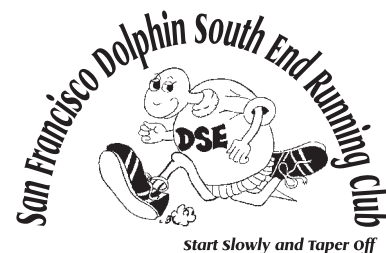


DSE NEWS



41st Year

March 2007

OFFICER CANDIDATE INTRODUCTIONS

Calvin Chan: I joined the club because I found it a way to run organized races at a low cost. Since then, I have been both 2nd V.P. and Senior V.P. of the club.

This year at the DSE gala, I was honored to receive the Walt Stack Award.

At this time, I would again like to offer my services to the club and be your club President. I look forward to working with you in making the club the best club in the Bay Area. Thank you for your support.



Adrian Jue: As Vice President, I will help sustain the social collectiveness of DSE by ensuring that all members' basic running needs are met. Everyone, including myself, enjoys the privilege to run a quality race that is both economical and organized.

After a slump from competing on the UC Davis cycling team, I began running two and a half years ago

continued on page 2

WATERFRONT 10M VOLUNTEERS NEEDED MARCH 4

The WF 10M has quickly become one of DSE's most popular and fastest growing events. If you are not planning on running this race, DSE can really use your volunteer services.

At present we need DSE members to help with the following assignments:

- 4 people to work as course monitors
- 3 - 4 people to man the aid station
- 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 DSE Race.

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From the Executive Committee

◆ ◆ ◆ ◆ ◆ KEVIN LEE

ELECTION & GENERAL MEETING MARCH 11

With the renewal of club officer interest, DSE is happy to announce a new slate of 2007 Club Officer nominees. Please support them by completing the DSE Election Ballot (insert) and attending the March 11 General Meeting immediately following the St. Patrick's Day Race. Along with the election of 2007 club officers, club members will have the opportunity to share their ideas and opinions. Please mark down this important date. Your voice and club involvement are very important to the DSE.

MARCH RACE SCHEDULE

It's a great feeling to see everyone finally taking full advantage of DSE. You are supporting DSE with your weekly race participation. The 3/4 Waterfront 10M is DSE's longest race of 2007 so far. The club appreciates everyone's club support as a runner or volunteer. The St. Patrick's Day 4 miler isn't your ordinary DSE Race. The Irish wouldn't let rain or the start of Daylight Savings time stop DSE from staging another successful race, so on 3/11 show your true DSE colors with your race participation. There is NO DSE Run on 3/18; instead DSEers are encouraged to run the Emerald across the Bay 12K. DSE closes out the month of March with the crowd-pleasing Rainbow Falls 5K.

2007 DSE GALA REVISITED

The 2007 DSE Gala will be remembered as a fun and entertaining evening. A complimentary gift was presented

continued on page 2

with much help from the Saturday morning group runs. I don't regret that decision one bit as my running has improved greatly ever since. I had always run alone so running with others became much more enjoyable. In the beginning, the hills along the run were physically and mentally difficult for me, but the encouragement of others made the hearty breakfast afterward much more rewarding.

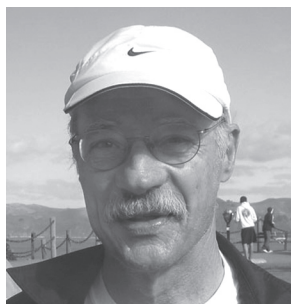
As I continue to progress and work toward bigger goals, DSE has always been there to support me in my goals and endeavors. I will never forget the club that has never forgotten me.

I want others to enjoy this club as much as I do by extending this fellowship to new members, young and old. I believe there is a future in DSE. I believe we can do a lot more to build on Walt Stack's visionary legacy. He would be just proud.

George Sacco: I have enjoyed being a member of the DSE off and on since the middle 70s. It has been enjoyable to serve as your Second Vice President for the last two years. If you will have me back, I will do my best to keep things on track. I am one of those Turkeys that Walt used to talk about, so I am staying around to make the rest of you look good.



Sam Roake: I have been a member of the Dolphin South End Running Club since 1995. Over the years I have enjoyed the running competition and camaraderie of the club and have met many new friends. I am now retired and can contribute more time to the club in return for all the benefits I have received. I am a member of the executive committee and know most of the other members. Possible drawbacks are 12 wpm typing speed, Windows 98 (possibly not compatible?) and no spellcheck on my computer. The message will still get



across, I'm sure.

Wendy Newman: I have been an active member of DSE for the past 15 years and the club has provided me with many wonderful friends and experiences. I recently became part of the newly created Executive Committee (now called the Operations Committee) and assumed the Treasurer's responsibilities in the absence of the club's ability to find members that were willing to run for office. I am happy to help the club out, and will continue to do so if elected to the Treasurer's position. As to my financial abilities, my 25+ years in the corporate world makes me more than qualified for the position!



Photos © 2006, 2007 Paul Mosel

to everyone upon check-in. To keep everyone on the edge of their seat or out of their seat, raffle prize drawings were held often. The climax of the evening was the debut Running Shoe Contest. Since volunteer and race participation play equal parts to the success of DSE, everyone in attendance was a winner. The complete award winners listing can be reviewed at www.dserunners.com Awards link; click on the 2007 Award Winners link. A partial listing can also be found on page 10 of the newsletter.

2006 RRCA NATIONAL VOLUNTEER AWARD CERTIFICATE

Not to be overlooked is annual club volunteer recognition from the RRCA. George Sacco and John Blankenship were presented with 2006 RRCA National Volunteer Award Certificates. This award is presented to club members who have contributed at least 2000 volunteer hours of service over the years.

2006 ROD STEELE OUTSTANDING VOLUNTEER

Rod Steele was a DC Road Runner Club President in 1974 until a plane crash took his life. This award is in memory of his contribution to the sport of running and as a volunteer and supporter of the RRCA, and is given annually to recognize the outstanding volunteer (excluding the president) of a local club. We are very happy to announce that Sr. VP Janet Nissenson will be presented with this special honor at the 50th RRCA Convention held in Chicago on March 24.

◆◆◆◆◆ 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

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

Our contributor this month, Chikara Omine, needs no introduction to those who attend the awards ceremonies after DSE and other races because he is frequently the outright winner! He excels at all distances from the shortest to ultra marathons!

I first heard about the marathon during gym class in my sophomore year at George Washington High School. The thought of a marathoner running my best mile time for 26.2 times in a row blew my mind. I wanted to run a marathon.

I joined the cross-country team in my junior year of high school in the fall of 1998. Even though running 5 miles was tough enough, my competitive attitude always got me to start out hard to chase the more experienced runners, but then I'd fade to the back. It would take me a while to figure out why I kept fading!

The first DSE run I did was the Christmas Blind Date Relays on Christmas Day 1998. Denise Leo, who was assistant coach at Washington HS at the time, recommended the race to me when I was looking for some races to do over the winter. Wayne Plymale, Kevin Lee and Calvin Chan, the club officers at the time, encouraged me to join the club. With low entry fees and a race scheduled every week, how could I resist? I ended up joining the club in January 1999.

The one race that stood out to me on the DSE schedule was the 12-Hour Distance Classic. I used to do better in the longer distances so teammates used to joke that I could run for 100 miles. Of course they were joking, but I wanted to test my endurance. I ended up entering the race in the

summer of 1999 and barely lasted the 12 hours. To date, I believe that my first 12-Hour Distance Classic was the most painful race I have ever done and also my proudest running accomplishment. I am still grateful to the race director George Rehmet for sharing his wisdom about the ultra distances.

