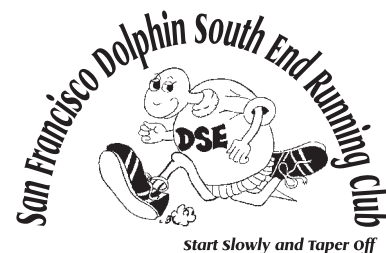


DSE NEWS



41st Year

February 2007

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

Doerte Murray, and her late husband Ed, have long been active community organizers working to improve their home neighborhood, the Haight. Doerte writes:

It was late 1972 when my late husband Ed and his buddy decided over a beer to run the Bay-to-Breakers the following year. They trained frequently and one day they stumbled upon a DSE race in San Francisco. We joined the DSE in early 1973.

While Ed stuck with the running, it took me a while to get into it. Both of us had been athletic during high school, then dropped out to pursue a career. My smoking didn't help either, but it took some time to realize that my slow running was directly related to smoking, whatever excuses I dreamt up. In early 1977 I quit smoking and my faster times just two weeks afterward gave me a real boost. Instead of driving others to the start of the Bay-to-Breakers, I ran it myself. My first Bay-to-Breakers was one of my most memorable runs.

Soon we were seen all over the Bay Area. Almost every Saturday and Sunday we raced in Pinole, Richmond, Oakland, Marin County, the Peninsula or San Francisco. Most of those races no longer exist. Highlights were running across the Bay Bridge with chamber music along the route, the San Mateo Bridge, Christmas Carol Charity Run, Rapp's Triathlon in Palo Alto, Burlingame at Coyote Point, Zoo Run and Manny Hanny.

In 1979 I started racing with Pacific Telephone in the Corporate Cup. We had road races and track and field at Edwards Stadium in Berkeley. Corporate races consisted of employees running against employees of other companies. Scoring was done by team and company totals accumulated to determine the winning company. *Runner's World* took over in 1980 and the Corporate Cup was then held at Stanford. In those days we had only open races, but by now I was in my early 40s and it was hard to compete with the young chicks. But I gave them a run for their money. After *Runner's World* dropped their sponsorship the Corporate Cup went national. Once a year we met in Los Angeles, San Diego, Boulder, Boston, Des Moines, Seattle or some other place.

My specialty was the road races. I ran the 5K on Saturday and the 10K on Sunday. Sometimes I also had to run 200m on the track when we were short on people. On the track my goal (especially after running the 10K earlier) was not to

continued on page 2

Inside

FEATURES

Race Participation Points Clarification	3
Classic Stu-Peds.....	5
DSE Relay Team Update	9

DEPARTMENTS

How to Contact the Newsletter & the DSE...	2
Race Results	4-8
DSE at the Races.....	8-9

Volunteers Needed	9
Monthly Running Schedule	10
Group Runs.....	10
Membership Info	11
Executive Committee & Coordinators	11
Folding Session & Weather	11
Birthdays & New Members.....	12

From the Executive Committee

◆ ◆ ◆ ◆ ◆ KEVIN LEE

RENEWAL OF CLUB OFFICERS

With the successful implementation of the Executive Committee and the resulting delegation of club tasks over a wider base, we are experiencing a renewed interest in DSE club officer positions.

A nominating subcommittee consisting of George Baptista, Jim Kauffold and Bill Woolf has been formed to aid in the nominations and general election to fill the positions of President, Senior VP, Second VP, Secretary and Treasurer. Any DSE member who is interested in running for one of these positions or discussing the duties entailed should contact a member of the nominating subcommittee (kauffolds@juno.com, Billwoolf2@aol.com, gbaptista@msn.com) by February 18, 2007.

The plan is to confirm acceptance of the nomination with the people nominated and hold an election in a general meeting on March 11, 2007 after the St. Patrick's Day Run. Absentee ballots will also be provided in the March issue of the DSE News and at the weekly DSE races starting on February 25th. The absentee ballots must be received by March 11, 2007.

Rest assured that the much needed and appreciated Executive Committee will continue to exist at the pleasure of the new President. This is a grand opportunity to serve your club and the subcommittee looks forward to hearing from club members interested in running for office.

continued on page 2

let anybody pass me. In later years the Corporate Cup applied cross-country scoring every five years to the road races which meant a first place in any age group counted the same.

For the rest of the year companies competed throughout the Bay Area. I was the women's coordinator for Pacific Telephone. Our teams (especially the women's) won many medals and we had a display case for trophies at 140 New Montgomery Street, company headquarters.

My favorite team races (besides the Corporate Cup) were Manny Hanny and the Christmas Carol runs. The first took place on a Wednesday night in August. Each winning team would go to New York for the finals (men, women and co-ed teams). We put our best runners into the co-ed team, but never beat Chevron (they had a female Olympian competing). The Christmas Carol benefited the toy program of the fire-fighters. During Fire Chief Emmett Condon's reign we always had a party at the Chief's house on Bush Street, which the Fire Department got after the 1906 earthquake.

In 1980 Ed started the Wednesday night runs in Golden Gate Park during daylight savings time. There were quite a few people who needed a tune-up during the week. Before the Bay-to-Breakers we always had several centipedes training with us. The coach from the Millbrae Lions and his team



were regular guests. Often we ended up at the Breslauer's home for a potluck dinner. In August 1985 the participants appeared on the cover of *The Schedule*. In 2000 in a special memorial service we buried Ed's first running shoes (Adidas SL72) in the hill next to the starting line.

