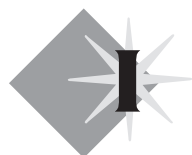


## Great Achievements in Running

Theo Jones

*Our writer this month, Ken Reed, is one of the outstanding members of the DSE and Pamakid's. An officer in both, volunteer extraordinaire, race historian, accomplished runner, man of great good sense and insightful wisdom, and for many years now the race director of our most challenging race, the Double Dipsea. After much urging he has agreed to tell us about himself and chosen to do so in his own creative style. We should thank him by helping him to put on yet another wonderful Double Dipsea event.*



In 1982 I lost my auction business (livelihood), sanity (self worth), health (cholesterol 225+and 215 pounds), self esteem (living off credit cards). I had a home mortgaged to the hilt, 3 wonderful kids, 1 lovely wife, and NO job, NO income. Running helped earn them all back.



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I started compulsive lap swimming at Sava Pool, begged back my old job at Pacific Bell (they said my experience and I were too old at 38!). I was soon promoted and made enough to begin to repay many loans. Six months later they closed the pool for yearly cleaning and a friend said to try running.

I started running the one mile Urbano racetrack loop and worked

up to running around Lake Merced 5-6 days a week from my house (6.5 miles). I met other runners including Rick Shea at Fleet Feet, and joined the DSE. I ran Tuesday and Thursday with Fleet Feet, Sundays with DSE, and Saturdays with the Water Fountain Gang AND soon began Marathon Training with friends like Pat Mattimore and Rick Shea.

I've run a dozen+ marathons (best 3:27); a dozen+ trail 50Ks (best 5:59); a couple of trail 50 milers (best 10:30); a couple of DSE 12 Hour Classics (best 54+

*Continued on page 2*

## From the President's Desk

CALVIN CHAN

### DOUBLE DIPSEA

Our clubs largest run is just around the corner. On June 23<sup>rd</sup> 2007, DSE will once again hold the annual running of the Double Dipsea Run. This handicap trail run is challenging and runs from Stinson Beach to Mill Valley and back.

Entry forms are available at our club runs or on line. If you would like to volunteer, please contact Janet Nissenson at [jlnissenson@aol.com](mailto:jlnissenson@aol.com). Volunteers receive a T-shirt, post race picnic, two points toward annual trophy/award, and our big thank you.

### CALISTOGA TO SANTA CRUZ RELAY

Captain Eduardo Vazquez leads the DSE Racing Team to a second place finish in the open division in this 199 mile run in a time of 21:49:30 while Steve Nissenson leads the Devil's Slide Track Club to a first place finish in the masters division in a time of 25:37:01. Congratulations to both teams.

### SAN FRANCISCO MARATHON

DSE will once again be volunteering to man a water stop during the marathon on July 29<sup>th</sup>. If you would like to volunteer, contact Kevin Lee at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com).

### JUNE RUNS

On June 3<sup>rd</sup> (start time 8 a.m.) you can run the Practice Dipsea. It's a 6.8 mile trail run and a great warm up for our Double Dipsea. Our club remembers Walt Stack

*Continued on page 2*

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# The Relay

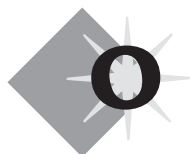
## Calistoga to Santa Cruz

Jeremy Calnan

Team Captain - Eduardo Vazquez

Van 1 : Aaron Hill, Adrian Jue, Jeremy Calnan, Kennet DeSilva, Matthew Fabry, Eradio Sanchez

Van 2 : Jin Daikoku, Mark Janes, Peter Hsia, Chikara Omine, Jason Reed, Grant Johnson.



On the 5th and 6th of May the team-captain of DSE racing along with 12 DSE runners participated in the 13th annual Organs 'R' Us benefit known as "The Relay" The Relay, which begins in Calistoga of Napa Valley and finishes on the beach of Santa Cruz directly in front of "the boardwalk", covers the distance of 199 miles. Each team has 12 runners that run 3

"legs" each — for a total of 36 "legs". The "legs" vary in distance, ranging anywhere from 3.0 (the shortest) to 8.9 (the longest) miles. The legs are also ranked in regard to difficulty, — easy, moderate, hard, and very hard.

