

April 2007

Ellen and Russell Breslauer

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Thanks again for your support. If you have any suggestions that would make the club better, you can reach

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ISSUE REGARDING ST.PATRICK'S DAY RUN

Adrian Jue

We have heard concerns from many runners about the problems during the St. Patrick's Day Run on March 11, and I would like to address this matter. I hope that this does not deter new and existing members and visiting runners from participating in future DSE events.

Some runners made the race course shorter through human error. The argument arises as to whom is at fault. Simply put, trying to place blame is only fruitless.

The following is a look upon both sides of the issue:

Runners are always advised before the race the description of the course. Details of the course are also listed on the website and in the newsletter. There is no excuse for the runner to not be proactive in this matter.

On the other hand, I agree that precautions to prevent matters like what happened need to be a priority. Ideally, volunteers help make the races what they are, and if volunteers were in ample supply to be course marshalls at major intersections and at the turnaround then it wouldn't be a problem. But there are two issues to bring up. First, we are always in short supply of volunteers. To alleviate this, we could have a section on the website where a request for course marshalls can be made (if you are available to volunteer for other positions, please sign in on the DSE website). Second, runners get lost for several reasons, and it's not always DSE's fault. It's always wise to check the course in advance or print out a map before the event.

In the future, DSE will continue to do what it has done in the past and that is to ensure that everyone has a fair and organized race. That means that chalk markings are clear (thanks to Kevin Lee) and that course descriptions can be found on the website and the newsletter, and mentioned before EACH race. It is important to respect the race director before the race because important announcements regarding the course and last minute changes may be made on the bullhorn, and this is why everyone should be silent and listen up during this time. If there are suggestions to improve on this, please let me and the committee and know.

I'm sure that most runners know about the course and the correct turnaround and that many have done this course in the past. But some chose to make that split-second decision to follow the leader and confusion ensued. Please keep in mind that the person running in front of you may not be running the same race or even racing at all! It is good to be knowledgeable and to expect what lies ahead on the course. Do not assume that the runner ahead of you is aware of this.

I'm sorry for what happened, and that official race results will not be accurate on www.zinsli.com. We will do whatever it takes as humanly possible to ensure that everyone runs the same distance, but I can't guarantee that this won't ever happen again.

If you have any questions about the course, our friendly DSE volunteers at the registration table will gladly provide assistance. Also select DSE members can be reached via email and they can be found on the DSE website.

The executive committee and officers take this matter seriously and with a high level of importance.

FROM THE EXECUTIVE COMMITTEE
continued from page 1

me at dsecalvin@aol.com or you can call me at 415 370-5572. I look forward to serving the club and its members. With the help of Adrian, George, Sam and Wendy, I am sure we can keep the club one you can be proud to belong to. I have also asked Kevin Lee and Janet Nissenson to be Officers at Large, so they will continue to assist me and the club whenever needed.

BAY TO BREAKERS

Once again the DSE Running Club will be volunteering and in charge of the Draw Bridge at First and Howard Streets. No other information is available at this time. When information is available, we will keep you informed.



DSE "Great Achiever" Daz Lamparas

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◆◆◆◆◆ 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

*One can't help observing that many runners have taken up the sport to help them overcome medical, lifestyle or other challenges. This month's contributor, **Daz Lamparas**, has had his share of challenges but is now one of our fastest runners.*

When I was 14 years old I developed osteomyelitis in my right pelvis and for six months I couldn't walk. After surgery, I was in rehabilitation for 2 years and walked with a limp but I thanked God that I was able to walk again. I never imagined that I would be able to run again, but later in senior high, I could play basketball and softball.

In 1974, I entered a 2K run in my town during a "fiesta" celebration because my brother and his friends pressured me to run after a night of drinking. I did not have running shoes so I ran barefoot. To my surprise, I finished first, beating a high school track runner. But running barefoot on uneven sand and gravel was a big mistake because both of my feet had terrible blisters.

In 1976, I developed a lung infection. My doctor advised me to quit smoking and drinking and recommended that I do some jogging to rehabilitate my lungs. I had been a chain smoker since I was 16 years, smoking 2 packs a day. It was hard to quit smoking because I had been addicted for ten years but I was determined to stop because I was always having lung infections and my two children, ages 4 and 5, were showing signs of second hand smoke pollution.

I started "baby" jogs for 10–15 minutes twice a week in the park with slippers or rubber walking shoes; I didn't have good running shoes because they were too expensive. I still craved smoking but I substituted gum. In the park, older people were running easily while I was gasping for breath. I increased to 20-30 minutes 3-5 times a week and became stronger and faster. One year later, I entered a 10K race with borrowed walking shoes and finished 9th in 51 minutes. I was encouraged and became more motivated.

In 1978, I went back to college part-time with an athletic scholarship in track. My events were 400, 800 and 1500 meters. I could not practice with my coach because I had a full-time job to support my family but trained after work on my own. I never placed in the top three in the annual inter-collegiate events but for two years my coach supported me by giving me free tuition fees to represent our school. I graduated college.

My first marathon was in the Philippines in 1980 in 3 hours 45 minutes. It was tough. When I hit the wall at 20 miles, it was about mind over matter. I thought, I will never run a marathon again but the challenge was just so enticing that I ran marathons yearly until I emigrated to the U.S.A in 1984.

I arrived in Stockton in 1984. I did not run, instead focusing on getting a job to support my family. In 1985, I moved to Oakland to find work. While sightseeing in San Francisco, I bumped into a big foot race, the Bay to Breakers. I was so excited to see thousands of people running on the streets and it motivated me to run again. I started running slowly at Lake Merritt in the evening after work. In 1986, I ran my first Bay to Breakers, in 70 minutes, finishing in the first 10,000. It became my annual race; my best was 48:18, 269th, in 1992.