In 1984 I qualified as a cadre runner on the AT&T team to run the Olympic torch across the country. Out of 2000 applications only 180 runners were chosen. My assignment was to run through Kansas, Oklahoma and Texas in one week. There were four teams

consisting of four runners each (one female team). A van would bring us to the starting point for the first female and drop runners off at the next changing points. After all the females had run a van was there to pick us up. We ran twice a day approximately four miles each time. The total of sixteen runners for the week covered the distance from Altoona, Kansas, (via Tulsa, Oklahoma City, Dallas/Ft Worth, Lubbock) to Littlefield, Texas. The hardest part was the weather. In June the temperature and humidity were in the mid-nineties. I still have my torch at home.

The preparation also included weight training. We bought a bench press with different weights and dumb bells. Three times a week I was doing mandatory and optional exercises, for about six months. In addition, on my daily runs

continued on page 3

GENERAL MEETING MARCH 11

A General Meeting will take place immediately following the St. Patrick's Day Race. The purpose is the election of 2007 club officers. Club members will have the opportunity to share opinions and vote on the new DSE Officers. Please mark down this important date. Your voice and club involvement is very important to the DSE.

FEBRUARY RACE SCHEDULE

Maybe DSE should sell shares of club stock. Our weekly race attendance is still on the rise, averaging 165 during January. It's never too late to get on board the DSE Love Train. The first stop is on 2/4 at the Kaiser Permanente Half Marathon. There is No DSE run; instead DSEers are encouraged to run either the 1/2M or 5K, or join us at the mile 6 aid station, where we will be handing out over 6,000 cups of water. On 2/11, the DSE Love Train makes a quick race stop at the new improved, fast clockwise Polo Field 5K loop. DSE is always trying to improve its existing race courses. On 2/18, the new GG Bridge Vista 10K makes its debut. DSE has combined the best aspects of two old race courses. The Great Highway 4 miler on 2/25 is the last stop of the DSE Love Train. Thank you all DSE Love Train riders, we hope you have enjoyed the ride. Let's do it again in March!

KAISER PERMANENTE AID STATION FEBRUARY 4

There is no DSE run on 2/4/07. DSE members are encouraged to participate at the Kaiser Permanente 1/2M & 5K. If you are not running this event, join

continued on page 3

◆◆◆◆◆ 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

Articles and Photos

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

Letters to the Editor

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

Submission Deadline

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

◆◆ How to contact the DSE ◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.co

WEBMASTER: Natalie Nissenson
sparklethenfade@aol.com

ASSISTANT: Stephen Boesch

home I was running with a dumb bell to get used to running with a torch (weight wise). Most Saturdays and Sundays I ran two races each.

My best times were accomplished while running for my company. I found a team always puts more pressure on you to perform well. My best 5K time was 20:17, 10K was 43:42, Oakland Half Marathon in 1983 was 1:37:06.6 (1st place age group), and my only marathon in San Francisco in 1983 was 3:39:46. All these times were done while I was in my early/mid forties. In 1980 I won the 4-mile Statuto race overall, and in 1992 I won the 7.7 mile race in Volcano overall in 55:48.

I no longer run because my knees gave out. While I was very fortunate never really to get injured, I enjoy brisk walking now. The switch from running to walking was amazingly easy.

RACE PARTICIPATION POINTS & VOLUNTEER HOURS CLARIFICATION

Janet Nissenson

In order to prevent any confusion between what counts as a race participation point versus volunteer hours, please review the following guidelines:

1. DSE will hold a total of 42 official races during 2007. Therefore, the maximum number of races that any member can attend or participate in, whether as a runner or a volunteer, is 42. Fun Runs do not count towards race participation.
2. Further clarifying #1 above, if a member both volunteers and races or self-times at the same race, they will only receive one race participation point for that event. They will, however, also receive the applicable number of volunteer hours towards their trophy requirement. If a member only volunteers at a race, then they will receive one race participation point plus the applicable amount of volunteer hours that they work.
3. Volunteering at either the Kaiser Permanente Half Marathon, Bay to Breakers, or San Francisco Marathon will not satisfy the club volunteer requirement. Volunteer hours must be logged at an official DSE race.
4. Members who serve the club as an officer or coordinator will automatically fulfill their volunteer requirement for the year. This includes members who have agreed to serve as Race Directors this year.
5. Other members will need to contribute two volunteer hours in order to receive a small trophy or certificate for 2007 (to be awarded in 2008), and four volunteer hours in order to receive a large trophy or /certificate. These hours can be contributed in the following ways:
 - a. Help at registration at a weekly race between the hours of 8:00 AM and 9:00 AM. Please arrive no later than 8:00 AM if you are volunteering for this job. You will be credited with one hour.
 - b. Help at the finish line at a weekly race between the hours of 8:55 AM and the race finish. This includes timing and stringing but does not include distribution of race ribbons. Volunteers handling these two assignments will be credited with one hour.
 - c. Volunteer as a course monitor or aid station volunteer at either the Waterfront 10M, Coastal Trail Challenge Half Marathon, or Lake Merced Half Marathon. Volunteers handling either of these assignments will be credited with two hours.
 - d. Volunteer at Registration, Finish Line, Clothing Sales, Refreshments, Parking, Picnic, T-shirts/Goody bags, Course Monitor or Aid Station at the Double Dipsea, and you will receive four hours of volunteer credit. You must work a full 4-hour shift in order to receive this credit.
6. Members who do not fulfill the volunteer hours but meet other criteria needed for a Mongo award would still be eligible to receive a certificate, but not a trophy.