The distance classic was also the race where I first heard about the Western States 100 miler. From that day, my goal changed from completing a marathon to completing Western States in less than 24 hours. Currently I have completed 8 marathons and 19 ultra marathons, but have not accomplished my goal. I made my first attempt at Western States last year (June 2006) but had to drop out early due to an IT band injury.

I have made improvements in my times since I first started and I would like to believe that I also made improvements in my attitude toward running. Before I was not satisfied with my races unless I achieved my personal best, but now I just enjoy any race regardless of the time I hit. Even though I was unsuccessful at Western States I enjoyed being out there. Of course, I still aim for time goals in races, but my main goal is to have fun at the races. After spending years with the DSE, the club has taught me that running can be fun for people of all ages and abilities.



DSE GALA, FEBRUARY 10, 2007



Marian Lyons with Ellen and Russell Breslauer and their famous hats



Phyllis Nabhan gives Oldest Active Member awards to Annabel Marsh and Neil Mahoney



Former DSE members and long-time DSE News editors Cheryl Willis and Jim Roe receive the Lifetime Service Award from Ken Reed



Entries in the running shoe competition

Photos courtesy of Calvin Chan

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.

January 28, 2007

Sawyer Camp Trail 5K & 10K

Race Director: Jim Kauffold

Volunteers: Marie Appel, Calvin Chan, Fred Haber, Yong Cho, Joe Connelly, Theo Jones, Helen Kauffold, Bobby Marty, Paul Mosel, Janet & Steve Nissenson, George Sacco, Suzana Seban, Sandra Seiki, Catherine Leung



Volunteer Joe Connelly with
Race Director Jim Kauffold

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5K

PL	NAME	AGE	TIME
1	Dan Anthony	24	17:06
2	Sassan Golaifshan	36	17:40
3	Curtis Barclay	36	19:13
4	Lauren Trent ①	43	19:33
5	Matt Gilman	30	19:38
6	Thomas McManus	37	19:40
7	Bob Akers	50	19:55
8	Mark Peters	31	20:02
9	Jenny Kuhn ②	42	20:29
10	Mike Cassidy	43	20:50
11	Wayne Plymale	55	21:01
12	Hashim Bashiruddin	50	21:20
13	Patricia Rios ③	43	21:28
14	Jim Flanigan	57	21:31
15	Mark Moser	38	21:32
16	Amy Sonstein ④	37	21:34
17	Heather Johnson ⑤	35	21:37
18	Ken Montgomery	38	21:55
19	George Baptista	64	22:09
20	Jose Cruz	13	22:38
21	Pete Holmgren	35	22:39

22	Larry Wuerstle	51	23:02	82	Patricia Webber	29	30:47
23	James McCormick	54	23:19	83	Mia Kirkendoll	11	30:49
24	Hilary Fong	48	23:29	84	Maz Woempner	11	30:52
25	Tim Devisser	11	23:57	85	Lorena Rodriguez	13	30:57
26	Kevin Kiel	51	23:58	86	Robert O'Connor	43	31:03
27	Michelle Marvier	38	23:59	87	Lucas Carter	9	31:38
28	Thomas Smiley	49	24:22	88	Bruce Gershkon	47	31:48
29	Marie Carlotti	50	24:25	89	Ross Snailer	44	31:49
30	Tom Pankratz	53	24:27	90	Ellen Schultz	38	31:50
31	Neal Ashton	50	24:29	91	Lorrie Kalos	46	31:52
32	Kathleen Lail	38	24:33	92	Julie Croto	36	32:18
33	Peter Lee	41	24:35	93	Michele Bilich	31	32:27
34	Richard Armstrong	44	24:55	94	Ashley Roussel	26	32:28
35	Carolyn Kirchman	44	25:10	95	Jennifer Coffey	37	32:32
36	Astrid Ruefli-Brasse	35	25:12	96	George Sacco	69	32:41
37	Lauren Spector	10	25:42	97	Robyn Loverro	32	32:50
38	John Swiecki	44	25:44	98	Julie Lewis	40	32:51
39	Phil Snowball	34	25:44	99	Matthew Livengood	10	32:56
40	Thomas Yan	47	25:45	100	Alicia Chazen	37	32:59
41	Grant Kolling	58	25:46	101	Sabrina Ali	13	32:59
42	Meghan McKinney	23	25:49	102	Ellen Livengood	41	33:15
43	Jim Washburn	51	25:58	103	Joanna Hafter	38	33:25
44	Darik Williams	32	25:59	104	Suzanne Emerson	38	33:30
45	Luis Gracian	11	26:04	105	Alicia Ponce	14	33:36
46	Angela Davis		26:06	106	Brian Hill	40	33:37
47	Bruce Washburn	50	26:10	107	John Weidinger	65	34:39
48	Johann Schumann	47	26:15	108	Susan Lamb	43	34:26
49	Herman Escajadillo	55	26:24	109	Anne Senter	45	34:30
50	Beau Armstrong	12	26:25	110	Carina Bustos	13	34:36
51	Ling Moser	37	26:27	111	Bob Kovash	68	34:37
52	Brandon Fields	34	26:35	112	Eric Getter	35	34:39
53	Sarah Suarez	33	26:36	113	Steven Kalos		35:23
54	Peking Duck	51	26:42	114	Martin Schumann	12	36:04
55	Hernan Green	13	27:08	115	Allison Schynert	11	36:10
56	Dave Laurance	42	27:09	116	Shelby De La Ossa	11	36:11
57	Dan Kossowski	28	27:16	117	Teresa Babb	42	36:22
58	Ashlee Lettenberger	22	27:20	118	Lynn Cutts	41	36:55
59	Susan Bush	39	27:33	119	Gladys Bustos	11	37:01
60	Russell Breslauer	61	27:45	120	Isabella Hill	29	37:14
61	Jeff Houston	48	27:58	121	Robert Brizuela	67	37:57
62	Amadea	32	28:04	122	Adam Boyden	37	38:32
63	Michael Gucina	24	28:12	123	Rose Orpilla	42	38:51
64	Michelle Simpson	28	28:21	124	Dina Kovash	68	42:24
65	Kenneth Moussavian	9	28:24	125	Margaret Hoover	58	42:31
66	Laura De Palatis	25	28:41	126	Daniel Hoover	62	42:33
67	Jim Stratta	44	29:08	127	Max Devisser	9	43:07
68	April Chun	53	29:22	128	Pauline Devisser	43	43:08
69	Nicole Atkins	9	29:27	129	Margo Ranowicz	47	43:15
70	Marianna Whaley	44	29:29	130	Bob Theis	78	44:43
71	Christopher Babb	12	29:30	131	Shannon Luppino	10	45:10
72	Karen Tarter	49	29:37				
73	Theresa Lewis	31	29:38				
74	Jennifer Hanby	26	29:57				
75	Kenneth Fong	45	29:57				
76	Sherry Sanders	11	29:57				
77	John Sanders	51	29:57				
78	Annie Theodos	49	30:16				
79	Earl Junghans	71	30:30				
80	Mark Qoro	12	30:32				
81	Deidre Linburn	36	30:37				

10K

PL	NAME	AGE	TIME
1	Eric Bone	33	36:25
2	Jerry Flanagan	41	36:38
3	Dong Esopenko	45	36:43
4	Matthew Hinde	32	36:45
5	Tony Fong	47	36:50
6	Jason Reed	28	36:58
7	Eduardo Vazquez	34	39:05

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SAWYER CAMP TRAIL RUNS
continued from page 4