In December 1990, I ran the California International Marathon in 3:12:45, which qualified me for the Boston Marathon in 1991. But in January 1991, three months before the race,

I had a mild stroke that deformed my face and I had to take medications orally for two months. My Boston experience was not good because I collapsed at the finishing line. I was running great in the first half of the race averaging 7 minutes per mile but when I hit the wall at 21 miles I started feeling dizzy. I forced myself to finish the race, in 3:36:50, but I was brought to the emergency clinic unconscious.

After running the 1992 Bay to Breakers with a good time, I was confident I could break the 3-hour marathon barrier. I was running 6:15 minutes per mile easily in short races, so my strategy was that I would run the first 20 miles in 2 hours 10 seconds. Then I would change to lighter racing flat shoes. I thought I could run the next 6.2 miles in 45-49 minutes easily because I had been running 10K races in 43 minutes or less, so I asked my wife to wait for me at the 20-mile mark with my racing flat shoes.

At the 20-mile mark, I was on target. It took me less than 20 seconds to change shoes. But as I started running again, my legs did not like the rhythm of my strides. It felt as if my legs were shortened. I was struggling to keep up a 7 minute per mile pace. I was in trouble. When I reached my wall at the 22 mile mark, I knew I could not make my target. The group of marathoners that I was running with at the start of the race had finished below three hours. I did it in 3:14. Bad strategy!

My last full marathon was the London Marathon in April 1993, in 3:38. In June 1993, I turned 41 and I guess I was encountering "mid-life" crisis. I was on and off in my running for about 4–5 years. My wife and I separated. I was very depressed. I ate unhealthy foods and gained weight—40 lbs. heavier than my normal running weight. During this crisis however, I did not miss the Bay to Breakers; now I was running not to beat my previous time but for fun.

In 1997, I was diagnosed with a benign gland tumor. After my surgery, I realized that life is just too short to waste. One of my co-workers, age 48, died of a heart attack. My father had a stroke that paralyzed him. My ex-wife had a stroke that paralyzed her. My elder brother was diagnosed with prostate cancer. All this scared me. I decided to take care of myself by running again and to eat healthily to avoid heart attack or stroke because they are in my family's genes.

For me, running is my time of meditation, my time of prayer and a kind of spiritual experience being with nature. It enriches my soul and is my stress reliever. Even when younger, running for me was instrumental in both my mental and physical development. What is really great is taking a shower after a run....I feel I have a healthy body, a clear mind and a happy spirit to start the day.

Every time I go out running, I think about my God who gave me the second chance to walk and run again without encountering another bone disease or injuries with my legs. I really appreciate being able to run alone or with other people and to enjoy life and nature. Now that I am in my early 50s, running for me is a form of discipline and a spiritual undertaking for a healthy lifestyle.

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.

February 25, 2007

Great Highway Run, 4M

Race Director: Sam Roake

Volunteers: Calvin Chan, Joe Connelly, Gary Davis, Daz Lamparas, Kevin Lee, Bobby Marty, Paul Mosel, Phyllis Nabhan, Stuart Ruth, George Sacco, Bill Woolf



Race Director Sam Roake

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PL	NAME	AGE	TIME
1	Grant Johnson	23	22:59
2	Brandon Basso	24	23:10
3	Mark Janes	31	23:34
4	Oscar Sanchez	18	23:42
5	Jerry Flanagan	41	23:44
6	Jason Reed	27	23:55
7	Matthew Thomas	27	24:38
8	John Woods	42	24:43
9	John Cary	30	24:46
10	Kevin Fry	27	24:50
11	Albert Hwang	27	25:24
12	No Name		25:35
13	Scott Siverling	30	25:49
14	Andrew Bloch	44	25:56
15	Adam Blum	42	26:21
16	Jeremy Calnan	47	26:27
17	Diego Avalos	25	26:46
18	Sean Miot	30	26:59
19	Robert Britain	48	27:04
20	Kennet De Silva	25	27:44
21	Daryl Luppino	47	27:46
22	Jorge Larre	50	28:24

23	Joel Rizzo	41	28:38
24	Patrick Lee	59	28:53
25	Fiona McCusker ①	42	29:03
26	Lazaro Sanchez		29:14
27	George Baptista	64	29:23
28	Theo Jones	68	29:45
29	Daz Lamparas	54	30:08
30	Phil Melman	42	30:12
31	Larry Wuerstle	51	30:19
32	Erin Chalmers	29	30:20
33	Sam Logan	22	30:27
34	Hashim Bashiruddin	50	30:37
35	Eric Darch	26	31:14
36	Kathleen Lail ②	39	31:17
37	Kenneth Fong	45	31:26
38	Paul Mosel	65	31:43
39	Hilary Fong ③	48	31:57
40	Gregory Brown	57	32:17
41	Neal Ashton	50	32:22
42	Chris Fischer	24	32:48
43	Jim McBride	64	32:49
44	Rachel Easley ④	23	33:26
45	Gary Brickley	54	33:46
46	Stephanie Soler ⑤	32	33:55
47	Steve Nissenson	58	34:19
48	Jen Melman	35	34:22
49	Jose Ona	33	34:33
50	Janet Nissenson	47	34:51
51	Michele Wayne	36	35:06
52	Robert Archibald	49	35:07
53	Russell Breslauer	61	35:46
54	Prospero Sanchez		36:07
55	Bob Morris	53	36:41
56	Joe Connelly	45	37:08
57	Morgan Rodriguez	45	37:14
58	Olivia Horgan	33	37:33
59	John Weidinger	65	38:34
60	Jim Kauffold	69	40:12
61	Ellen Schultz	38	40:20
62	Jane Colman	63	42:02
63	Jessica Almeida	33	42:28
64	Sean McAviney	60	43:05
65	George Sacco	69	43:19
66	Anne Senter	45	44:37