Club members can sign up to volunteer at the weekly races. Check the sign-up board to see what races still need volunteers. You can also check the DSE website under Volunteers for this information. Email Kevin at dse.pekingduck@juno.com to sign up for a particular event. For Double Dipsea, contact Janet at jlnissenson@aol.com to volunteer.

If you have any additional questions regarding these guidelines, please contact Janet at the email address listed in the previous paragraph.

the DSE volunteers at the 6 mile aid station. Reporting time is 7:30 AM at Bernice Rogers Drive & Martin Luther King Drive. All volunteers will receive the souvenir T-Shirt. Please RSVP along with forwarding your T-Shirt size to Fred or Yong at 415-242-3304 or dsefred@yahoo.com.

2007 DSE GALA FEBRUARY 10

Everyone is still raving about the fun and excitement of the 2006 DSE Gala. Good news/bad news: the 2007 DSE Gala is two weeks later this year. That means you have had two extra weeks to RSVP to reserve your place in time for another memorable and enjoyable experience. If you haven't already done so, please download from www.dserunners.com "Award" link or pick up a 2007 DSE Gala flyer at the 1/28 DSE Race; then mail it in by the 2/1 deadline. \$20 per club member goes a long way, starting with a no-host bar with appetizers and dinner service with wine. In between the runner/volunteer awards and recognition, you'll enjoy fun and entertainment with raffle prize giveaways and a new Running Shoe contest. To obtain a hard copy of the DSE Gala Invitation see the December newsletter or download extra copies from the Gala Dinner link at www.dserunners.com.

26	Barry Thomas	39	32:18
27	Bob Cowdrey	62	32:20
28	James Eales	47	32:21
29	Joel Rizzo	41	32:21
30	Mark Moser	38	32:22
31	Brian Wolfe	37	32:26
32	Jim Flanigan	57	32:27
33	Karl Olson	54	32:28
34	Amy Sonstein ②	37	32:31
35	Dave Coulmar	47	32:40
36	Daz Lamparas	54	32:56
37	Jorge Larre	50	33:09
38	Patrick Lee	59	33:10
39	William Golden	35	33:17
40	Heather Driscoll ③	34	33:18
41	George Baptista	64	33:26
42	Lazaro Sanchez		33:29
43	Sam Logan	22	33:35
44	Eric Park	61	33:50
45	Paul Mosel	65	34:10
46	Mark Kelley	50	34:10
47	Phil Melman	41	34:15
48	George Tharakan	29	34:18
49	Hilary Fong ④	48	34:28
50	Mikel Matto	34	34:37
51	Drego Salala	39	34:41
52	Al Nayeri	31	34:47
53	Sophie Harrison-Wong ⑤	16	34:58
54	Jim McBride	64	35:08
55	Michael Edelstein	48	35:23
56	Peg Voorhees	48	35:28
57	Mc Lavelle	54	35:51
58	Benny Camacho	53	35:56
59	Bob Nozawa	45	35:57
60	Jerry McGowan	68	36:29
61	David Cannon	34	36:41
62	Larry Chow	35	36:42
63	Ifeoma Adams	54	36:47
64	Maite Acedo	34	36:52
65	Judith Waitz	47	37:02
66	Patrick Regan	39	37:08
67	Sam Roake	70	37:19
68	Neal Ashton	50	37:20
69	Bill Bixby	31	37:22
70	Ryan	20	37:26
71	Fernando de la Pena	23	37:27
72	Tom Smiley	49	37:45
73	Michael Sereda		37:55
74	Rob Monroe	38	37:55
75	Kenneth Fong	45	37:56
76	Ling Moser	37	38:04
77	Marian Lyons	50+	38:53
78	Hashim Bashiruddin	50	39:04
79	Janet Nissenson	47	39:20
80	Janet Fry	27	39:21
81	Suresh Venkateswaran	33	39:29
82	Mark Weisberg	70	39:30



First woman Marie Appel
Photo by Don Watson

83	Glen Teshima	52	39:31
84	Johanna Merriss	56	39:33
85	Julius Schillinger	60	39:42
86	Patrick Mattimore	56	39:49
87	Uwe Schling	36	40:07
88	Jack Bascom	65	40:09
89	Carol Harrison-Wong		40:17
90	Josh Kahn	23	40:38
91	Suzana Seban	53	40:41
94	Dora Cheng	29	40:50
92	Morgan Rodriguez	46	41:42
93	Diana Gomez	40	41:43
95	Jeff Houston	48	42:22
96	Peking Duck	51	42:26
97	Jeff Brannan	35	42:53
98	Gloria Giovanetti	58	42:57
99	Erika Brickley	16	43:00
100	Claire McGovern	18	43:02
101	Toni Gerhard	48	43:16
102	Noe Castanon	36	43:39
103	K. Mait	31	43:49
104	Wendy Newman	56	43:53
105	April Lax	40+	44:13
106	Dominique Rodriguez	14	44:18
107	Dennis Hassler	73	44:34
108	Bill Woolf	71	44:53
109	Mike Rouan	42	45:04
110	Jocelyn Berke	26	45:36
111	J. Mait	31	46:09
112	Jack Olson	10	46:11
113	William Bernick		46:14
114	Jim Kauffold	69	46:28
115	Izora de Lillard	34	46:32
116	Barbara Robben	72	46:41