The teams split up into 2 vans, six runners in each van. The first van took on the first 6 legs, which began at the starting line in Calistoga. The DSE team shared the latest starting time — 3:00PM — with only two other teams: Google and The Sandbaggers. The late starting time of DSE and the other two teams was due to the fact that each of our estimated finishing times were faster than the estimated finishing times of the remaining 173 teams in the field. From the perspective of Van 1, it seemed almost as if we were the only three teams running. It wasn't until several hours into the race that we would begin to encounter the teams with earlier starting times.

At the the start of the race, Google and the Sandbaggers were the only teams within sight, so needless to say they were to become the subject of a good deal of our conversation throughout the race.....

Our first runner to begin the race from the starting line in Calistoga was Aaron Hill (our youngest runner). We watched as Aaron and the other two runners left the starting-line, then got into the van and headed to the relay station of the second leg. It was exciting to see that Aaron had taken a slight lead over one of the runners and was running side by side the other as we passed. All three teams were waiting for their runners at the relay station, as we all watched to see who the first runner would be to close within our sights. I'm pretty sure we all felt the same sense of pride when we were able to see that Aaron had taken the lead. The Google team moved ahead of us shortly after that, not to be seen again by us until waiting for our runners at the finish. As I jokingly said to one of the Google runners at the finish, they may have won the race — but we kicked their ass on the first leg.

*Continued on page 4*

**From the President's Desk**  
**Continued from page 1**

the clubs founder with a 10K run starting at the Dolphin Club at Jefferson and Hyde on June 10<sup>th</sup>. If you are looking for a quick 5K run, come and run our Conservatory 5K run on June 17<sup>th</sup>. Finally on Saturday June 23<sup>rd</sup> (first wave 8:15 a.m.) we will be at Stinson Beach for the Double Dipsea Trail Run.

### IN MEMORIAM

Long time DSEr Peter Butler passed away on 5/7. He was a close friend of Walt Stack. They were both members of the Dolphin Swim Club. He was born and raised in Hawaii. A memorial service was held on Friday 5/18 @ the Dolphin Swim Club.

### GENERAL MEETING

A general meeting will be held after the July 8th Golden Gate Bridge Vista Run to introduce a by-law amendment proposal that would allow club officers to make financial decisions of up to \$1,000.

On July 22nd, a second general meeting will be held to vote on the proposed amendment.

### Great Running Achievements

**Continued from page 1**

laps); one Miwok Trail 100k; the Pikes Peak Marathon (this hurt), Great Wall of China Marathon (this really hurt). Mostly I have enjoyed many, many, many 3-6 hour Tam Trail Trekker runs on Mt. Tam.

I became active in the DSE selling clothing and becoming a VP in the early 90s. I edited the BAUR (Bay Area Ultra Runners) Newsletter after Jim Skophammer converted me from Marathoner to Ultra Runner. I became a Pamakid and even a board member once.

In the fall of 1991 Rick and I started the TamTrail Trekkers and have run almost every Saturday on Mt. Tam since that time. Soon Mort, Ceis, Ken, Richard and others joined us on the trails. Sandra Seiki and I helped to jumpstart the DSE track workouts with Andy Chan years ago. I helped to organize a couple of fun DSE Hood-To-Coast teams in 1993-4. A few years ago, I became the DSE Double Dipsea Race Director.

*Continued on page 3*

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

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

#### Mail/Phone/Fax/E-mail Address

The DSE Newsletter mailing address is  
Jane Colman  
692 60th Street  
Oakland, CA 94609-1420  
510-652-3116  
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 15th of each month if you would like it to be published in the following month's newsletter.



With the enthusiastic help of 110 DSE volunteers we will present the 38<sup>th</sup> DSE Walt Stack Double Dipsea handicapped trail race on June 23, 2007. We will need DSE members help again. **Please...either run the race or volunteer. You are especially appreciated by DSE and by the 400 or so trail runners.**

And if you want to know more:

**Date/place of birth:** April 7, 1945, Moultrie Georgia | **Jobs held:** Auctioneer, Consultant, Airlines

**Martial status/children/pets:** Married to Fusako; 3 children (Akiko, Karl, and Sachiko); 1 grandson (Rocco) and currently "temporarily" housing 2 cats (Ethon and Ashley) and 2 dogs (Taro and Chyna).