On the Great Highway bike path

Photo by Don Watson

67	Eric Fischer	26	46:45
68	Evelyn Martinez	59	47:45
69	Jane Lee	56	50:26
70	Dina Kovash	68	56:22

SELF-TIMERS

Bob Theis	78
Brie Reybine	
Doerte Murray	66
Don Watson	77
Ed Olkowski	64
Ken Reed	61
Liese Rapozo	79
Roxanna Pezzy	
Sabrina Luppino	10
Shannon Luppino	11
Tony Stratta	76
Uwe Schling	36
Wally Rapozo	79

March 4, 2007

Waterfront 10M & 5K

Race Directors: Ken Fong and Jeff Houston

Volunteers: Bobby Marty, Calvin Chan, Chikara Omine, Don Watson, Fred Haber, George Sacco, Jane Colman, Janet Nissenson, Jeff Lee, Jennifer Hanby, Jim Kauffold, Jim Pommier, John Gregson, Ken Reed, Kevin Lee, Marie Appel, Mick Lavelle, Richard Finley, Richard Hannon, Steve Nissenson, Uwe Schling, Wayne Plymale, Yong Cho, Patrick Lee



Race Directors Jeff Houston and Kenneth Fong

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10M

PL	NAME	AGE	TIME
1	Grant Johnson	23	59:00
2	John Rutherford	22	59:11
3	Bruce Adams	33	1:01:39
4	Oscar Sanchez	18	1:04:19
5	Gabe Loes	22	1:05:47
6	Eric Stewart	38	1:06:43
7	Jason Reed	28	1:07:21
8	Chloe Glare ①	26	1:07:37

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WATERFRONT 10M
continued from page 4

9	Emily Leahy ②	25	1:07:39
10	Joerg Sommer	39	1:08:15
11	Naveen Sinha	20-29	1:08:26
12	Gabor Balint	37	1:09:21
13	Dan Gould	31	1:09:55
14	Kelvin Ng	29	1:10:24
15	Scott Siverling	30	1:10:29
16	Jeremy Calnan	47	1:10:41
17	Matthew Fabry	34	1:10:44
18	Melende	50	1:10:50
19	Ken Howe	60	1:11:44
20	Ian Reid	63	1:11:46
21	Luis Vargas	49	1:11:49
22	Anthony DeCrappeo	54	1:12:26
23	Mert Topcis	34	1:12:29
24	Ernie Rivas	56	1:12:35
25	Bob Philipps	50	1:14:15
26	Lakeisha Poole ③	28	1:14:40
27	Phil Lees	51	1:15:40
28	Paige Sommer ④	36	1:16:04
29	Alicia Roberts ⑤	26	1:16:06
30	Kennet De Silva	25	1:16:12
31	Leslie Garner	25	1:17:11
32	Chuck Neumann	48	1:17:51
33	Noe Castanon	36	1:19:39
34	Bill Shen	30	1:20:06
35	Yvette Nout	33	1:20:58
36	Karen Purcell	39	1:21:03
37	Wayne Plymale	55	1:21:44
38	Minnie Yao	37	1:21:57
39	Ed Celestina	56	1:23:05
40	Thomas Salopek	35	1:23:24
41	Jonathan Bloom	28	1:23:30
42	Paul Bloom	50+	1:23:33
43	Rick Lopez	40	1:23:53
44	Salina Yeung	39	1:24:51
45	Allison Don	37	1:25:01
46	Sharon Melmon	42	1:25:48
47	Barbara Bailey	49	1:26:10
48	Kathleen Lail	39	1:27:21
49	Marian Lyons	50+	1:27:29
50	Paul Mosel	65	1:27:38
51	Ryan Tognazzini	30	1:27:51
52	Ella Apgar	26	1:28:38
53	Patrick Mattimore	56	1:29:09
54	Trish Dozier	34	1:29:42
55	Frances Schulze	52	1:29:58
56	Alexandra Patterson	28	1:30:28
57	Sarah Garner	35	1:30:30
58	John Ferdico	40	1:31:49
59	Erin Williams	33	1:32:10
60	Eric Tapes	29	1:32:16
61	Elizabeth Ulatowski	25	1:33:05
62	Katharine Carroll	25	1:33:10
63	Susan Rattenbury	39	1:33:12
64	Nicole Riemer	35	1:33:22
65	Kelly Ellis	46	1:33:24
66	Susan Von Herrmann	47	1:33:26

67	Michael Schiff	42	1:34:42
68	Brooke West	29	1:34:52
69	Glenda Wong	50	1:35:09
70	Mort Weisberg	70	1:36:32
71	Nagendra Bombhore	34	1:36:49
72	General Zod	31	1:36:58
73	Eunice Ashizawa	49	1:37:07
74	Janice Rensch	61	1:37:31
75	Alicia Mejia	32	1:38:00
76	Mariko Holland	24	1:38:02
77	Margaret Butler	26	1:38:03
78	George Baptista	64	1:38:13
79	Kitty Metcalfe	50	1:38:23
80	Dan Bach	52	1:38:33
81	Serena Constantino	32	1:38:59
82	Bev Newcomb	45	1:39:07
83	Joanna Berg	46	1:39:08
84	Michelle Foosaner	28	1:39:45
85	Gabrielle Perelmuter	29	1:39:48
86	Suzana Seban	53	1:41:03
87	Rene Encarnacion	53	1:41:10
88	Jeanette Bustillos	26	1:41:27
89	Linda Reeder	49	1:42:25
90	Alison Steiner	36	1:43:21
91	Monica Baillie	51	1:43:54
92	Ariana Johnston	40	1:44:53
93	Thi Le Le	24	1:45:24
94	Sarah Ferguson	36	1:46:46
95	Suzanne Ly	27	1:47:19
96	Norma Stark	39	1:48:08
97	Henry Nebeling	74	1:48:47
98	Hilda Barry	27	1:50:45
99	Tony W. Morris	8	1:52:14
100	Tony C. Morris	39	1:52:15
101	Evelyn Martinez	59	1:53:12
102	Susan	47	2:01:13
103	Mercedes Acosta	63	2:16:51
104	Kathryn McCall	42	2:17:56
105	Joi White	33	2:20:58
106	Deanna Murphy	44	2:24:51
107	Deanna Carpenter	44	2:24:53