117	Jane Colman	63	46:56
118	Tom Huster		47:07
119	Mary Matto	32	47:44
120	George Sacco	69	49:27
121	Jason Gomez	6	50:02
122	Lorrie Kalos	46	50:08
123	Nicky Jones	14	50:17
124	Gerald Jones	49	50:18
125	Cheryl Erlich	36	50:36
126	Michelle Torrey	40	50:36
127	Monique Rodriguez	46	50:39
128	Karen Blagmon		50:42
129	Renee Garvin	40	50:54
130	Phil Siesez	48	51:00
132	Dominic Gomez	9	54:12
131	Tricia Atanacio	37	55:18
133	Sean McAviney	60	56:23
134	Rob Ross	43	58:40
135	Dina Kovash	68	1:02:06

SELF-TIMERS

Robert Brizuela	67
George Rodriguez	
Lynne Rodriguez	
Leslie Gomba	52
Elaine Gecht	63
Doerte Murray	66
Ken Reed	61
Jim Pommier	74
Bob Theis	78
Wally Rapozo	78
Richard Finley	58
Liese Rapozo	79
Kim Chee Huster	
Jane Lee	56
Ted Vincent	70
Tony Stratta	76
Kris Lee	40
	1:24:30

CLASSIC STU-PEDS

by Stu Ruth



January 14, 2007

Embarcadero 10K

Race Director: Richard Finley

Volunteers: Marie Appel, Calvin Chan, Joe Connelly, Robert Finley, Hilary Fong, Richard Hannon, Katherine Hendricks, Kevin Lee, Shannon Luppino, Evelyn Martinez, Bobby Marty, George Sacco, Uwe Sching



Race Director Richard Finley

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Randy Conner	38	36:53
2	Tony Madrigal	35	37:04
3	Ben Duemler	35	37:56
4	Peter Hsia	46	38:02
5	Rachel Jesson ①	31	38:09
6	Jerry Flanagan	41	38:53
7	Jason Reed	27	39:23
8	John Woods	42	39:29
9	Gerry O'Brien	30	39:59
10	Saul Abrahams	28	41:24
11	Tony Dunnigan	34	41:32
12	Brent Nikolin	28	41:38
13	Jeremy Calnan	47	42:11
14	Ernie Rivas	56	42:20
15	Kevin Fry	27	42:26
16	Stephanie Ranges ②	36	42:30
17	Nancy Morales ③	42	42:43
18	Matthew Fabry	34	43:09
19	Kenneth Lock	20	43:27
20	Oscar Sanchez	18	43:36
21	Wayne Plymale	55	43:43
22	Jim Buck	64	43:54
23	Daryl Luppino	47	44:11
24	Pat McCarthy	54	44:22
25	Karen Andrews ④	46	44:48
26	Janet Langdon ⑤	30	44:53
27	Michael Sweet	37	44:57
28	Dave Coulmar	46	45:01
29	David Klinetobe	46	45:03

30	James Eales	47	45:08	90	Rene Encatnacion	52	57:25
31	John Sullivan	40	45:12	91	Anna Ruotolo	41	57:31
32	Paul Burket	51	45:16	92	Morgan Rodriguez	45	57:32
33	Amy Sonstein	27	45:17	93	Christopher Wood	32	57:33
34	Denise Carney	36	45:24	94	Shari Pietz	41	57:34
35	Christopher Gordon	38	45:27	95	Janet Fry	27	57:37
36	Bob Cowdrey	62	45:38	96	Jack Bascom	65	58:10
37	Mark Kelley	50	45:40	97	Suzana Seban	53	58:25
38	Jim Flanigan	57	45:43	98	Jacqueline Fidan...	42	58:29
39	Joel Rizzo	41	45:46	99	Julian Seim	50	58:31
40	Hashim Bashiruddin	50	45:55	100	Jeff Houston	48	59:16
41	Theo Jones	68	46:13	101	Aimee Johns	26	59:33
42	Vanita Chawla	34	46:18	102	Stephanie Solen	32	59:43
43	Adam Jiang	21	46:33	103	Bob Morris	53	59:58
44	Patrick Lee	59	46:55	104	John Windle	61	61:06
45	George Baptista	64	47:49	105	Amy Saxton	31	61:14
46	Leah Pearlman	25	47:55	106	Gary Ng	21	61:44
47	Mitsuyaki Ohura	48	48:04	107	Bill Woolf	71	61:47
48	Leslie Hunter	23	48:19	108	Michelle Alleyne	31	62:37
49	Sophie Harrison-Wong	16	48:39	109	Diana Valentine	33	62:38
50	Denise Wong	28	48:55	110	Garrett Hoithaus	29	62:38
51	Francisco A.	26	49:17	111	Frank Shum		62:40
52	Joel Drescher	31	50:27	112	Jeff Violet	45	62:41
53	Michael Langdon	29	50:30	113	Jim Kauffold	69	62:54
54	Mark Heussner	25	50:31	114	Meaghen English	24	63:21
55	Michelle McCarron	33	50:34	115	Nicole Di Basilio	40	64:19
56	Paul Mosel	65	50:39	116	Jenn Melzer	35	65:01
57	William Golden	35	50:50	117	Stephanie Quinlan	27	65:33
58	Heather Driscoll	34	50:51	118	Henry Nebeling	74	65:36
59	Jim McBride	64	51:03	119	Tim Shipovsky	18	66:13
60	John Wight	42	51:15	120	Barbara Robben	72	66:50
61	Kathleen Lail	38	51:26	121	Jane Colman	63	68:09
62	Kay Williams	37	51:42	122	George Sacco	65	68:19
63	Sam Roake	70	51:51	123	Dru Hartshorn	26	69:21
64	Rhianna Richards	25	52:14	124	Tanya Kirk	30	69:22
65	Neal Ashton	50	52:48	125	Gregory Brown	57	70:00
66	Tony Dupeire	43	53:06	126	Harry Cordellos	69	70:00
67	Bess Kennedy	31	53:10	127	Jessica Lopretta	29	71:11
68	Marian Lyons	50+	53:20	128	Evelyn Martinez	58	73:04
69	Alex Yamboo	22	53:37	129	LaTanya Bradford	34	75:32
70	Glen Teshima	52	53:45	130	Jennifer Ravanini	24	75:33
71	Gail Rosemeyer	55	53:47	131	Sean Aviney	59	81:53
72	Ethan Prouhet	31	54:00	132	Taneh Worjolah	24	85:42
73	Nicole Chappelle	36	54:10	133	Erika Palmer	32	100:00
74	Patrick Mattimore	56	54:13	134	Mike Palmer	57	100:00
75	Jessica Russell	34	54:40				
76	Julia Widstrand	43	54:48				
77	Gary Brickley	54	55:17				
78	Mort Weisberg	70	55:30				
79	Anna Morgan	33	55:32				
80	Judith Waitz	47	55:39				
81	Roger Delgado	29	55:41				
82	No Name		55:43				
83	Brian Hanson		55:58				
84	Katie Carrieri	28	55:59				
85	Yvonne Henry	39	56:20				
86	Virginia McMurtrie	45	56:38				
87	Michele Wayne	36	56:57				
88	Daniel Keesee	21	57:12				
89	Nicole Askland	21	57:13				