**Height/weight:** 6'3"/180 pounds | **Best/worst physical feature:** strong stomach/too much padding over the strong stomach

**Religious persuasion:** A little bit of everything including DSE on Sunday.

**Educational background:** College until I ran out of GI Bill \$\$ in order to support my family after Viet Nam. Went to college before Viet Nam in order to keep from going to Viet Nam. It didn't work.

**What's on your MP3:** My banjo lessons. | **Favorite internet bookmarks:** eBay, Google | **Favorite book:** The Kite Runner

**Favorite movie/actor:** Oh Brother Where Art Thou/Clint Eastwood

**Are you an early bird or a night owl?** Early up and on the trails | **Most prized possession:** family & health

**Personal hero:** Abraham Lincoln | **Three people from history you would invite to dinner:** Abraham Lincoln, Benjamin Franklin, Robin Williams | **Short term goal:** Get back into running shape | **Long term goal:** Watch my grandson grow up

**Pet peeve:** changing lanes without signaling | **Favorite non-running leisure activity:** playing the banjo

**Greatest adventure:** The Great Wall of China Marathon in 2002 that included 7 miles of technically challenging wall running and 90 degree heat in small towns and narrow roads.

**Greatest fear:** Forgetting to bring the race numbers to the Double Dipsea

**Happiest childhood memory:** Playing tether ball at recess

**Secret ambition/fantasy:** To play banjo in a bluegrass band

**Personal strengths/weaknesses:** Organized, self-confident, persistent, stubborn, and procrastinator

**In 10 years?** My grandson will be 11

Running-wise:

**Years running:** 25 | **Marathons:** dozen+, ultras: couple of dozen, shorter races: many, many

**Running PR's at various distances:** 5k: 20:20; 10k 41:??; 1/2M: 1:32; Marathon: 3:27; 50k: 5:59; 50M: 10:30; 100K: 15:51

**What do you recall from you first race:** Being almost last and having to walk at the finish

**Most memorable performance and why:** Finishing the Trinidad to Clam Beach 5+ mile run with my wife (her 1<sup>st</sup> race EVER). We ran through the Little River and finished after 2 miles running on the beach. She was smiling ear to ear!

**Most monumental struggle you have ever had in a race:** Finished Miwok 100k in 1996. Sixty-two miles of many hills and technically challenging trails on Mt. Tam and Marin Headlands. I persisted and did not drop even though I had a back injury, and foot problems with blisters & swelling feet. I was beginning to become hypothermic as I finished on a steep downhill stretch of the only road on the course. I was overwhelmed with relief and happiness.

**Favorite place to run:** Mt. Tamalpais

**Typical training week:** Monday: rest; Tuesday: rest; Wednesday: 6 to 9 miles trails and road Huddart Park, Woodside; Thursday: rest; Friday: Serramonte Mall Walk: 2 miles; Saturday: 12 to 20 mile long run Mt. Tam with Tam Trail Trekkers; Sunday: DSE run/walk 3 to 6 miles. This is my currently 'recovering from injury' schedule. I will add another day or 2 soon.

**Favorite food/drink for an ultra or long run:** Ultima Replenisher drink and Hammer Gel for food with Succeed for electrolyte & salt replenishing.

**Running idol(s):** World ultra champions Ann Trason & Carl Andersen are a running family who also volunteer, and race direct (the Dick Collins Firetrails 50M in October). They give back to the running community while excelling as runners.

**Any advice you would give to a beginning runner:** Have fun, run with friends, join the DSE. Train a minimum of 4 times a week to improve your times; the long run is the most important run.

**If someone wrote a biography of your running career, what would it be titled?** 75 years of running trails with the Tam Trail Trekkers and racing with the DSE.

Now I am trying to slow down and smell the roses more often, heal a couple of injuries, do more walking and slow running on trails with friends. I am thankful to have more quality time for my family, new grandson, and running friends since retiring.