Jason Reed and a pack of runners heading back after the Waterfront 10M turnaround
Photo by Don Watson

5K			
PL	NAME	AGE	TIME
1	Jerry Flanagan	41	18:07
2	John Woods	42	18:25
3	Maria Born ①	19	18:31
4	Kevin Fry	27	18:38
5	Peter Hsia	46	19:23
6	Roy Clarke	51	19:31
7	Mark Peters	31	19:39
8	Milan Drager	31	19:50
9	Sloane Cook	17	19:52
10	John Sullivan	41	19:56
11	Thomas McManus	37	20:09
12	Dave Coulman	47	20:21
13	David Stewart	41	20:23
14	Diego Avalos	25	21:07
15	Daryl Luppino	47	21:08
16	Matthew Stringer	31	21:13
17	Amy Sonstein ②	37	21:19
18	Heather Johnson ③	35	21:40
19	Margarito Sanchez	30	21:45
20	Joel Rizzo	41	21:48
21	Fiona McCusker ④	42	21:49
22	Derick Fogt	34	21:59
23	Mark Moser	38	21:59
24	Tony Sanchez	32	22:04
25	Lazaro Sanchez	35	22:05
26	Oliver Beech		22:10
27	Patrick Lee	59	22:12
28	Mike Stough	30	22:18
29	Kevin Morris	24	22:45
30	Kaitlyn Melo ⑤	12	22:47
31	Tony Melo	42	22:48
32	Mark Theiding	36	22:58
33	Bill Marlow	63	23:12
34	Hilary Fong	48	23:47
35	George Durgerian	40	23:52
36	Jim McBride	64	23:53
37	Marie Carlotti	50	24:08
38	Judith Waitz	47	24:50
39	Tom Smiley	49	24:57
40	Kevin Cuevas	16	25:11
41	Gary Brickley	54	25:22
42	Paulos Kahsai	34	25:23
43	Steve Nissenson	58	25:50
44	April Gruber	27	26:06
45	Michele Wayne	37	26:09
46	Tae Hwang	25	26:14
47	Dale Kim	28	26:14
48	Brad Hummel	37	26:35
49	Leon Woestenber	33	26:38
50	Jeff Johnson	36	26:40
51	Victor Tago	45	26:49
52	Russell Breslauer	61	27:01
53	Janet Nissenson	47	27:03
54	Brian Hartley	53	27:14
55	Kristyn Kornfield	28	27:30
56	Jack Bascom	65	27:34
57	Hashim Bashiruddin	50	28:07

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58	Heather Milliken	29	28:12
59	Kelley DeGoede	22	28:26
60	Valerie Stratta Trenev	47	28:34
61	Haley LaFlamme	21	28:42
62	Emily Erlendson	28	28:49
63	James McGrail	27	28:51
64	Melissa Cross	24	28:54
65	Rachel McGrail	35	28:55
66	Elizabeth Boyd	46	28:57
67	Bernadette DeLeon		29:05
68	Hannah-Piper Moore	20	29:28
69	Mike Rouan	43	30:37
70	James Stratta	45	30:47
71	Stephanie Garcia	19	30:49
72	Kirk Abayan	29	30:56
73	Umut Aytekin	29	31:04
74	John Weidinger	66	31:20
75	Gloria Cruz	34	31:46
76	Barbara Robben	72	31:57
77	Adela Kim	27	32:02
78	Rich Kim	27	32:04
79	Lucy Lawless	28	32:12
80	Mark Kelley	51	32:18
81	Michael		32:22
82	Franklin		33:12
83	Sarina Godin	33	33:16
84	Melinda Worcester	30	33:17
85	Todd Hicks	37	33:27
86	Ameé Hicks	36	33:28
87	George Sacco	69	33:51
88	Richard Hippard	20	34:34
89	Natnael Amare	38	34:53
90	Laura Seelig	23	35:43
91	Rachel Cottin	27	35:48
92	Kiki Do	39	36:00
93	Mark Couch	51	36:17
94	Jacqui O'Keefe	37	37:19
95	Jane Lee	56	38:15
96	Nsesa Kazadi	28	39:09
97	Diane Kennon	44	39:10
98	Cathy Walters	31	39:45
99	No Name		41:10
100	Bob Theis	78	41:23
101	Janet Kukulica	52	41:51
102	Samantha Miller	30	41:58
103	Dina Kovash	68	42:19
104	Debbie Salmi	51	45:43
105	Shirley Dan	31	45:45
106	Karen Chau	37	48:40
107	Jane Grodem	43	48:41
108	Cathy Boone	40	48:43
109	Dana Terry	33	48:44
110	Sherri Keller	44	

SELF-TIMERS

Tony Stratta	76	
Elaine Gecht		62:10 (5K)
Ed Olkowski	64	59:19 (5K)

Wally Rapozo	78	(10M)
Liese Rapozo	79	(10M)
Tom Huster	63	
Sunhi Kim	48	
Kim Chee	2	
Bob Kovash	68	
Robert Brizuela	67	

March 11, 2007**St. Patrick's Day Run****Race Director: George Sacco****Volunteers: Gary Brickley, Calvin Chan, Yong Cho, Jerry Flanagan, Hilary Fong, Fred Haber, Judith Jarosz, Kevin Lee, Phyllis Nabhan, Jason Reed, Brie Reybaine****Race Director George Sacco**

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Note: The full St. Patrick's Day Run (with the turnaround at Fort Point) is just over 4 miles (4.05 to be exact). Due to some confusion (and errant chalk marks) many runners ran a shorter version of the course by turning back to the start at the 2 Mile marker instead of running all the way to Fort Point. Based on several GPS measurements, the "short course" was approximately 3.35–3.43 miles. The results do not distinguish between the two turnarounds.