Embarcadero turnaround

Photo by Don Watson

continued on page 7

SELF-TIMERS

Stu Etzler		
Tom Huster	63	
Jackie Katchmar		
Kim Chee Kim		
Sunhi Kim	48	
Carolyn Clark		
Elaine Gecht	63	
Kathy Guziejka	42	92:02
Jane Lee	56	
Jim Pommier	74	
Liese Rapozo	79	
Wally Rapozo	78	
Brie Reybine		
Evelyn Rolley	45	
Don Watson	77	

KIDS' RUN	Age	Time
Shannon Luppino	10	4:54
Tim Abbott	3	10:04
Lena Hsia	3	9:22
Hetti Hsia	3	9:23

January 21, 2007

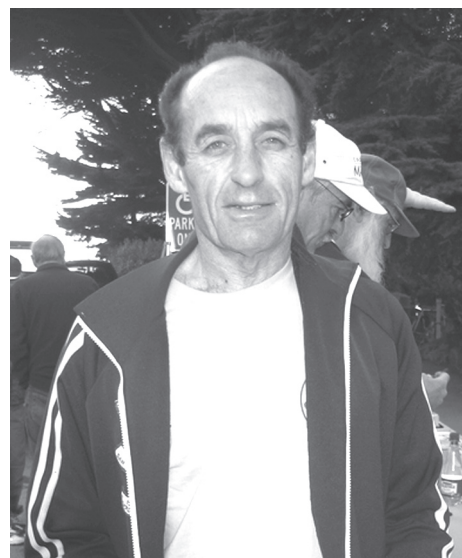
Windmill 10K

Race Director: George Baptista

Volunteers: Calvin Chan, Joe Connelly, S. Herder, Tom Huster, Jim Kauffold, Kim Chee & Sunhi Kim, Dina & Bob Kovash, Evelyn Martinez, Bobby Marty, Thomas McManus, Phyllis Nabhan, Barbara Robben, George Sacco, Fred Haber, Yong Cho

PL	NAME	AGE	TIME
1	Nathan Yanko	25	35:32
2	T. Justin Bronder		36:03
3	Eduardo Vazquez	34	36:16
4	Randy Conner	38	37:02
5	Andrew Apfelbaum	42	37:04
6	Jerry Flanagan	41	37:12
7	Adam Lucas	39	37:50
8	Mark Janes	31	38:17
9	Rachel Jesson ①	31	38:37
10	Michael McGowen	42	38:53
11	John Woods	42	39:48
12	Gerry O'Brien	30	40:26
13	Jeremy Calnan	47	41:14
14	Andrew Bloch	44	41:18
15	Geoff Smith	29	41:41
16	Scott Siverling	30	41:58
17	Thomas McManus	37	41:59
18	David Burgess	37	42:05
19	Matthew Fabry	34	42:13
20	John Sullivan	40	42:17
21	Charles Newcomb	44	42:21
22	Peter Hsia	46	42:24
23	Kevin Fry	27	42:41

24	Jeff Tse	34	43:31
25	Kim Juarez ②	41	43:43
26	Wayne Plymale	55	43:55
27	Kelly Emo ③	42	44:03
28	Robert Britain	48	44:15
29	Peter Vestal	43	44:29
30	Sunanda Minarikova ④	32	44:36
31	James Eales	47	44:49
32	Ann Wolf ⑤	40	44:53
33	Jim Buck	64	45:03
34	Casey Harrell	28	45:10
35	Peter Middleton	26	45:16
36	Jim Ace		45:20
37	Bob Cowdrey	62	45:36
38	King Wayman		45:39
39	Tiffany Hill	27	45:43
40	Gilbert Yan		45:48
41	Daryl Luppino	47	45:48
42	Jorge Larre	50	45:51
43	Andres Stinchfield	29	45:54
44	Joel Rizzo	41	46:02
45	Mark Gordon	50	46:18
46	Theo Jones	68	47:01
47	Todd Enger	38	47:13
48	Sam Logan	22	47:17
49	Noe Castanon	36	47:28
50	Lucy Wing	49	48:06
51	Christy Allen	45	48:14
52	Elise Eastman	27	48:17
53	Mary Guilfoyle	42	48:37
54	Robert Schelly	46	48:38
55	Keith Johnson	68	48:39
56	Dana Ticker	23	48:41
57	George Tharakan	29	48:43
58	Stephen Carroll	38	48:45
59	David Carroll		48:48
60	Paul Mosel	65	49:01
61	Hilary Fong	48	49:48
62	Bob Nozawa	45	49:51
63	Mc Lavelle	54	50:05