8	Jerry Lee	39:09
9	John Woods	42 39:14
10	Chris Leary	24 39:23
11	Kevin Fry	27 40:17
12	George Rehmet	40 40:38
13	Josh Mac	16 40:42
14	Jim Howe	60 40:53
15	Jeremy Calnan	47 41:18
16	Caden Taylor	30 41:24
17	Geoff Smith	29 41:31
18	Matthew Fabry	34 41:50
19	Kennet De Silva	25 42:48
20	Steve Stephens	63 43:34
21	Kent Carlomagno	50 44:05
22	Gene Alston	37 44:12
23	Michael Berman	39 44:25
24	George Myers	50 44:47
25	Adam Taggart	35 44:51
26	Vladimir Debabov	16 44:54
27	Marie Appel ①	42 45:01
28	Joe Cutts	43 45:10
29	Kimberly Sanders ②	43 45:26
30	Carol Lewis ③	40 45:27
31	Daryl Luppino	47 45:36
32	Alan Morgan	37 45:38
33	Melissa Myers ④	39 46:02
34	Irene Ni ⑤	26 46:33
35	Marc Friend	42 47:20
36	C. Domine	47:26
37	Tim Beyers	28 47:27
38	Benjamin Job	27 47:27
39	Noe Castanon	36 47:34
40	Bob Gafely	47:37
41	George Tharakan	29 47:46
42	Herman Chui	39 48:26
43	Keith Adams	29 48:31
44	Erica Peacock	29 48:44
45	Keith Rumstad	43 48:49
46	Brendan Daly	31 49:27
47	Kevin Scott	44 49:30
48	Mc Lavelle	54 50:17
49	Brian Washburn	50 50:20
50	Arleen Lan	43 50:23
51	Mike Markwith	54 50:24
52	Barbara Bailey	48 50:47



Running by the Crystal Springs reservoir
on the Sawyer Camp Trail
Photo by Don Watson

53	Paul Mosel	65 50:50
54	Lina Khatib	51:07
55	Jay Webster	41 51:24
56	Kim Clausen	31 51:46
57	Theo Jones	68 51:50
58	Trevor Price	31 51:56
59	Patrick Regan	39 52:33
60	Michael Schiff	42 52:39
61	Paul Lewis	32 53:17
62	Suresh Venkateswaran	33 53:28
63	Mary Martindale	42 53:44
64	Blair Porteous	36 53:55
65	Gary Brickley	54 54:01
66	Michael Bazigos	58 54:02
67	Patrick Mattimore	56 54:03
68	Morgan Rodriguez	45 54:12
69	Gregory Brown	57 54:20
70	Carie Chui	37 54:30
71	Janet Fry	27 54:33
72	Michele Bennett	38 54:42
73	Michelle Boorstein	36 54:48
74	Janet Nissenson	47 54:57
75	Frances Schulze	52 55:00
76	Maridee Charlton	51 55:07
77	Uwe Schling	36 55:24
78	Suzana Seban	53 55:26
79	Von Topoian	51 55:31
80	Betsy Berman	38 55:34
81	Angela O'Connor	30 55:51
82	Trudi Hofmann	67 55:55
83	Bob Mungamuru	27 56:19
84	Rene Encarnacion	52 56:26
85	Amy Warner	28 56:36
86	Ellie Brockman	25 56:40
87	Brian Bodas	57:15
88	Patricia Bodas	57:16
89	Charlene Chang	36 57:24
90	Norm Anthony	58:28
91	Demi Huynh	29 58:33
92	Fred Seguritan	29 58:40
93	Beth Fish	29 58:56
94	Eileen Goldstein	30 59:44
95	Catherine Sylvain	36 59:55
96	Diane McCarthy	44 59:57
97	Nancy Yeung	36 60:54
98	Shawn Hogan	27 64:15
99	Courtney Cook	35 65:53
100	Dennis Hassler	73 67:08
101	Jane Colman	63 67:57
102	Ben Huang	26 70:09
103	Jenny Rowe	33 71:26
104	John Rowe	34 71:28
105	Anna van Raaphorst	66 75:52
106	Richard Johnson	64 75:55
107	Elaine Koga	64 76:01
108	Jackie Kwan	44 76:57
109	Kim Roper	45 77:09
110	Jennifer La Fever	23 77:09
111	Jennifer Drysdale	28 77:22
112	Janelle Videll	33 87:14

113	Kenneth Garrett	47 87:18
114	Stacy Warner	35
115	Carmen Patia	59

SELF-TIMERS

Elaine Mah	40+
Ellen & Junior Powell	37
Tony Strata	76 66:00
Carol Pechler	66
Don Watson	77
Richard Finley	58

February 11, 2007

Polo Field 5K

Race Director: George Baptista

Volunteers: Robert Brizuela, Calvin

Chan, Joe Connelly, Richard Hannon,
Jeanie Jones, Theo Jones, Bobby Marty,
Phyllis Nabhan, Jon Olkowski, George
Sacco, Laurie Sullivan, Mort Weisberg



Race Director George Baptista

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PL	NAME	AGE	TIME
1	Eduardo Vazquez	34	18:23
2	Mark Janes	31	18:34
3	Grant Johnson	23	18:53
4	Jason Reed	28	19:04
5	Kevin Fry	27	19:22
6	Peter Hsia	46	19:29
7	John Woods	42	19:36
8	Brian Crotteau	40	19:40
9	Scott Siverling	30	20:03
10	Patrick Sullivan	16	20:17
11	Marl Peters	31	20:18
12	Andrew Bloch	44	20:21
13	Jeremy Calnan	47	20:26
14	Thomas McManus	37	20:30
15	Sean Stephenson		20:35
16	Matthew Fabry	34	20:49
17	Michael Sweet	37	20:56
18	Sean M.	30	21:09
19	Kennet De Silva	25	21:14
20	Wayne Plymale	55	21:40
21	Noe Castanon	36	21:44
22	Daryl Luppino	47	21:45

continued on page 6



Racing through Golden Gate Park
Photo by Don Watson

23	King Wayman	57	21:46
24	Amy Sonstein ❶	37	21:46
25	Carlton Oler	50	21:50
26	Ralph Gordon	47	22:04
27	Jim Buck	64	22:06
28	Joel Rizzo	41	22:12
29	Kevin Sullivan	14	22:22
30	Marie Appel ❷	42	22:30
31	Karl Olson	54	22:32
32	Jorge Larre	50	22:37
33	Bob Cowdrey	62	22:53
34	Daz Lamparas	54	23:08
35	Patrick Lee	59	23:12
36	Francis A.	26	23:15
37	Yvette Nout ❸	33	23:20
38	Dave Flinn	40	23:20
39	Keith Johnson	68	23:22
40	Nate Prouty	27	23:35
41	Brian Washburn	50	23:36
42	Craig Edwards	61	23:47
43	Larry Wuerstle	51	24:10
44	Jeff Bennett	28	24:12
45	Eric Park	61	24:18
46	Elizabeth Ames ❹		24:19
47	Hilary Fong ❺	48	24:29
48	Paul Mosel	65	24:33
49	Hashim Bashiruddin	50	24:46
50	Eric Bobke	31	24:48
51	Tyler Abbott	45	24:56
52	Lina Khatib		25:04
53	John Blaney		25:16
54	Kathleen Lail	38	25:36
55	Neal Ashton	50	25:53
56	Judith Waitz	47	25:56
57	Peking Duck	52	26:07
58	Sam Roake	70	26:10
59	Camille Kelley	20	26:13
60	Mark Kelley	50	26:14
61	Marian Lyons	50+	26:19
62	Patrick Mattimore	56	26:21
63	Gary Brickley	54	26:23
64	Bruce Washburn	50	26:28
65	Sheldon Gersh	61	26:37
66	Fiona McCusker	42	26:55
67	Uwe Schling	36	27:03