PL	NAME	AGE	TIME
1	Chikara Omine	24	18:50
2	David Davis	38	20:12
3	Oscar Zanchez	19	20:19
4	Jerry Flanagan	41	20:28
5	Ryan Jech	15	20:28
6	John Woods	42	20:43
7	Jason Reed	28	20:52
8	Eduardo Vazquez	34	20:57
9	Eradio Sanchez	27	21:06
10	Kevin Fry	27	21:09
11	Anthony Benson	42	21:12
12	Peter Hsia	46	21:25

13	Kennet De Silva	25	21:40
14	Matthew Fabry	34	21:53
15	Sean Stephenson	25	22:01
16	Dave Moorehouse	39	22:08
17	David Andersen	35	22:20
18	Sloane Cook	17	22:20
19	Gerard Smyth	27	22:26
20	Jeremy Calnan	47	22:30
21	Andrew Bloch	44	22:32
22	Dave Coulman	47	22:59
23	Jake Olds	28	23:14
24	Philomena Behmer	35	23:36
25	Steve Stephens	63	23:45
26	Scott Weaver	47	23:46
27	Margarito Sanchez	32	23:46
28	Sergio Zanchez	20	23:51
29	Eulogio Sanchez	39	23:51
30	Leslie Garner	25	24:03
31	Daryl Luppino	47	24:19
32	Janet Langdon	31	24:23
33	Wayne Plymale	55	24:25
34	Noe Castanon	36	24:27
35	No Name		24:29
36	Andrew Freid	39	24:38
37	Patrick Lee	59	24:41
38	Joel Rizzo	41	24:43
39	Kelly Haston	36	24:58
40	Travis Oman	24	24:58
41	Amy Sonstein	37	25:03
42	Hugh Bosely	45	25:10
43	Gilbert Yan	44	25:19
44	Dimitrios Sklavopoulos	62	25:27
45	Daz Lamparas	59	25:52
46	Stan Yasuhara	57	26:02
47	Sam Logan	20	26:08
48	Larry Wuerstle	51	26:14
49	Kenneth Fong	45	26:15
50	Brian Washburn	50	26:22
51	Brian Hutto	42	26:31
52	Paul Mosel	65	26:46
53	Mike Langdon	29	26:55
54	Fiona McCusker	42	27:00
55	Chris Fischer		27:14
56	Thomas Smiley	49	27:43
57	James Eales	47	27:46
58	Kathleen Lail	39	27:57
59	Eduardo Sanchez	30	28:12
60	Sam Roake	71	28:37
61	Marian Lyons	50+	28:43
62	Gary Brickley	54	28:55
63	Michele Wayne	37	29:17
64	Jorge Larre	50	29:20
65	Steve Nissenson	58	29:23
66	Gregory Brown	57	29:47
67	Pamela Kennedy	28	29:50
68	Pete Treleaven	45	29:51
69	George Baptista	64	29:57
70	George Durgerian		31:57
71	Tania Reina	37	32:01

continued on page 7

ST. PATRICK'S DAY RUN

continued from page 6

72	Adrienne White	45	32:07
73	Eric Fischer	26	32:36
74	Ryan Quinley	24	33:08
75	Hashim Bashiruddin	50	33:38
76	Judith Waitz	47	34:16
77	Mary Barlow	30	34:29
78	Robinson		34:31
79	Craig McMicken	80	35:18
80	Peggy Hosmer	46	35:20
81	Marie Carlotti	50	35:25
82	Janet Nissenson	47	35:49
83	James Stratta	45	36:03
84	Bruce Washburn	50	36:07
85	Monica Venere	30	36:17
86	Matt Summers	31	36:18
87	Juliann Sum	51	36:26
88	Russell Breslauer	61	36:32
89	Tom Huster	63	36:38
90	Claire Wong	37	36:42
91	Marissa Bauman	26	37:00
92	Aimee Johns	26	37:02
93	Shawn Dunphy	39	37:02
94	Morgan Rodriguez	45	37:21
95	Henry Nebeling	74	37:24
96	Suzana Seban	53	37:32
97	Uwe Schling	36	37:56
98	Maggie Mayo	24	38:07
99	Cory Acree	27	38:20
100	Bob Morris		38:24
101	Jim Kauffold	69	39:03
102	Michael Sanchez		39:03
103	Prospero Sanchez	44	39:04
104	Wendy Newman	56	39:04
105	Norman Ching	49	39:11
106	Debbie McDonald	32	39:12
107	Jeff Houston	48	39:13
108	Myles Sussman	42	40:34
109	Lynn Aulberg	34	40:50
110	J. Hanby	26	40:55
111	Jennifer Coffey	37	41:05
112	William Woolf	72	41:38
113	Solange Sanderson		41:44
114	Dan Shalom	55	41:48
115	Jane Colman	63	42:00
116	Christina Leaf	17	42:38
117	Sue Leaf	53	42:45
118	Thomas Leaf	53	42:46
119	Evelyn Martinez	59	42:47
120	Dennis Hassler	73	43:11
121	Wendy Yee	32	44:39
122	Terry Stackwood	46	45:15
123	Lina Izumi	37	45:15
124	Deirdre Farrell	40	45:58
125	Anne Clemons	42	46:19
126	John Weidinger	66	46:22
127	Alexander Dairs	8	47:04
128	Susan	47	48:50
129	Franklin Sanchez		50:15