The DSE was fortunate in putting together a well balanced team. Although we had all seen each other at some or many of the DSE races, many of us hadn't had the chance to spend time, or in some cases even talk to one another. The opportunity of sharing in this extraordinary experience has brought us all, to some degree — closer together. Many of our runners had previously run Marathons or longer runs. We also had runners who have remarkable speed, but had not experienced running further than a 10k or half-marathon. Even for those of us with past marathon experience and/or recent training, running 3 legs with only a short period of rest and little or no sleep, is a challenge of a different kind. For those of us that do most of our running in San Francisco — the high temperatures and somewhat dry heat, was yet another challenging factor. Then there is always the question of what to eat, how much, and when?

A few of us (who dared to use the experimental method) found themselves paying the price with consequences — and I think you know what I mean. I think it is also interesting to note that between our oldest and youngest runners was a age-span of over 30 years.

As tempting as it is to continue to speak of individual performances throughout the relay, I think it might be better to share my impression of our teams overall performance. Aside from no one getting injured and everyone having a great time — which to me is far more important than even winning — I was particularly impressed by the generosity of encouragement and support that each of our runners would give to each other. The ability to persevere through whatever internal or external difficulties encountered along the way is admirable, to say the least. Though our experiences, life-style, and cultures may vary, we are capable of joining together to create a kind of special bond that has the power and capacity to transcend all differences.

The team would also like to extend our gratitude for the invaluable support of the numerous DSE members/volunteers that made it possible for us to have the opportunity to participate in this memorable event.

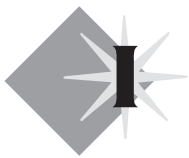
A special thank you to Danielle Diego and Carolina Lopez who volunteered from 11:30PM - 3:30AM, and Morgan Rodriguez who volunteered from 3:30 - 6:30AM. Each of them were kind enough to offer their support by fulfilling the volunteer responsibilities that we (DSE) were expected to fulfill. Our volunteers are an essential part our team — we are as fortunate as we are grateful to have them.

We would also like to thank Eduardo's family for the much needed and appreciated celebration of food drink on the beach.

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## Recollecting Bay 2 Breakers weekend

Julius Ng



It was a pretty exciting weekend. First, we started at the Bay 2 Breakers expo in the early afternoon and walked around a bit keeping a look out for FREE stuff. Chatted with some people we knew and then we hooked up with my niece -in-law. We walked to the Asian Heritage street fair. The weather was cool/breezy. Checked out the food area and had a Vietnamese sandwich, the girls had some egg rolls. The prices were very reasonable. Water was only .75 not the usual 1.25+. Guess who we saw at the fair –

Yul Kwon – winner of *The Survivor*. He was making his way to the asian hepatitis area. So we followed him and noticed a group surrounding him to get a picture taken with the star. Someone in the background yelled out “TAKE OFF YOUR SHIRT!” (he didn't oblige) but you could see that he was pretty buff. Then out of the center of the group we saw the Cho brothers from the *Amazing Race*. Shirley wanted to checkout the Cho brothers and my niece wanted to see Yul. As for me, I was looking for some fine ladies (hey I'm a guy).

There was a vendor pushing some new Japanese Vodka. Not bad, the taste was light and sweet. That was only liquid I drank for a few hours ..... yeah, not good! We made our way home on the light rail ..... packed like sardines. When I got home I pounded 4 beers ..... yeah, not good! Then with dinner we killed a bottle of wine - not good again!

That night I went to sleep late about 1:00 am... here we go again - not good. (Bad Boy, I should know better). Woke-up about 4:30ish. Got dressed and left the house at 5:10 am. When I was on the sidewalk I heard a bus just leaving the stop - \*!\*&! So I ran slowly to the bus terminal about 1.5 miles. Waited there for about another 10 min in the cold. My upper part of my body was warm enough but my legs were exposed. Walked quickly to the checking area. Right now its 6:00 am with a light breeze but still chilly. Trying to keep my poor legs warm by walking around and jumping; only worked for a few minutes.