68	Bob Morris	53	27:19
69	Baris Sumengen	32	27:29
70	Kevin Cuevas	16	27:37
71	Sarah Laupfer	27	27:40
72	Jack Bascom	65	27:51
73	Stephanie Solen	32	27:54
74	Janet Fry	27	27:56
75	Sophia Cannata-Bowman		
		12	28:17
76	Suzana Seban	53	28:20
77	Olivia Horgan	38	28:25
78	Marisa Deutsch	31	28:29
79	Michael Levy	42	28:32
80	Russell Breslauer	61	28:45
81	Tom Huster	63	29:10
82	Jeff Houston	48	29:28
83	Sara Shriver	29	29:30
84	George Durgerian	40	29:35
85	Jack Olson	10	29:36
86	Lea Bushnell	14	29:37
87	David Bushnell	49	29:37
88	Bob Bowman	52	29:40
89	Elizabeth Terry	42	29:47
90	Henry Nebeling	74	30:23
91	Gary Bengier	51	30:31
92	Andrea Bobke	26	30:31
93	Caroline Palmer	29	30:32
94	Abby Hipps	30	30:44
95	Jenya Kaufner	29	30:53
96	Wendy Newman	56	30:59
97	Jim Kauffold	69	32:06
98	Sheila Conway	51	32:26
99	Bill Woolf	71	32:33
100	Carolyn Johnston	47	32:40
101	Barbara Robben	72	33:10
102	Staci Kawakami	32	33:31
103	Blake Sasaki		33:33
104	John Weidinger	65	33:35
105	Tim Oliver	41	33:59
106	Ozlem		34:17
107	Umut Aytekin		34:18
108	Jennifer Hanby	26	34:20
109	Kenneth Fong	45	34:21
110	George Sacco	69	34:25
111	Bob Kovash	68	35:35
112	Calvin Chan	56	36:44
113	Matthew Douglas	29	36:44
114	Shannon Luppino	10	39:22
115	Anu Vaughan	11	40:51
116	Moses Vaughan	46	40:54
117	Bruce Oliver	78	47:07

SELF-TIMERS

	Bob Theis	78	
	Brie Reybine		
	Dina Kovash	68	
	Don Watson	77	
	Ed Olkowski	64	57:56
	Elaine Gecht	63	
	Ellen Breslauer	59	
	Fred Haber	47	

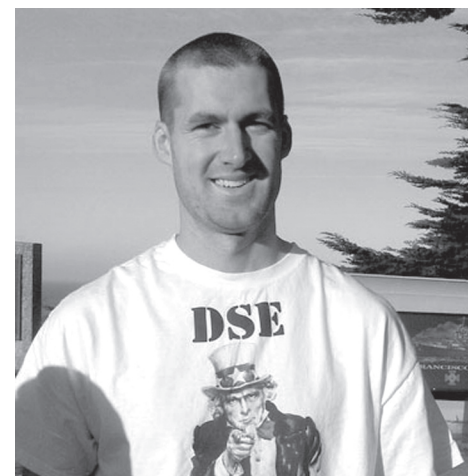
	Gary Davis		
	Jane Lee	56	
	Kim Chee Kim-Huster	2	
	Liese Rapozo	79	
	Mort Weisberg	70	
	Phyllis Nabhan	60	
	Richard Hannon		
	Robert Brizuela	67	53:00
	Sunhi Kim	48	
	Tom Boyd	61	
	Tony Stratta	76	65:10
	Wally Rapozo	78	
	Yong Cho	49	

February 18, 2007

Golden Gate Bridge Vista 10K

Race Director: Kevin Fry

Volunteers: Marie Appel, Calvin Chan,
Joe Connelly, Janet Fry, Bobby Marty,
Wendy Newman, Janet Nissenson,
George Sacco, Uwe Schling, Eduardo
Vasquez



Race Director Kevin Fry

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Grant Johnson	23	39:16
2	Randall Conner	38	40:36
3	Jerry Flanagan	41	40:43
4	Jason Reed	28	41:24
5	Eric Stewart	38	41:34
6	Oscar Sanchez		41:55
7	Gary Wheeler	40	42:23
8	Frank Surface	43	42:46
9	John Woods	42	42:52
10	Matthew Gilman	30	42:57
11	Michael Sexton	44	43:02
12	Sean Stephenson	25	43:40
13	Anthony Benson	42	43:43
14	Gabor Balint	37	44:30
15	Kennet De Silva	25	44:35
16	Matthew Fabry	34	44:44
17	Alex Friend	30	44:48

continued on page 7

GOLDEN GATE BRIDGE VISTA 10K

continued from page 6

18	William Rawson	24	46:19
19	Bob Bowman	52	46:33
20	Beverly Moore ①	25	46:42
21	Jeremy Calnan	47	46:43
22	Steve Bracco	22	46:46
23	Steve Stephens	63	46:48
24	Kent Parhomague	50	47:00
25	Bob Philipps	50	47:13
26	Michael Sweet	37	47:23
27	Wayne Plymale	55	47:32
28	Noe Castanon	36	47:41
29	Ron Martin	35	47:43
30	Jorge Larre	50	47:45
31	Sean Miot	30	47:51
32	Amy Sonstein ②	37	48:37
33	Kelly Haston ③	36	48:56
34	Scott Weaver	46	48:59
35	Ralph Gordon	47	49:22
36	Kelly Emo ④	42	49:40
37	Seth Lueders	47	49:49
38	Melissa Edeburn ⑤	46	50:02
39	Jeff Zink	39	50:21
40	Joel Rizzo	40	51:05
41	Curtis Duncan	15	51:20
42	Rhett Bratt	46	51:29
43	Yvette Nout	33	51:54
44	Daz Lamparas	54	52:02
45	Helge Eilers	41	52:16
46	Fiona McCusker	42	52:27
47	George Baptista	64	52:30
48	Mark Kelley	50	52:37
49	Maura Prendiville	25	52:46
50	Jeff Johnston	41	52:48
51	Patrick Lee	59	52:48
52	Keith Johnson	68	52:50
53	Lazaro Sanchez		52:50
54	David Duncan	10	52:29
55	Bernie Hollander	70	53:30
56	Theo Jones	68	54:04
57	Art Saenz	39	54:32
58	Paul Mosel	65	54:56
59	Mandy Kennedy	36	55:01
60	George Durgerian	40	55:15
61	Christopher Kraemer	53	56:10
62	Sharon Melman	42	56:47
63	Roger Shaw	42	56:48
64	Kenneth Fong	45	56:50
65	General Zod	31	57:00
66	Jeff St. Clair	41	57:05
67	Kathleen Lail	39	57:09
68	May Halliday	49	57:18
69	Peking Duck	52	57:47
70	Sean Duncan	18	57:49
71	Patrick Regan	39	57:56
72	Sam Roake	71	58:11
73	Mishaffner Jones	29	58:20
74	Tylor Abbott	46	58:28
75	Matt Hayashi	33	58:52