130	Meaghan English	24	51:20
131	Mei Cheng	24	54:06
132	Jane Lee	56	55:23
133	Dina Kovash	68	57:26
134	Stephen R. Landry	50	57:42
135	Bob Theis	78	58:32
136	Elaine Gecht MD	63	61:15
137	Shifra Gaman	54	66:20

SELF-TIMERS

Ed Baumgarten	64	
Ellen Breslauer	59	
Calvin Chan	56	
Kim Chee	2	40:55
Yong Cho	49	
Carolyn Clark		
Gary Davis		
Richard Finley	57	
Richard Hannon	71	
Sunhi Kim	48	40:55
Victor Maravillas	37	
Doerte Murray	66	
Phyllis Nabhan	60	
Diane Okubo-Fong	45	
Ken Reed	61	
Tony Stratta	76	1:21:40
Don Watson	77	
James O'Donnell	47	
Liese Rapozo	79	
Wally Rapozo	78	
Alfred Tolentino	35	
Sheila Tolentino	30	
Ted Vincent	71	

KIDS' RUN

Race Director: Daryl Luppino

Aram Durgerian	12	4:06
Michael Sanchez	9	4:21
Aidan Durgerian	10	4:50
Franklin Sanchez	7	5:20
Shannon Luppino	11	6:23
Anya Duryena	5	9:50
Jakob Lail	3	11:22
Lena Hsia	3	12:14
Tim Abbott	3	13:22
Hetti Hsia	3	13:50



Racing back from Fort Point
Photo by Don Watson

RUNNING FOR TWO

Dr. Amelia Mazgaloff

The days are behind us when a pregnant woman was told to do no exercise more strenuous than walking. A pregnant woman is not fragile. If she is healthy, exercise will not hurt or bring on premature labor. Additionally, exercise or other strenuous activity will not hurt the fetus, which is well protected by the bones of the pelvis and spine, layers of muscles and tissue, and the amniotic fluid.

Several studies have looked at the safety of running during pregnancy. It appears that you can "run for two" as long as you follow some special guidelines.

- Realize the best time to begin an exercise program is before you become pregnant.
- Maternal heart rate should not exceed 140 beats per minute.
- Strenuous activities should not exceed 15 minutes in duration.
- No exercise should be performed while lying on your back after the 4th month of pregnancy is completed.
- Exercises that employ strong bearing down (i.e. the Valsalva maneuver) should be avoided.
- Caloric intake should be adequate to meet the extra energy needs of pregnancy and exercise.
- Maternal core temperature should not exceed 99.6) Fahrenheit.
- Drink plenty of water to prevent dehydration.
- Avoid strenuous exercise (sprinting, or excessive running).
- Decrease your running mileage, speed, and even the frequency of your workouts. Cutting back mileage by 30-40% during the second trimester, and up to 70% during the final trimester is common among pregnant runners.
- Discuss your own level of physical fitness, past medical history and your unique circumstances with your doctor.

Happy running and happy pregnancy!

For more information on this article and to schedule free knee, foot and shoe evaluation, call Dr. Mazgaloff at 415-546-1461 or on the web at www.chirohealthsf.com.

RUNNING DOWN THE WRONG PATH

Kevin Lee

We runners believe we have the freedom to run any where, any time, and any place. That is usually true, providing we obey the law. Earlier this year, two of the Saturday morning runners found out this isn't always true.

If you are familiar with running the Land's End trail, you know that most of Northern end is roped off with a picket fence, for safety reasons.

Approximately 9/10 of a mile along the Land's End trail is the "Painted Rock" location. At this fork, the dirt path entrance is roped off with fencing. Walkers/runners normally travel up or down the 100+ step spiral staircase instead.

Two square brown signs are posted, one reading "Do Not Cross Fence" and the other "People Have Fallen to Their Death from This Area—KEEP OUT!"

On this occasion the two runners decided to disregard the signage and run the dirt path instead of climbing the stairs. They were stopped by a ranger and each issued a \$125 citation.

Running is a freedom we can continue to enjoy/cherish as long as we obey the laws of the road. As with traffic laws, we ignore them at our own risk.

DSE AT THE RACES

Note from the Editor: If your name is missing from the results, I apologize. There are several possible reasons: it may be missing from the DSE roster, it may be misspelled in either the roster or the results list, or I may just have missed it. For races outside of the Bay Area, I depend on members to notify me about results.

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
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LMJS Couples Relay, Oakland, February 25

24	Heather Johnson/Wayne Plymale	7		80-99	44:24
87	Marcia Martin/Keith Johnson	3		120-139	57:09
116	Betty Cunneen/Pat Cunneen	2		140+	74:01

Tamalpa TCRS #2, Hamilton Levees, 5.91 miles, February 25

23	Russ Kiernan	2		M60s	41:02
54	Steve Stephens	4		M60s	45:37
56	Amy Sonstein	1		F 30s	46:12
80	Julius Schillinger	7		M50s	53:15
93	Jeff Houston	25		M40s	58:48
101	Lorrie Kalos	11		F 40s	64:06
107	Dennis Hassler	5		M70s	67:48

