan Nguyen	28	437	F 25-29	5:12:23
2349	Kay Teiber	67	2	F 65-69	5:31:35
	Elaine Koga	64		F 60-64	7:12:00

**Nike Women's Half Marathon, October 22**

2100	Katherine Moser	37	444	F 35-39	2:22:30
3706	Mercedes Acosta	62	23	F 60-64	2:44:54
4413	Elizabeth Terry	41	679	F 40-44	2:56:25
4916	Mark Kelley	50	19	M50-54	3:05:51
4926	Marnie Kelley	49	434	F 45-49	3:06:09
5188	Mary Jean Pramik	58	125	F 55-59	3:11:46

## ◆ Notices ◆

**HOLIDAY RACES  
FOR A CAUSE***Bill Dake*

On Thursday, November 23, San Francisco's Thanksgiving Run & Walk for the Hungry does it for the San Francisco Food Bank. This is a 1 Mile at 8:00 AM and a 5K at 8:30 AM. Both are USATF Certified and take place near the Conservatory of Flowers with registration across the street at Middle and JFK Drives. Yes, you can do both; we call it the Combo and it is great and challenging fun. The entire entry is tax deductible and 100% of pledges go to the Food Bank. Early starts and short distances make for more holiday time.

On Sunday, December 17, the Christmas Classic 5K and Miracle Mile do it for the Rose Home, operated by Families in Need and supported by Great Visions Foundation. This also has an 8:00 AM 1 Mile start and a 8:30 AM 5K start. This is the original Combo and it is a blast. The downhill mile is like jumping off a cliff and flying. Actually it is only a slight downhill, but it is still a thrill.

Unfortunately the Christmas Relays are the same day. They changed their date; we are the same as last year. If you are doing the relays, try coming out for at least the mile, and bring the kids to see Santa. The Rose Home is a home for needy women and their children. It is run by Ms. Gwen Strain, a Katrina survivor who was also honored at the Red Cross Community Awards Breakfast. Because they are a new charity they can really use the support.

Please consider participating or volunteering for these events; everybody benefits when we help others. Happy Holidays from Ohana and PaMakids, and special thanks to the DSE for supporting these events.

## ◆◆◆ 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

### GOODY BAG STUFFERS NEEDED FOR TURKEY BEACH TROT

DSE has accepted an offer to insert our 2007 Race Schedule and additional club flyer into the Turkey Beach Trot goody bag. This race sells out at 1000 runners, so DSE will be stuffing that many. The circumstances are similar to the Cable Car Chase goody bag experience. In addition to a post-stuffing meal, all volunteers will receive a 20% coupon to Sports Basement. The goody bag stuffing will take place on Saturday Nov 11, time and site TBA. Up to six volunteers are needed. If you can help please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or at 415-751-9653 after 7:00 P.M.

### PAMAKID RUNNERS CLUB invites DSE to a Holiday Dinner Dance

**Friday, December 1, 2006**

**Cocktails 6:00pm**

**Dinner 7:00pm**

**Dancing 9:00pm**

**live band: Jo Jo Diamond**

**Janet Pomeroy Center  
207 Skyline Blvd.  
(old Zoo Road)  
San Francisco**

**Pamakid Members \$20  
(\$8 to join)**

**Non-Members \$30**

**Call Phyllis Nabhan at  
415-752-9930 for details  
& to RSVP**

## VOLUNTEERING WITH DSE IN 2007

*Janet Nissenson*

With the implementation of the Executive Committee in 2007 (replacing the existing slate of five officers), DSE will also be making some modifications to how volunteer sign-ups and recruiting will take place.

Since the members of the Executive Committee will now in effect be the Race Directors at each of our weekly races, the focus will turn to recruiting volunteers to help out at all of these races. We will be looking for DSE members to help each week with the following assignments:

1. Course marking: to be completed at least 30 minutes prior to race start. Involves marking course at crucial turns with directional arrows and other identifying marks (i.e. a letter 'R' for the Rainbow Falls 5K). Marking is done with flour or oatmeal (depending on weather) and occasionally orange cones, signs and/or nylon ribbons depending on the course.
2. Race day registration: two volunteers needed for each race. Must arrive one hour prior to race start (8:00 AM in most cases) and

work up until start of race.

3. Finish line: three volunteers needed for each race, one to record times on clock, two to pull and string race tags.

Beginning in December, we will have a new board at the races where members can sign up to help at upcoming races. This will be a tremendous help to the Race Directors because they will know ahead of time who their volunteers will be and thereby eliminate much of the last minute scrambling for race day volunteers. Members can also sign up for individual races by contacting the Race Director via phone or email.