76	Tom Smiley	49	58:52
77	Marian Lyons	50+	58:58
78	Gary Brickley	54	59:32
79	Julius Schillinger	60	59:49
80	Hashim Bashiruddin	50	60:47
81	Amy Reuscher	30	60:54
82	Randy Reuscher		60:57
83	Leigh Hunt	33	61:22
84	Michelle O'Brien	29	61:41
85	Jack Bascom	65	61:44
86	Rama Sekhar	28	62:07
87	Neal Ashton	50	62:21
88	NO NAME		62:37
89	Kate Shindle	30	62:54
90	Tessa DeFranco	22	63:17
91	Robert Archibald	49	63:18
92	Dru Hartshorn	26	63:27
93	Alicia Mejia	32	63:33
94	Lynne Jowett	41	63:47
95	Jeanette Bustillus	26	63:50
96	Rachel Easley	23	64:10
97	Jessica Jacobs	32	64:12
98	Leslie Kritzer	29	64:31
99	Tracy Edwards	27	64:32
100	Bob Morris	53	65:00
101	Carin LeVine	36	65:05
102	Amber Banks	32	65:30
103	Estee Pinchasin	31	65:54
104	Robert Fraser	40	65:54
105	Christopher McIlly	36	65:59
106	Peggy Hosmer	45	67:54
107	Tony Phillips	50	68:12
108	Jim Kauffold	69	68:39
109	Lynn Ahlberg	34	68:45
110	Melissa Ricci	27	69:38
111	Myles Sussman	42	70:32
112	Barb Carlson	37	70:57
113	Mary Bidigaray	36	70:57
114	Maruwa Ngumezi	29	71:07
115	Tony Morris	8	71:26
116	Bill Woolf	71	71:56
117	Harry Cordellos	69	72:51
118	Gregory Brown	57	72:51
119	Nelson Malolot	27	72:59
120	Angie Haeger	28	73:08
121	Moddie Stone	33	74:03
122	Tony Morris	39	74:11
123	Evelyn Martinez	59	77:03
124	Miyuki Tabata	24	77:32
125	Lorrie Kalos	46	77:43
126	Ken Schepers	59	77:49
127	Lisa St. Claire	40	78:10
128	Sean McAviney	60	78:14
129	Cathy Guting	41	78:51
130	Adrienne Miller	26	78:52
131	George Sacco	69	80:36
132	Deirdre Farrell	40	82:19
133	Anne Clemens	42	82:24
134	Iheanyi Ngumezi	30	85:12
135	Jane Colman	63	88:00

136	Carina Cendejas	26	89:17
137	Nili Pinchasin	25	91:50
138	Deanna Murphy	44	98:00

SELF-TIMERS

Bob Kovash	68	
Bob Theis	78	
Brie Keybine		
Carolyn Clark		
Dina Kovash	68	
Don Watson	77	
Ed Olkowski	64	
Jane Lee	56	
Jim Pommier	74	
Liese Rapozo	79	
Robert Brizuela	67	1:40:00
Wally Rapozo	78	
Wendy Newman		
Richard Hannon	71	

KIDS' RUN

Christopher Begler	9	3:43
Laura Trenev (Stratta)	11	3:55
Henry Begler	11	3:58
Ryan Trenev (Stratta)	6	4:13
Nathan Sears	5	5:54
Aethan Cubitt	5	6:28
Jakob Lail	3	6:41



Long-time DSE member Tyler Abbott racing while his son naps
Photo by Don Watson

CLASSIC STU-PEDS by Stu Ruth



INTRODUCING THE DSE "MARATHON HALL OF FAME"

Janet Nissenson

All DSE members who have completed at least one marathon are cordially invited to join the new DSE "Marathon Hall of Fame." This will be a new section on the DSE website beginning sometime in March. It will list all DSE members who wish to participate along with the total number of marathons they have completed. As members complete more marathons, these numbers will be updated on a monthly basis.

Here's how to participate:

- Email Janet at jNissenson@aol.com with the following information:
 - o Your name
 - o Total number of marathons completed (DO NOT INCLUDE ULTRAS OR ANY OTHER DISTANCE BESIDES THE RECOGNIZED 26.2M MARATHON STANDARD! This includes marathon splits recorded during an ultra.) We are tracking only actual marathons at this time.
 - o (Optional) If you wish to also list your personal best marathon time, include the full name of the marathon, the year you ran, and your finishing time. Include only this if you want to, and for only one marathon.
- If you don't have access to email, you can also write down this information and hand it to Janet or the Race Director at any upcoming race,
- Updates will occur once a month. As you complete additional marathons, email Janet with your updated total.

Note that the listings on the website will be in order of marathons completed, in descending order, so that those individuals who have completed the most marathons will be listed first.

Look for this new section to be up on the website—www.dserunners.com—very soon!

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
Trinidad-Clam Beach Run, Half Marathon, Trinidad, CA, January 27						
36	Yvette Nout	33	2	F	30-34	1:49:22
81	Susan Herder	50	2	F	50-54	2:20:32
Trinidad-Clam Beach Run, 8.75 miles, Trinidad, CA, January 27						
96	Lucille Wing	56	2	F	55-59	1:09:33
<i>(Note: Lucy is actually 50, but she would have been 2nd in F 50-54 also.)</i>						
139	Sam Roake	70	1	M	70-74	1:16:22
156	Mort Weisberg	70	2	M	70-74	1:19:12
176	Jack Bascom	65	4	M	65-69	1:22:07
228	William Woolf	71	4	M	70-74	1:31:30
236	Brierly Reybine	67	2	F	65-69	1:32:47
267	John Lang	67	7	M	65-69	1:45:29
268	Wendy Newman	56	8	F	55-59	1:46:41
292	Jim Pommier	74	8	M	70-74	1:58:51
307	Liese Rapozo	79	2	F	75-79	2:14:35
309	Wallace Rapozo	78	3	M	75-79	2:25:24
Trinidad-Clam Beach Run, 5.75 miles, Trinidad, CA, January 27						
190	Doerte Murray	66	1	F	65-69	1:06:12
317	Fusako Reed	65	5	F	55-59	1:37:43
318	Ken Reed	61	8	M	60-64	1:37:44
Trinidad-Clam Beach Run, 3 miles, Trinidad, CA, January 27						
117	Neil Mahoney	79	2	M	75-79	1:26:16
LMJS 4th Sunday 5K, Oakland, January 28						
59	Tim Oliver	35	7	M	30-39	33:06
66	Bruce Oliver	78	3	M	70+	40:40
LMJS 4th Sunday 10K, Oakland, January 28						
25	Barbara Robben	72	1	F	70+	69:03
Kaiser Permanente Half Marathon, February 4						
17	Chikara Omine	24	6	M	20-24	1:13:43
50	Eduardo Vazquez	34	12	M	30-34	1:19:41
62	Jason Reed	28	15	M	25-29	1:20:59
66	Jerry Flanagan	41	10	M	40-44	1:21:06
76	Adam Lucas	39	7	M	35-39	1:21:53
324	Ian Reid	63	1	M	60-64	1:31:16
338	Jeremy Calnan	47	36	M	45-49	1:32:40
352	James Austin	39	43	M	35-39	1:31:53
441	Kennet De Silva	25	71	M	25-29	1:33:47
457	Adrian Jue	25	74	M	25-29	1:34:19
469	Heather Johnson	35	17	F	35-39	1:34:36
532	Matthew Fabry	34	93	M	30-34	1:33:57
558	Wayne Plymale	55	8	M	55-59	1:36:30
824	Theodore Jones	68	3	M	65-59	1:40:55
910	David Klinetobe	46	94	M	45-49	1:42:15
946	Amy Sonstein	37	41	F	35-39	1:42:47
1183	Jorge Larre	50	57	M	50-54	1:46:08
1229	Don Daniel	37	189	M	35-39	1:46:41
1243	George Baptista	64	6	M	60-64	1:46:53
1349	Allison Groves	43	45	F	40-44	1:48:22
1461	Leland Faust	60	9	M	60-64	1:50:00
1506	Joel Rizzo	41	198	M	40-44	1:50:20
1578	Lucille Wing	50	8	F	50-54	1:51:06
1807	Kenneth Fong	45	148	M	45-49	1:53:52