NorCal 10 Mile, Redding, March 3

5	Chikara Omine	24	1	M20-24	56:39
8	Cliff Lentz	42	1	M40-44	57:44
86	Russ Kiernan	69	1	M65-69	1:10:30
132	Marie Appel	42	9	F 40-44	1:17:31
137	Jim Flanigan	57	8	M55-59	1:18:26
220	Kat Powell	56	4	F 55-59	1:39:22
248	Jane Colman	63	5	F 60-65	1:55:06
252	Dennis Hassler	73	3	M70-74	1:59:13

Napa Valley Marathon, March 4

130	Adrian Jue	16		M25-59	3:22:59
131	Eduardo Vasquez	21		M30-34	3:23:00
324	David Klinetobe	37		M45-49	3:45:00
977	Gary Aguiar	65		M50-54	4:41:29
1129	Carolyn Garriott	79		F 40-44	5:00:40

Los Angeles Marathon, March 4

6725	Gregory Brown	57	221	M55-59	5:03:10
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Emerald Across the Bay, 12K, March 18

19	Chikara Omine	24	5	M20-24	40:21
94	Oscar Sanchez	19	7	M16-19	46:30
107	Eradio Sanchez	29	22	M25-29	47:02
109	Jason Reed	28	23	M25-29	47:11
120	Oliver Chan	25	25	M25-29	47:45
126	John Woods	42	10	M40-44	48:02
154	Roy Clarke	51	10	M50-54	49:02
157	Tyler Abbott	46	26	M45-49	49:24
199	Kevin Fry	27	31	M25-29	51:06
220	Stephen Tracy	44	19	M40-44	51:52
272	Russ Kiernan	69	3	M65-69	53:30
297	Prospero Sanchez	42	23	M40-44	54:07
386	Margarito Sanchez	39	14	F 35-39	56:05
395	Amy Sonstein	37	15	F 35-39	56:19
406	Jim Flanigan	47	16	M55-59	56:31
425	Eulogio Sanchez	37	52	M35-39	57:04
433	Kennet De Silva	25	56	M25-29	57:12
438	Kevin Trock	52	28	M50-54	57:19
471	Marie Appel	42	19	F 40-44	57:58
494	Joel Rizzo	41	37	M40-44	58:27

CLASSIC STU-PEDS

by Stu Ruth



LEADING AT THE FINISH, NORRIS
SUDDENLY HAD AN AWFUL THOUGHT.

continued on page 9

596	Lucy Wing	50	6	F 50-54	1:00:13
655	Edward Celestina	56	35	M55-59	1:01:29
674	Paul Mosel	65	9	M65-59	1:01:42
734	Stan Yasuhara	57	39	M55-59	1:02:38
755	Christopher Kraemer	54	56	M50-54	1:03:01
918	Sam Roake	71	1	M70-74	1:05:02
958	Richard Nippes	59	47	M55-59	1:05:35
978	Marian Lyons	59	14	F 55-59	1:05:57
1020	Gary Brickley	54	73	M50-54	1:06:37
1021	Michele Wayne	37	53	F 35-39	1:06:37
1116	Janet Fry	27	81	F 25-29	1:08:04
1163	Kat Powell	56	18	F 55-59	1:08:52
1235	Mort Weisberg	70	2	M70-74	1:10:02
1388	Juliann Sum	51	26	F 50-54	1:11:56
1606	Wendy Newman	56	28	F 55-59	1:15:58
1630	William Woolf	71	6	M70-74	1:16:22
1918	Barbara Robben	72	3	F 70-74	1:21:04
1922	Dennis Hassler	73	7	M70-74	1:21:05
2096	Patricia Baker	46	86	F 45-49	1:25:24
2252	Jane Colman	63	17	F 60-64	1:31:10
2493	Mary Jean Pramik	58	52	F 55-59	1:46:25
2645	Elaine Gecht	63	25	F 60-64	2:05:35

◆◆◆ Volunteers Needed ◆◆◆

DSE would not be able to put on 40+ races each year without the continued effort of its dedicated volunteers. There is 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 and 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:

April 1	Fort Point 12K
April 8	Easter 5K
April 15	Golden Gate Park 10K
April 22	Embarcadero 5K
April 29	Stern Grove 4M
May 6	Walt Stack 5K
May 13	Kennedy Drive 8K
May 27	Mission Rock 5K

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 Volunteer Sign-Up Sheet that is available at each weekly race.



DSE member Tony Stratta watches Emerald Across the Bay runners heading toward the finish line

Photo by Don Watson

DOUBLE DIPSEA VOLUNTEERS NEEDED SATURDAY JUNE 23

This is DSE's signature race with 400–500 race participants. More than 100 club members answer the call and sign on as DD Volunteers in the following categories: Registration, Finish Line, Course Control, Aid Stations, etc. The club appreciates everyone's contributions very much. Over the years, DD volunteership has increased and club member registration has declined. We appreciate and encourage DSE members to run the DD Race.

Much needed volunteers, please contact Ken at 415-810-3832 or RunKenRun@aol.com. All DD Volunteers receive our heartfelt thanks along with a souvenir DD T-shirt and an invitation to both the same day post-race picnic and the DSE summer volunteer appreciation picnic.

◆◆◆ 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 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, turn around 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.**

Sun Apr 15 Golden Gate Park 10K

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

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

COURSE DESCRIPTION: Run eastbound on Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto M L King Drive and right onto West Stow Lake Drive. Run a clockwise half loop around Stow Lake and exit downhill to Kennedy Drive. Run left (westbound) on Kennedy Drive past two "4-way Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill on Middle Drive and left onto Overlook (path) to finish.

Sun Apr 22 Embarcadero 5K

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

COURSE DESCRIPTION: Run eastbound on Jefferson (against traffic) which turns onto Embarcadero (sidewalk). Run past Pier 9 entranceway; turn around at first planter and return same way to finish.