I've now been standing in the cold for just a little over 2 hours. Legs muscles still cold. Finally 8:00 am and time to go and warm-up my limbs. Found a group of ladies and ran with them for about 4 miles. Lost them or they lost me; distracted by some naked guys. Just thinking about it makes me hurt.

I was trying to go faster near the end but my body said “WHAT ARE YOU DOING?!” my distance is only 4.6 miles but I'm running 7.5 miles ..... yep overdoing it. Well I finished with a time of 62 min and 40 sec. Not bad after all the abuse on my body. Still - haven't finished my story, and still need to walk another 1.2 miles up hill to the Polo Fields.

Now my leg muscles are really tight. I start feeling a cramp in my calf but make it to the polo field. Slowly walk around a bit and leave the area for my pickup. All the drinking, no sleep, and cold is taking its toll. My calf is screaming and I can barely

Continued on page 5



walk now. Now I'm only a block away from my pickup point and I'm inching my way along. I stretched the muscle which helped somewhat. Made it to a bench and look down at my calf muscle as it was fluttering on it's own. I have now been on my feet for over 4 hours. Total distance covered 9.5 miles and all beat-up!

Had brunch and then crashed when I got home. Two hours later I felt much better. WHAT A DAY!! Will I do this again .....what do you think?

So until next year, when I'll be up to "no good" or I should say "not good."

## 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.

Date	Race Name	PL	Name	Age	Time
4/22	John Muir Earth Day 10K, Martinez	58	Brian Hartley	53	1:18:33
		64	Barbara Robben	73	1:29:21
4/23	Muffy's Run 10K	2	Milan Drager	32	0:19:34
		1	Eradio Sanchez	29	0:37:56
		26	Kelly Murphy	28	0:49:17
		33	Jeff Landry	36	0:50:22
		86	Kristina Landry	31	0:58:22
		136	Barbara Robben	73	1:12:19
4/23	LMJS 4th Sunday 15K, Oakland	3	Noe Castanon	36	1:08:17
	LMJS 4th Sunday 10K, Oakland	22	Kevin Cuevas	17	0:59:10
	LMJS 4th Sunday 5K, Oakland	11	Manish Harpalani	34	0:22:32
4/30	Zippy 5K	31	Chikara Omine	24	0:16:21
		38	Cliff Lentz	42	0:16:31
		81	Jason Reed	28	0:17:47
		117	Tyler Abbott	46	0:18:36
		232	Russ Kiernan	69	0:21:18
		250	Amy Sonstein	37	0:21:54
		265	Michael Gama	48	0:22:27
		345	David Lakin	46	0:28:26
		355	Dennis Hassler	73	0:30:20
		??	Barbara Robben		
			(reported by Jane)	73	0:30:40
		??	Jane Colman		
			(self-reported)	63	0:31:05
4/30	Big Sur International Marathon	2373	Gary Aguiar	52	4:57:20
		2	Amy Sonstein	37	0:23:48
		5	Michele Wayne	37	0:28:02
5/6	Run For Arctic Awareness 5K	102	Barbara Robben	73	1:04:08
		2	Jim Kauffold	69	0:21:40
		429	Brian Hartley	53	1:00:24
5/7	Devil Mountain 10K, Danville	570	Barbara Robben	73	1:08:35

Continued on page 10



Note: The number's 1 2 3 4 5 next to a runner's name represents the placement of the first five female runners to cross the finish line.

April 22, 2007

Embarcadero 5K

**RACE DIRECTOR(s): Janet Nissenson**

**VOLUNTEERS: Steve Nissenson, George Sacco, Uwe Schling, Bobby Marty, Paul Mosel, Mort Weisberg, Phyllis Nabhan, Richard Hannon, Craig Benson, Kevin Lee**