Race Director George Baptista

© 2007 Paul Mosel

64	Erik Hansen	30	50:14
65	Lina Khatib		50:19
66	Steve Metz	33	50:21
67	Emmy Ma	30	50:32
68	Mitsuyaki Ohura	48	50:34
69	Kimberlee Dickenson	27	50:36
70	Elena Ebrahimian	20	51:03
71	Kathleen Lail	38	51:17
72	No Name		51:25
73	Hashim Bashiruddin	50	51:44
74	Allison Groves	43	52:00
75	Nadia Rano	18	52:06
76	Rebekah Thompson	21	52:09
77	Patrick Lee	59	52:27
78	Amy Walgenbach	24	52:36
79	Sam Roake	70	52:45
80	Jose Ona	73	52:46
81	Judy Gilbert	63	52:48
82	Marian Lyons	50+	52:49
83	Patrick Mattimore	56	52:59
84	Phil Melman	41	53:26
85	Rachel Levin	32	53:44
86	Robert McPhail	42	53:46
87	Neal Ashton	50	53:49
88	Charles Eldridge	23	53:51
89	Bryn Mumma	25	53:59
90	Michele Wayne	36	54:03
91	Hank Scoble	35	54:30
92	Mort Weisberg	70	54:31
93	Anne Reichert	44	54:42
94	Vince Kelly	50	54:42
95	Scott Casem	33	54:58
96	Gary Brickley	54	55:07
97	Jerri Fields	41	55:08
98	Kristen Morgan	24	55:27
99	Uwe Schling	36	55:33
100	Julie Sharp	27	55:34
101	Ariana Ebrahimian	24	55:45
102	Brian Hanson	45	55:58
103	Jack Bascom	65	56:02
104	Jen Melman	35	56:28
105	Baharen Rahmatian	26	56:52
106	Bryan Becker	34	57:46
107	Stephanie Solen	32	57:48
108	Janet Fry	27	57:50
109	Dana Lodico	28	57:55
110	Rachel Smith	30	57:57
111	Abigail Simpson	33	57:59
112	Gregory Brown	57	58:02
113	Morgan Rodriguez	45	58:10
114	Peking Duck	51	58:35
115	Lexie Lyons	26	58:55
116	Heather Driscoll	34	59:04
117	Suzana Seban	53	59:26
118	Hemanth Samuel	29	59:47
119	Kristoffer Tendan	30	60:21
120	Andres Ramirez	27	60:21
121	K. Berman	26	60:22
122	Mike Sovik	41	60:33

continued on page 8

123	Ryan Savage	24	60:40
124	Henry Nebeling	74	60:44
125	Susan Herder		60:46
126	Bob Morris	53	61:05
127	Elisa Zuniga	36	61:58
128	Bill Woolf	71	62:13
129	Megami Kaisahata	34	62:25
130	Erik Unger	24	63:38
131	Kara Pianridosi	34	64:22
132	Jacquie Roth	56	64:22
133	Krissy Placencio	26	65:06
134	Anthony Placencio	27	65:06
135	Rea Ramo	24	65:14
136	Evelyn Martinez	59	65:24
137	Jane Colman	63	65:39
138	Jeanne Day	27	65:44
139	Becky Patel	28	66:29
140	Courtney Cook	35	67:02
141	Beau Armstrong	12	68:58
142	Tamer Shalaby	29	69:02
143	Richard Armstrong		69:04
144	Jim Kauffold	69	72:34
145	Barbara Robben	72	73:06
146	George Sacco	69	73:07
147	Matt Holsten	48	75:07
148	Bill Lue	48	75:08
149	Gregory Clark	49	75:10
150	William Bernick		75:34
151	Lisa Lewis		78:08
152	Sean Aviney	59	79:08
153	Bruce Oliver	78	83:48
154	Tim Oliver	41	86:58

SELF-TIMERS

Jane Lee	56	
Tony Stratta	76	2:14.30
Lisa Griffin	42	
James O'Donnell	47	
Sunhi Kim	48	
Kim Chee Kim		
Tom Huster	63	
Robert Brizuela	67	
Brie Reybine		
John Lang	67	
Wendy Newman	56	
Marcia Martin	54	
Gary Davis		
Ted Vincent	70	
Don Watson	77	
Roxanna Pezzy		
Doerte Murray	66	
Jim Pommier	74	
Phyllis Nabhan	60	
Elaine Gecht	63	
Russell Breslauer	61	
Wally Rapozo	78	
Liese Rapozo	79	
Bob Theis	78	

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
----	------	-----	---------	-----------	------

U.S. Half Marathon, November 5

106	Ian Reid	63	1	M60-64	1:34:46
108	Adrian Jue	24	5	M20-24	1:34:51
427	Daz Lampaaras	54	14	M50-54	1:51:04
761	Carolyn Garriott	43	32	F 40-44	2:00:49
812	Michele Wayne	36	51	F 35-39	2:02:38
1003	Steven Scotten	36	121	M35-39	2:08:36

U.S. 12K, November 5

	Brian Harris	53			1:07:35
--	--------------	----	--	--	---------

San Francisco Section Cross Country Championships, November 15

3	Mark Olson	15		Frosh/Soph	20:24
---	------------	----	--	------------	-------

Note: Mark's Lowell High School team won the championship.