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DSE AT THE RACES

continued from page 8

1854	Lina Morris-Khatib	44	74	F 40-44	1:54:23
1968	Paul Mosel	65	8	M65-69	1:55:36
2095	Marian Lyons	59	12	F 55-59	1:56:48
2195	Mark Kelley	50	105	M50-54	1:58:13
2313	Gregory Brown	57	48	M55-59	1:59:26
2387	Michele Wayne	36	143	F 35-39	2:00:18
2521	Brooke West	29	194	F 25-29	2:02:13
2601	Sam Roake	70	1	M70-74	2:02:59
2738	Janet Nissenson	47	68	F 45-49	2:04:57
2912	Kat Powell	56	22	F 55-59	2:07:01
3059	Mort Weisberg	70	2	M70-74	2:08:44
3131	Michael Sovik	41	331	M40-44	2:09:46
3603	Marcie Daniel	36	255	F 35-39	2:16:38
3787	Brian Harris	54	162	M50-54	2:20:04
4179	Brierly Reybine	67	4	F 65-69	2:29:18
4187	Margie Whitnah	58	45	F 55-59	2:29:28
4358	William Woolf	71	7	M70-74	2:35:14
4441	Dennis Hassler	73	8	M70-74	2:39:13
4581	Evelyn Martinez	59	53	F 55-59	2:46:43
4768	Elaine Gecht	63	27	F 60-64	3:10:53
4873	Elaine Koga	64	32	F 60-64	3:30:41

Kaiser Permanente 5K, February 4

193	Gary Brickley	54	41	M40-59	26:19
195	Lisa Griffin	42	11	F 40-59	26:24
245	Joseph Connelly	45	49	M40-59	27:44
351	Elizabeth Terry	42	24	F 40-59	29:30
659	Russell Breslauer	61	10	M60-99	33:06
714	Barbara Robben	72	2	F 60-99	33:27
1016	Chris Boome	60	18	M60-99	36:45
1704	Sharon Boome	57	269	F 40-59	46:34
2953	Mercedes Acosta	63	70	F 60-99	1:14:58

Pemberton Trail 50K, Fountain Hills, AZ, February 10

94	Jane Colman	63	1	F 60+	7:27:11
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President's Day 5K (about 3.2 miles), San Mateo, February 19

7	Wayne Plymale		1	M50-59	23:07
	Amy Sonstein		1	F 30-39	24:04

President's Day 10K, San Mateo, February 19

	Gregory Brown				53:11
	Barbara Robben				1:11:38

Austin Marathon, February 28

417	George Rehmet	40	69	M40-44	3:26:20
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DSE half marathoners Amy Sonstein, Lucy Wing, and Marian Lyons

VOLUNTEERS AT THE HALF MARATHON DSE AID STATION

DSE members and friends Jack Bascom, Yong Cho, Jane Colman, Harry Cordellos, Janet Fry, Kevin Fry, Fred Haber (captain), Jim Kauffold, Dina Kovash, Bob Krauth, Jane Lee, Kevin Lee, Patrick Lee, Julius Ng, Shirley Ng, Morgan Rodriguez, Stu Ruth, Uwe Schling, Mitchell Sollod, Beth Terry, and Don Watson spent the Kaiser Permanente Half Marathon morning working at the DSE 6+ mile aid station, filling and handing out cups of water and Gatorade.

The race is put on by the Pamakid Runners, many of whom are also DSE members, and many DSE members volunteered at the race in other capacities. However, we don't have a list of their names.



Setting up the Gatorade tables



Jim and Harry handing out Gatorade



Handing out water

Photos by Don Watson

2007 DSE AWARD WINNERS

Top 5 Total Miles (Female)

1. Marie Appel	2000 miles
2. Amy Sonstein	1720 miles
3. Marian Lyons	1389 miles
4. Kathleen Lail	1107 miles
5. Janet Nissenson	1100 miles

Top 5 Total Miles (Male)

1. Oliver Chan	2600 miles
2. Gene French	2353 miles
3. Gregory Brown	2281 miles
4. Roy Clarke	2124 miles
5. Richard Hannon	2107 miles

Top 5 Total Race Miles (Female)

1. Amy Sonstein	272 miles
2. Marian Lyons	265 miles
3. Michele Wayne	201 miles
4. Liese Rapozo	192 miles
5. Jane Colman	189 miles

Top 5 Race Miles (Male)

1. David Klinetobe	445 miles
2. Gregory Brown	432 miles
3. Kennet DeSilva	418 miles
4. Eduardo Vazkez	383 miles
5. Dennis Hassler	322 miles

Top 5 Race Attendance (Female)

1. Amy Sonstein	32 races
2. (tie) Yong Cho	31 races
Janet Nissenson	31 races
3. Suzana Seban	27 races
4. Hilary Fong	26 races

Top 5 Race Attendance (Male)

1. Bobby Marty	42 races
2. Kevin Lee	40 races
3. (tie) George Sacco	39 races
Richard Hannon	39 races
4. Paul Mosel	38 races

Top 5 Volunteers

1. Bobby Marty	42 races
2. George Sacco	39 races
3. Richard Hannon	37 races
4. Kevin Lee	31 races
5. Calvin Chan	30 races

Oldest Active Members

Female: Annabel Marsh

Male: Neil Mahoney

Kids' Trophies

Attendance

Jacob Lail	2 years old	5 runs
Shannon Luppino	9 years old	7 runs
Scott McManus	4 years old	5 runs

Most Kids' Runs

Shannon Luppino	7 runs
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Walt Stack Award

Calvin Chan

DSE Lifetime Service Award

Cheryl Willis & Jim Roe

Age Division Winners for 2006

Name	Points
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Women 29 & under

Janet Fry	107
Brooke West	27
Shannon Luppino	26

Men 29 & under

Jason Reed	233
Kennet De Silva	189
Kevin Fry	129
Oliver Chan	83
Patrick Sullivan	55

Women 30-39

Amy Sonstein	268
Kathleen Lail	166
Michele Wayne	134
Olivia Horgan	88
Elisa Zuniga	54

Men 30-39

Thomas McManus	215
Eduardo Vazkez	167
Mark Janes	158
Matthew Fabry	133
Noe Castanon	120

Women 40-49

Lina Khatib	219
Yong Cho	165
Janet Nissenson	137
Marie Appel	135
Hilary Fong	102

Men 40-44

John Woods	250
Joel Rizzo	239
Jerry Flanagan	216
Kenneth Fong	169
Joe Connelly	96

Men 45-49

Darryl Luppino	247
Jeremy Calnan	210
Mark Ford	177
Jorge Larre	105
David Klinetobe	81

Women 50-59

Marian Lyons	234
Suzana Seban	198
Evelyn Martinez	165
Marcia Martin	139
Wendy Newman	79

Men 50-54

Gary Brickley	197
Daz Lamparas	179
Mark Kelley	155
Richard Drechsler	131
Karl Olson	80

Men 55-59

Patrick Lee	304
Patrick Mattimore	148
Gregory Brown	130
King Wayman	93
Stan Yasuhara	88

Women 60-69

Jane Colman	227
Dina Kovash	117
Kay Teiber	97
Brie Reybine	38
Elaine Koga	27

Men 60-64

Paul Mosel	275
George Baptista	248
Jim Buck	137
Jack Bascom	121
Jim McBride	107

Men 65-69

Jim Kauffold	255
Theo Jones	252
George Sacco	208
Keith Johnson	178
Mort Weisberg	78

Women 70+

Jeanie Jones	100
Barbara Robben	88
Liese Rapozo	16

Men 70-74

Bill Woolf	229
Sam Roake	200
Henry Nebeling	140
Peter Royce	137
Dennis Hassler	88

Men 75+

Bruce Oliver	150
Bob Theis	136

A list of all reported total miles, race miles, DSE races, marathons and ultramarathons (mongo trophy awards) can be found at www.dserunners.com, by following the Awards link to the 2007 Award Winners link.