Sun Apr 29 Stern Grove Run, 4 miles

START/FINISH: 33rd Ave & Wawona Street

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

COURSE DESCRIPTION: Run west on Wawona to 34th Ave, left onto Crestlake Street, left onto Sloat Blvd, left at 19th Ave and left/downhill on Wawona back to start (33rd Ave). Run second loop at 34th Ave & Wawona, drop down through barricade to Stern Grove, run entire west to east length of grove, left uphill and exit Stern Grove. Turn left at 19th Ave, left/downhill on Wawona and back to 33rd Ave and finish.

Sun May 6 Walt Stack 5K

START/FINISH: Walt Stack Memorial Bench, Marina Green Drive Parking Lot (one block north of Marina Green Blvd, enter via Scott or Fillmore Streets)

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

COURSE DESCRIPTION: Run westbound on Marina Green Drive, left on Avila Street, right onto Marina Blvd, left through Yacht Harbor parking lot, left onto Crissy Field/GG Promenade. Turn around at fourth sandy beach access (beyond west end of marsh). Return same way to Marina Blvd, run eastbound on Marina Blvd, left at parcourse (Fillmore St), and left onto Marina Green Drive to finish.

◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) — 6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at webbsight@earthlink.net or Ken Reed at 415-586-3104 or RunKenRun@aol.com.
- ◆ Saturday at 8:10 AM—6 mile training run. Meet at the water fountain at Kennedy Drive and Transverse in Golden Gate Park.
- ◆ **Tuesday and Thursday evening runs have been CANCELLED.**

Membership ♦♦♦ ♦♦♦ Information

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

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

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

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

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

Folding ♦♦♦ ♦♦♦ Session

DATE: Wednesday, April 25, 2007

TIME: 7:00 PM

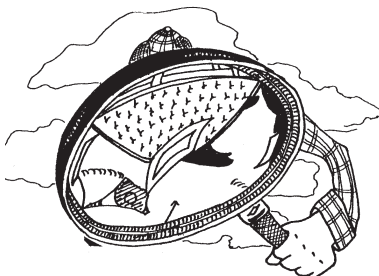
PLACE: Fred Haber & Yong Cho
1261 – 31st Avenue
(between Lincoln & Irving)
San Francisco 94122
415-242-3304

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. If you would like to host a folding session, contact Kevin Lee at dse.pekingduck@juno.com.

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

April will be warm and dry inland, but foggy and cool near the coast. Principal rain in April will be on a couple of days in the first week, with dry mild weather for the next two weeks. There could be one day of spring rainfall around the 26th and another on the 30th. Compared to last spring, it will be much drier.



♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT & CLOTHING SALES
Calvin Chan 415-681-0105
calwentjogging@aol.com

SR. VICE PRESIDENT
Adrian Jue toojue@hotmail.com

2ND VICE PRESIDENT
George Sacco
gsgasacco@yahoo.com

SECRETARY
Sam Roake roakesc@yahoo.com

TREASURER
Wendy Newman Wsn99@aol.com

OFFICERS AT LARGE
Kevin Lee
dse.pekingduck@juno.com

Janet Nissenson
jlnissenson@aol.com

OPERATIONS COMMITTEE
George Baptista
gbaptista@msn.com

Gary Brickley (DSE Hotline)
gary@brickley.com

Oliver Chan
Kennet De Silva
Kevin Fry
kev971@sbcglobal.net

Jim Kauffold kauffolds@juno.com
Eduardo Vazkez

Bill Woolf billwoolf2@aol.com

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

DSE RACE RESULTS
Joe Connelly
joeconnelly@earthlink.net
Marie Appel
marienoelsf@hotmail.com

KIDS' RACE DIRECTOR
Daryl Luppino 650-757-5247
DOUBLE DIPSEA RACE DIRECTOR
Ken Reed RunKenRun@aol.com

PERMITS
Suzana Seban
suzana@network172.com

Happy Birthday! ◆◆◆◆◆◆◆◆

2 Diane Okubo-Fong
 3 Lynne Vogel
 5 Sandy Baumgarten
 Jeff Landry
 6 Aaron Brickley
 7 Richard Hippard
 Ken Reed
 Brigitte Schlatter
 8 Edwin Dunn
 9 Nicole Garriott
 Ed Mahler
 Wendy Newman
 11 Teresa Huddleston
 12 Gary Aguiar
 13 Rober Miller
 15 Vijay Tella
 17 Anthony Benson

18 Norman Ching
 19 Eric Berg
 20 David Lakin
 Sean Lavelle
 Susan Phelan
 21 Michael Antonini
 Colleen Holland
 22 Russell Breslauer
 24 Diann Leo
 25 Jennifer Chan
 Miranda Kramer
 Patrick Sullivan
 26 Jack Olson
 Sandra Seiki
 27 Pat Wellington
 30 Julian Finley

New Members

BELMONT

Bruce Washburn

BERKELEY

Elaine Hutsinpillar

ORINDA

Anna Matheson

SAN FRANCISCO

Paul Farr
 Debbie McDonald
 Jeffrey St. Claire
 Katie St. Claire
 Lisa St. Claire
 Marie St. Claire
 Sean Stephenson
 Matt Stringer



San Francisco

Dolphin South End Running Club

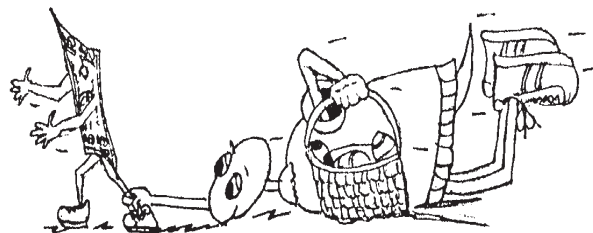
Postmaster, Return Undeliverable Mail To:

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!