Miracle Mile, December 17

10	George Rehmet	40	2	M40-49	5:03
14	Andrew Bloch	44	3	M40-49	5:16
22	John Mintz	40		M40-49	5:39
29	David Klinetobe	46		M40-49	5:53
52	Joseph Connelly	45		M40-49	7:29
61	Barbara Robben	72	1	F 70-79	8:35
62	Jane Colman	53	2	F 60-69	8:36
74	Phyllis Nabhan	59	2	F 50-59	9:46

Christmas Classic 5K, December 17

13	John Mintz	40		M40-49	19:39
15	George Rehmet	40		M40-49	20:01
19	Andrew Bloch	44		M40-49	20:12
34	Gene French	60	2	M60-69	21:24
49	David Klinetobe	45		M40-49	22:51
52	George Baptista	64		M60-69	23:48
60	Paul Mosel	65		M60-69	25:01
72	Joseph Connelly	45		M40-49	26:22
87	Becky Rozewicz	53	2	F 50-59	28:18
127	Russell Breslauer	61		M60-69	31:34
138	Jane Colman	63	2	F 60-69	33:08
142	Roxanna Pezzy	48		F 40-49	33:41
158	Barbara Robben	72		F 70-79	36:58
160	Tim Oliver	40		M40-49	37:18
164	Bruce Oliver	78	2	M70-79	37:38

Santa's Gold Rush, 5 Miles, Richmond, December 25

	Gregory Brown				52:06
--	---------------	--	--	--	-------

Sea Breeze Splash 'N Dash, 5 Miles, Berkeley, January 1

Note: Thanks to Amy Sonstein and Wayne Plymale for supplying these results, as no official results were available.

2	Eduardo Vazquez				30:01
10	Wayne Plymale		1	M55-59	35:52
	Amy Sonstein		3rd woman		36:57
	Noe Castanon				37:56
	Greg Brown				48:03
	Dennis Hassler		1	M70+	51:32
	Barbara Robben		1	F 70+	
	Brian Hartley				
	Peter Hsia				
	Ted Vincent				

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:

February 11	Polo Field 5K	March 11	St. Patrick's Day 4M
February 18	Golden Gate Bridge Vista 10K	March 25	Rainbow Falls 5K
February 25	Great Highway Run	April 1	Fort Point 12K
March 4	Waterfront 10M & 5K	April 8	Easter 5K

KAISER PERMANENTE AID STATION

Volunteers are still needed for the DSE 6 mile aid station at the Kaiser Permanente Half Marathon and 5K on February 4. Reporting time is 7:30 AM at Bernice Rogers Drive & Martin Luther King Drive. All volunteers will receive the souvenir T-Shirt. Please RSVP along with your T-Shirt size to Fred or Yong at: 415-242-3304 or dsefred@yahoo.com.

WATERFRONT 10M VOLUNTEERS NEEDED

In the years since its inception, the Waterfront 10M race has quickly become one of our most popular and fastest growing events. This year, the race and its accompanying 5K will be held on Sunday, March 4, 2007.

With the longer than average distance of this race, we need more volunteers than usual to help out. At present we need DSE members to help with the following assignments:

- 2-3 people to distribute race flyers after the Kaiser Permanente Half Marathon on February 5
- 4 people to work as course monitors along the 10M course (corner of 3rd Street near SBC Park, corner of Terry Francois & 3rd Street just after the Lefty O'Doul Bridge, corner of Terry Francois & Illinois Streets, and at the turnaround at Illinois & 25th Streets)
- 3-4 people to man the aid station located on Terry Francois Street (approximately the 3.5 mile and 7 mile mark on the course)
- 2-3 people to help with registration and finish line

If you can help with one of these assignments, please contact Kenneth Fong at gnofnek@sbcglobal.net or 415-242-1194. Thanks for your help in putting on another successful race.

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 pekingduck@juno.com or 415-751-965 ,or simply sign your name to the new Volunteer Sign-Up Sheet that will be available at each weekly race.

DSE AT THE RACES

continued from page 8

Walt Disney World Half Marathon, Orlando, January 6

570	George Rehmet	40	96	M40-44	1:50:36
-----	---------------	----	----	--------	---------

Walt Disney World Marathon, Orlando, January 7

432	George Rehmet	40	78	M40-44	3:36:18
8776	Elizabeth Terry	41	622	F 40-44	6:09:45

Note: This was Beth's first marathon.

O.C. Marathon, Newport Beach, January 7

807	Gregory Brown	57	31	M55-59	5:11:54
-----	---------------	----	----	--------	---------

Note: This was Greg's 150th marathon.

DSE RELAY TEAM UPDATE

Janet Nissenson

With just over three months until the Calistoga-Santa Cruz Relay, DSE already has one complete team assembled, and a few spots remaining on the second team. The first team includes several returning members from the team that finished fifth overall at the 2006 Relay, and they are looking strong and focused to improve on their finishing time from last year.

Those that have signed up thus far for the second team are a wide mix of new and veteran DSE members, some who have participated in the Relay before, but most of whom will be experiencing this event for the first time.