BEING GOOFY AT WALT DISNEY WORLD

George Rehmet

After the 2000 Boston Marathon, I proclaimed that I would take a sabbatical (but not retire) from marathons and ultra marathons. I knew back then that I might want to get back to running long. So in honor of turning 40, I decided I would try a marathon. However, I wanted it to be a special marathon that my family could be a part of. I decided that the Walt Disney World Marathon was my goal or, as I saw on the website, 2/3 of my goal. For the second year, Disney World



George with Daisy Duck

was having the Goofy Challenge in which runners run the half marathon on Saturday and then the marathon on Sunday. Maybe it was the chance to run as much as possible through a land that brought back pleasant childhood memories. Or most likely, I liked all those medals—the Donald Duck half marathon medal, the Micky Mouse marathon, and the Goofy medal proclaiming that I ran 39.3 miles in 2 days!

What did I do to succeed? Training was a part of it, but so was planning the logistics of where to stay, transportation, and even registration. Below are some tips that will help you be successful at Walt Disney World. If you choose to do one race, I would recommend that you do the marathon as you get see all the theme parks and more Disney characters.

Tip#1: Register early—like right now! The Goofy Challenge sold out at 3000 runners in March. For the other races, you got until May but I would not chance it.

Tip#2: Purchase a Disney World vacation package. Be sure to mention that you are running the race to get the special discount. If you stay outside the

resort, you subject yourself to having to drive long distances and pay parking fees. Be prepared to wake up at 2:00 AM and to sit in traffic trying to get into the park to park in order to make it to the 6:00 AM race start.

Tip#3: Stay at the Polynesian Resort because it's a 5 minute walk to the main monorail line. At the other resorts, you will need to transfer monorails or take the bus to and from the race. You want to get as much sleep and minimize stress. I was at the race site from my hotel in less than 25 minutes. Also, the rooms at the Polynesian sleep 5.

Tip#4: Be sure to make reservations at those Italian restaurants by calling 407-939-3463. You are more likely to wait for an hour for a table without reservations. I recommend the L'Originale Alfredo di Roma Ristorante at the Italian Pavilion at Epcot. The prices are high but the food is very good. Plus, the staff is actually from Italy. At each of the Pavilions, the staff is from that native country.

Tip#5: If you're doing the Goofy Challenge, the best way to train is to run close to half marathon distance on one day and then run nearly double your time the next day. For example, I ran 11 miles on a Saturday in 90 minutes and on Sunday, I ran 20 miles in almost 3 hours.

Tip#6: For the half marathon, run at your easy pace. Be sure to walk to the aid stations and stop by and high five your favorite Disney characters. Remember, you're going to run double the distance the next day.

Tip#7: When you get done, rehydrate and replenish your glycogen stores.

Tip#8: For the marathon, start out easy and then settle into a pace that you can handle. Don't be like me and schedule to fly out in mid-afternoon as you will have to hustle. Be sure to bring some gel as there is only 1 gel station on the course. If you are a back of the pack runner, be sure to bring fluids as the aid stations ran out of water for the back of packers even though the race had a 5 day forecast that the temperatures would reach into the mid 80s by late morning.

Tip#9: At the starting area of the half marathon, be on the right side for two important reasons. One, you can leap

over the barricade and make a potty stop in the bushes. Two, you will be able to high 5 Mickey, Minnie, and Donald when you cross the starting line. At the start line of the marathon, be on the left side if you are in corral A or B in order to use the bushes. For the other corrals, you will not be close to the bushes, but do be on the right side if you want to high 5 the Disney characters.

Tip#10: Go to the expo in the late afternoon on Thursday. I could not believe how long the lines were.

Tip#11: Bring a camera! What other marathon has Disney characters to cheer you on? There is usually a cast member to take your photo with a character along the course. In the marathon, you will obviously see more characters. Watch out for the villains as they try to put a curse on you just as you leave the Magic Kingdom. The seven dwarves will greet you at Cinderella's castle. Goofy hangs out around the Floridian Resort. Watch out for Darth Vader and some storm troopers at MGM studios. At the finish area, you can take photos with your finisher's medal with Mickey, Minnie, Daisy, and Goofy.

In the end, I ran 1:50 for the half marathon and 3:36 for the marathon. I had to run a faster pace for the latter race as I had to catch a flight back. I would highly recommend this race for the unique experiences and because the whole family can participate. In all, while the cost of doing this event is expensive, the memories will be priceless.



and with Goofy

TRINIDAD-CLAM BEACH RUN, JANUARY 26, 2007

Yvette Nout

As a newbie in San Francisco and a DSE Saturday morning runner, I became very interested in finding out more about this Trinidad to Clam Beach Run, which was a common after-run breakfast conversation during the month of December. This run sounded really fun and in a beautiful area of California; in fact, the whole trip sounded great, so I signed up! Other folks that survived this year's expedition to Trinidad were Brie Reybine, Ken and Fusako Reed, Neil Mahoney, Jim Pommier, John Lang, Mort Weisberg, Michael Johnson, Wally and Liese Rapozo, Bill Woolf, Wendy Newman, Mark Newman, Sam Roake, Jack Bascom, Lucy Wing, Neal and Shirley Pierce, Doerte Murray, Susan Herder, Linda Ostringa, William and Sue Debowsky, and Patsy and Jesse Dodd.

Brie had put together an excellently organized itinerary, which I think we were able to follow almost to the minute. Very well done! Lucy Wing and I left San Francisco around 8.30 AM on Friday and met almost all the other participants at our first stop, the Parducci Winery in Ukiah, at 10.30. A number of fine wines were available for tasting and many left with a buzz... We continued our way north on Highway 101 to Garberville, where we stopped for lunch. It seemed that Ken and Fusako were typically the first to arrive anywhere, which was the case here. Ken's explanation was the beautiful scenery and fast curvy road that just made his car go! Well, this was indeed a gorgeous drive through redwood forests, vineyards, small logging communities, and last but not least, Eel River crossings. Through the grapevine I hear that some know the actual number of times highway 101



At the Trinidad Lighthouse

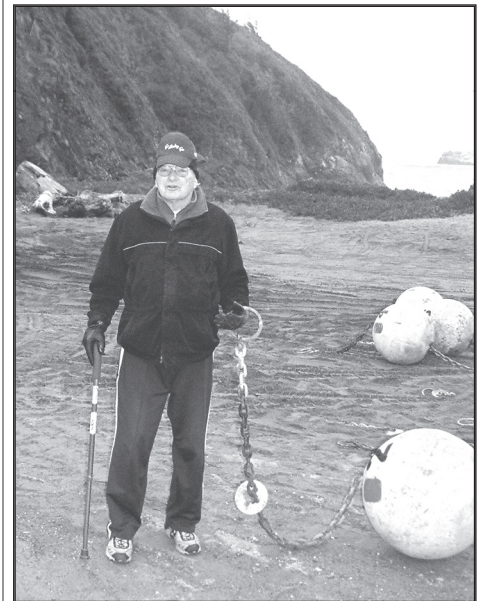
crosses the river.

After a quick stop in Eureka to pick up the race packets, we made the final stretch to Trinidad where all of us checked in at our respective accommodations. Carbo-loading would be a bit of a crude way of describing the delicious dinner we had on Friday night before the run on Saturday. Larrupin's Restaurant is situated a little north of Trinidad, surrounded by forest, and upstairs we enjoyed excellently prepared dishes and some nice wines. Great preparation for what was in store for us the next day.