For longer races such as the Waterfront 10M, Coastal Trail Challenge and Lake Merced Half Marathons, we will also need additional volunteers as course monitors and aid station workers. And, of course, our major volunteer focus is always the Double Dipsea Race in late June, where more than 100 volunteers are needed to stage a successful race.

We will also be implementing stricter volunteer requirements in order to receive year-end trophies, as well as

an invitation to the annual volunteer appreciation picnic. To receive a small trophy, members must volunteer at least twice for one of the race day jobs listed above; to receive a large trophy, four races will be required. To receive an invitation to the picnic, members must volunteer at a minimum of two races.

Volunteering as either a course monitor or at an aid station for the Waterfront 10M, Coastal Trail Challenge Half Marathon, or Lake Merced Half Marathon will count as two races since these events involve approximately a two-hour shift. Volunteering for the Double Dipsea (which involves at least a four-hour shift) will satisfy the requirement for small or large trophy as well as a picnic invitation.

Club members who serve on the Executive Committee or volunteer as a club coordinator (i.e. membership chair, newsletter editor, Kids' Race Director, etc.) will automatically fulfill their volunteer hour requirements.

More information on these changes will be posted on the website. Look for the new volunteer sign-up board at the races soon, and do your part to help out our club.

# ◆◆◆ 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.

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

## **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 and Embarcadero at mini-park entrance before AT&T Park. Return same way to finish.

## **11/19 Golden Gate Park Conservatory 5K**

START/FINISH: Conservatory of Flowers, Golden Gate Park

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

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

COURSE DESCRIPTION: Run westbound on Kennedy Drive, left uphill on Stow Lake Drive, complete clockwise loop around Stow Lake; right turn back onto Kennedy Drive to Conservatory of Flowers finish.

## **11/26 NO DSE RUN—DSEers are encouraged to participate at the Run Wild 5K/10K, [www.rhodyco.com](http://www.rhodyco.com)**

## **12/3 Ferry Building Run, 4 miles**

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

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 against traffic along Jefferson, which turns onto Embarcadero (sidewalk). Stay on sidewalk. Turn around 2 feet beyond the south side of Ferry Building complex. Return the same way to wooden post finish.

## **12/10 Ballpark 5K**

START/FINISH: Terry Francois & Illinois Streets (near Mariposa)

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

COURSE DESCRIPTION: Travel north on Terry Francois, right onto Third Street, right turn across Lefty O'Doul Bridge. Upon exiting the bridge, run a double counter-clockwise loop around AT&T Park. Recross Lefty O'Doul Bridge; make left turn back onto Terry Francois until finish line.

## **12/17 NO DSE RUN—DSEers are encouraged to run the Miracle Mile & Christmas Classic 5K, [www.peopleevents.org](http://www.peopleevents.org)**

## **12/25 Xmas Blind Date Relays, 2 x 2 mile**

START/FINISH: Stow Lake Boathouse, Golden Gate Park

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

COURSE DESCRIPTION: Take immediate right turn around Stow Lake, right over drawbridge, take right fork (dirt trail), complete circular uphill Strawberry Hill loop, exit (downhill) loop back over drawbridge onto Stow Lake, complete clockwise (one mile) loop of Stow Lake 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 Helen Fauss  
3 Joan Varney  
4 Nick DeBenedictis  
6 Daryl Luppino  
Karl Olson  
Marsha Takemoto  
Ada B. Thomas  
7 Denise Leo  
9 Lorrie Kalos  
11 Brooke West  
12 Roy Clarke  
Len Garriott  
13 Tom Boyd  
Ellen Breslauer  
14 John R. Houghton  
15 Allison Groves  
Michael Omine  
18 Lucita Wong

19 Jeff Buie  
Richard Kinzly  
Gloria McKay  
20 David Davis  
21 Matthew Fabry  
22 Jeanie Jones  
Peter Webb  
23 Robert Brizuela  
24 Paul O'Connor  
Judith Sandoval  
26 Tom Baruch  
Karl Ludwig  
Emily Ness  
27 Kenneth Fong  
28 Harry Cordellos  
Becky Rozewicz  
29 Schuyler Horn  
Arthur Ziffer  
30 Mercedes Acosta  
Rafael Gonzalez

## New Members

**SAN FRANCISCO**  
Linda Davick  
Tom Davick  
Brian Harris  
Michelle McCarron  
Emily Ness  
Frank Shum  
Brooke West



**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).

### 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!