If you are interested in participating on this team, please contact Janet prior to February 10 at jLnissenson@aol.com to inquire about available spots. A team meeting will be held on February 18, immediately following the Golden Gate Bridge Vista 10K. For more information about the race, visit the official race website at www.therelay.com.



At the finish of the Windmill 10K

Photo by Don Watson

◆◆◆ 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 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

Sun Feb 4 NO DSE RUN

DSE Volunteers at Kaiser Permanente Half Marathon Aid Station—www.pamakids.org
MEETING PLACE: Bernice Rogers Way & Martin Luther King Drive, Golden Gate Park
REPORTING TIME: 7:30 AM.

Sun Feb 11 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way, right onto Kennedy Drive, up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Feb 18* Golden Gate Bridge Vista 10K

START/FINISH: Parking lot above El Camino del Mar (48th Ave)
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run east along the Coastal trail, climb staircase, run uphill then downhill on El Camino del Mar, take lower fork of 30th Ave staying on El Camino del Mar which runs into Lincoln Blvd, follow guard rail onto dirt trail. Turn around at end of parking lot next to bus stop and return the same way back to finish.

* **Kids Run (1/2 mile) begins at 9:45 AM—Same Start/Finish location as adult race.**

Sun Feb 25 Great Highway Run, 4 miles

START/FINISH: Lincoln Way & Lower Great Highway grass path
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path and run south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd and return north to Lincoln Way finish.

Sun Mar 4 Waterfront 10M & 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets
STARTING TIMES: 10M: 8:30 AM, 5K: 8:40 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION (10M): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Willie Mays Plaza (AT&T Park), left onto Third St, cross Lefty O'Doul Bridge, veer left then curve right onto Terry Francois St, left on Illinois St. Turnaround is at 1192 Illinois St (just before 23rd St). Return same way to finish.
ENTRY FEE (10M): \$5.00; Online at www.active.com or Race Day registration.
COURSE DESCRIPTION (5K): Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway, turn around at first planter and return same way to finish.

Sun Mar 11* St. Patrick's Day Run, 4 miles

START/FINISH: Yacht Rd parking lot, 1 block north of Marina Blvd (Little Marina Green)
STARTING TIME: Runners at 9:00 AM. Walkers are encouraged to start early.
COURSE DESCRIPTION: Run eastbound on Yacht Harbor, turn around at end of parking lot and return back to start. Then run west along Crissy Field/Golden Gate Promenade, staying on path into Fort Point National Historic site. Turn around at end of parking lot (touch side of building) and return same way to finish.

* **Kids Run (1/2 mile) begins at 9:45 AM—Same Start/Finish location as adult race.**

NOTE: FIRST DAY OF DAYLIGHT SAVINGS TIME—SET CLOCKS AHEAD ONE HOUR!

◆◆◆ 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 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: Tuesday, February 27, 2007

TIME: 7:00 PM

PLACE: Fred Haber & Yong Cho
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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.

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

The rainfall that eluded us during January (providing great running weather) should return after the first week of February and continue periodically until a mid-month dry spell. We expect above-normal rainfall for the month and cooler temperatures because of the cloud cover. After the mid-month break, the last week of the February will have periods of rain.



PRESIDENT
ANGELICUS
Walt Stack

Executive ♦♦♦ ♦♦♦ Committee

George Baptista
gbaptista@msn.com
Gary Brickley
gary@brickley.com
Calvin Chan
calwentjogging@aol.com
Oliver Chan
Kennet De Silva
Richard Drechsler
r_drechsler@yahoo.com
Kevin Fry
kev971@sbcglobal.net
Adrian Jue
Jim Kauffold
kauffolds@juno.com
Kevin Lee 415-751-9653
dse.pekingduck@juno.com
Wendy Newman
Wsn99@aol.com
Janet Nissenson
jlnissenson@aol.com
Sam Roake
roakesc@yahoo.com
George Sacco
gsgasacco@yahoo.com
Eduardo Vazkez
Bill Woolf
billwoolf2@aol.com

DSE Coordinators

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net
EQUIPMENT Bob Marty
DSE RACE RESULTS
Joe Connelly & Marie Appel
KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com
CLOTHING SALES
Calvin Chan 415-681-0105
calwentjogging@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

1 Erika Brickley
Kim Chee Huster
2 Vance DeWitt
3 Evelyn Martinez
7 Jeffrey Parker
8 Nick Gallagher
Elaine Koga
Kevin Lee
Eric Shackelford
Tom Whitnah
9 Louise Chu
Rick Shea
11 Terri Griffin
Geoff Jones
12 Anna Livesey
Adam Lucas
15 Jeff Shopoff
17 Tyler Abbott

David Stratta
Kevin Sullivan
18 Kathleen Lail
Sam Roake
19 Sig Berven
Scott McManus
20 Mark Kelley
22 Oliver Chan
Jeff Hacker
23 Carolyn Clark
24 Jenny Gallagher
Phil Gallagher
Ted Vincent
25 Gary Bengier
26 Sunhi Kim Huster
Shannon Luppino
Michele Wayne
28 Michael Kiser

New Members

Fennel Doyle
Jeff Tse

BERKELEY
Julian Sum

DAVIS
Mary Lou Lenly

PALO ALTO
Vijay Tella

RICHMOND
Frank Treadaway

SAN BRUNO
Virginia Cuadra
Carmen Buehner

SAN FRANCISCO
San Francisco
Jessica Dowell
Jeremiah Hallisey
Carol Harrison-Wong
Jonathan Harrison-Wong
Sophie Harrison-Wong
Robert Ross
Michael Roun



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

DSE email list and electronic newsletter

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

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



Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!