Sam and others heading down the stairs to the beach

This event is comprised of 4 races: 3 miler (117 participants), 5 3/4 miler (375 participants), 1/2 marathon (92 participants), and the traditional 8 3/4 miler (325 participants). Saturday morning a few arranged for cars to be present at the finish area and some of us were dropped off at our start location and others were able to walk over to their start lines. Doerte dropped Susan and me off at the 1/2 marathon start, just a few miles north of Trinidad, where we checked out our competition and did some stretches. The race course was moderately hilly and beautiful. Just past the start of the 1/2, we entered Patrick's Point State Park, with wooded and ocean vistas. Exiting the Park, the course follows Patrick's Point Drive, along ocean bluffs with breathtaking views of the Pacific Ocean. Sea lions can be heard barking on the rugged sea stacks. (I did not hear these, but we did come across some pot-smoking



Neil Mahoney ready to take us up Big Head

surfers). This part has a few hills in it and continues south through Trinidad along Scenic Drive to Little River. Along this stretch I have been told a mountain lion was seen, but, fortunately for us runners, the Neils ensured our safety by scaring the beast away. Minor injuries were displayed as evidence. The course then crosses Little River at Moonstone Beach and continues along Clam Beach to the finish line at Strawberry Creek. The question "how to cross the river?" was on everyone's mind. Surprisingly there are a number of options available besides running, walking, or swimming. Just to name a few, one has the option of taking shoes off or keeping them on, using the rope that is stretched across the river for support or not using the rope, but the favorite, of course, remains the option to be carried over. A number of handsome men, perhaps lumberjacks, are ready to assist and provide a helping back—even if somehow this person comes by more than once during the race! I believe some people from Patsy's group opted for this option! The final 2.5 mile stretch over the beach in wet apparel was pretty tough, but at the finish line a huge bonfire awaited to warm those chilly feet. In addition to that, Brie and Doerte provided some champagne to celebrate finishing and to further heat up our bodies.

After the run, tasty vegetarian post-run chili was served to the runners

continued on page 13

◆◆◆ 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:

March 4	Waterfront 10M & 5K	April 8	Easter 5K
March 11	St. Patrick's Day 4M	April 15	Golden Gate Park 10K
March 25	Rainbow Falls 5K	April 22	Embarcadero 5K
April 1	Fort Point 12K	April 29	Stern Grove 4M

We will need additional help at the Waterfront 10M/5K in the form of course monitors and aid station volunteers. Since these assignments will last for approximately two hours, those volunteering for them will receive two hours of volunteer credit.

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

TRINIDAD-CLAM BEACH RUN continued from page 12

in Trinidad followed by the awards ceremony. Our group did really well, which was documented by the 12 age-group prizes we took home. After this ceremony a few of us made a short walk to the Trinidad Memorial Lighthouse from where one has a beautiful panoramic view of the harbor and ocean. We then took a trail down to Indian beach where Sam climbed a huge rock—the chili must have re-energized him, or was it the bottle of wine he was carrying? In any case, we climbed the steps back to the Lighthouse and proceeded to our hotels for a well-deserved rest. The venue for dinner that night was the Seascape Restaurant in the Trinidad harbor, where I got a share of Sam's wine. Thanks!

Early the next morning we all met at the harbor where Neil Mahoney led us up the Big Head, a beautiful walk with picturesque foggy views. Afterwards we drove to the Samoa Cookhouse, the last cookhouse in the West that continues the tradition of serving food lumber-camp style. What an

excellent breakfast! Pancakes especially kept reappearing. In addition, this establishment is a museum that features culinary items and historical mementos from the lumber and logging industries. Another very important weekend happening that occurred here was Neil Mahoney's award ceremony, where participants received personalized commemorative awards. This was Neil's 21st trip to Trinidad and we sincerely hope to see him join us again in the future!

On our way back to San Francisco after this wonderful weekend, Lucy and I took a detour and visited the Carson Mansion in Eureka and the Gingerbread Mansion and beautiful Victorian homes in Ferndale. We made it to Hopland just in time to join a few other late arrivals for a beer before heading back into the city. I was indeed pleased to have survived the Eel River crossings on our way back.. If you haven't been to Trinidad, I can highly recommend this trip, and for the regulars—keep up the tradition!

Photos by Yvette Nout

MORE PHOTOS FROM THE GALA



Kevin Lee gives a trophy
to Barbara Robben...



...and one to Kennet De Silva



Jim Kauffold, Joe Connelly, Kenneth Fong



Double Dipsea race director Ken Reed
deep in tthought

Photos courtesy of Calvin Chan

◆◆◆ 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 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!

Sun Mar 18 NO DSE RUN—Opportunity to run Emerald Across The Bay 12K, www.rhodyco.com

Sun Mar 25 Rainbow Fall 5K

START/FINISH: Transverse and Kennedy Drive in Golden Gate Park

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

COURSE DESCRIPTION: Run east up Kennedy Drive to McLaren Lodge. Turnaround at Kezar Drive/Second Barricade, start back and turn right on East Conservatory Drive. Run up and around East Conservatory Drive then back onto Kennedy Drive and return westbound to finish.

Sun Apr 1 Fort Point Promenade 12K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run westbound on Aquatic Park walkway; make a right onto Municipal Pier and complete counterclockwise loop. Then run up and over Fort Mason hill, continue along Marina Blvd, right across Little Marina Green and through parking lot onto Crissy Field/Golden Gate Promenade. Stay on path and run 100 yards beyond Fort Point National Historic entrance gate; then turn around and return same way to finish.

Sun Apr 8* Easter Roller Coaster 5K

START/FINISH: West end of Mountain Lake Park (12th Ave & Lake)

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

COURSE DESCRIPTION: Run eastbound on running path. At fork in road take dirt trail uphill on West Pacific Ave. Turn right on Presidio Ave, turnaround at gate entrance (Pacific Street) and return same way to finish.

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

◆◆◆ 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: Monday, March 26, 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



March will probably come in as a lion, with rain just after the Napa Valley Marathon. Then we will have some heavy rain followed by dry weather until the 12th or 13th, when we expect a few days of rain through mid-month. We'll have mostly dry and cool weather for the rest of the month. As a whole, March will have cooler than normal temperatures and normal rainfall.



PRESIDENT
ANGELICUS
Walt Stack

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Oliver Chan
Kennet De Silva
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EQUIPMENT Bob Marty
DSE RACE RESULTS
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KIDS' RACE DIRECTOR
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CLOTHING SALES
Calvin Chan 415-681-0105
calwentjogging@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

1 Richard Nippes
Jim Stratta
2 John Weidinger
6 Donald Boyd
Jay Brignon
Arlene Lipinski
8 Kathryn vonBlankenburg
10 Diego Patrick McManus
11 Michael Gama
Stephen Tracy
14 Elisa Zuniga
15 Lourdes Gregson

16 Steven Kalos
James O'Donnell
19 Mark Ashton
Mark Olson
21 Leslie Okamoto
23 Heather Johnson
24 Carolyn Garriott
Ed Kinchley
27 Marian Lyons
29 Keith Johnson
Martin Steer
31 Michael Lavelle
Maggie Mortimer

New Members

BELMONT

Kevin Sullivan
Laurie Sullivan
Patrick Sullivan

MENLO PARK

Baker Junghans
Earl Junghans

OAKLAND

Jonathan Olkowski
Joshua Olkowski

RICHMOND

Anthony Benson

SAN FRANCISCO

Francisco Arnaiz
Matthew Douglas
Clem Fortman
Jennifer Hanby
Grant Johnson
Jack Mulready
Steven Mulready
Yvette Nout



San Francisco Dolphin South End Running Club

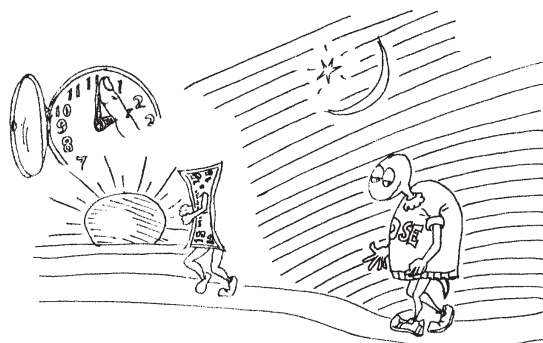
Postmaster, Return Undeliverable Mail To:

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!