Janet Nissenson

Embarcadero 5K Race Director

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### RUNNERS

PL	NAME	AGE	TIME
1	Grant Johnson	23	17:12
2	Jim Daikoku	23	17:37
3	Mark Janes	32	17:59
4	Doug Esopenko	45	18:17
5	Eduardo Vazquez	34	18:25
6	Oscar Zanchez		18:26
7	Ian Hill	24	18:36
8	Timothy Adams Bouley	26	18:41
9	Jason Reed	28	18:45
10	Aaron Hill	18	18:46
11	Jerry Flanagan	41	18:58
12	Kevin Fry	27	19:00
13	John Behring	25	19:05
14	B.J. Ricketts	31	19:13
15	Matthew Fabry	34	19:43
16	Sloane Cook	17	19:50
17	Matt Keenan	27	19:53
18	Jeremy Calnan	47	19:55
19	Sarah Streicher 1	24	20:45
20	Matthew Stringer	31	20:46
21	Kennet De Silva	25	20:54
22	Jeff Clark	38	21:05

Continued on page 6



**Embarcadero 5K**

Continued from page 5

23	Ralph Gordon	47	21:09
24	Jeff Behring	48	21:24
25	Sergio Zanchez	20	21:25
26	Daryl Luppino	47	21:27
27	Irene Ni ②	26	21:31
28	Tony Fong	47	21:32
29	Andrew Freid	40	21:33
30	Fiona McCusker ③	42	22:20
31	Joel Rizzo	41	22:25
32	David Klinetobe	46	22:30
33	George Baptista	64	22:31
34	Tony Sanchez	35	22:36
35	Daz Lamparas	54	22:39
36	Phillip Capshaw	51	23:07
37	Tom Bennett	48	23:15
38	Rob Cavenagh	39	23:25
39	Patrick Lee	59	23:29
40	Brian Washburn	50	23:31
41	Mark Kelley	51	23:37
42	Andrew Gorton	29	23:53
43	Larry Wuerstle	51	24:12
44	Kathleen Lail ④	39	24:13
45	Lazaro Sanchez		24:17
46	Mary Barlow ⑤	30	24:30
47	Stanley Chan		24:37
48	Linsey Pekelsma	28	24:38
49	Dan Zlyduszyk	28	24:41
50	Jerry McGowan	69	24:51
51	General Zod	31	25:10
52	Paul Mosel	65	25:18
53	Nicholas French	14	25:22
54	Lina Khatib		25:25
55	Patrick Mattimore	56	25:33
56	Justin Bradshaw		25:34
57	Nick Cavellero	23	25:43
58	R. Archibald	49	25:49
59	Peter Royce	72	25:51
60	Gary Brickley	54	25:57
61	Stephanie Soler	32	26:02
62	Bruce Washburn	50	26:06
63	Gregory Brown	52	26:18
64	Erica Haavig	32	26:23
65	Marion Lyons	60	26:25
66	Tom Huster	63	26:27
67	Sheldon Gersh	61	26:34
68	Caroline Ginman	24	26:40
69	Brooke West	29	26:50
70	Franklin Sanchez	7	27:04
71	Irving Jiminez	25	27:31
72	Meg Kanahata		27:34
73	Maria T. Sanchez	26	27:42
74	Michele Wayne	37	27:47
75	Wendy Newman	57	27:58
76	Mariko Suzuki		28:08
77	Ken Reed	62	28:12
78	Andrew Burgert	31	28:15
79	Bob Morris		28:16
80	Jen Hanby	26	29:07

81	Kenneth Fong	45	29:07
82	Michael Sanchez	9	29:49
83	Prospero Sanchez	42	29:50
84	Gary Bengier	52	30:40
85	Tamara Farrell	31	30:57
86	Segundo Ruiz	39	30:57
87	Patricia West		31:30
88	Bill Woolf	71	31:45
89	Sean McAvenry	60	32:05
90	Jennifer Coffey	37	32:14
91	Andrea Drillings	28	32:17
92	Kay Teiber	67	32:34
93	Jane Colman	63	32:36
94	George Sacco	69	34:02
95	Laurie Huth	35	34:22
96	Maurin Mayeno	51	35:18
97	Kasey Clarke	44	35:41
98	Bob Kovash	68	36:36
99	Sunhi Kim	48	37:49
100	Loretta Chopey	44	37:49
101	Shannon Luppino	12	41:02
102	Ted Vincent	71	41:36
103	Sam Chavez	9	41:55
104	Sabrina Luppino	11	41:57
105	Diana Chavez	10	42:22
106	Francesca Koe	36	42:49
107	Laura Froelich	39	42:50
108	Dina Kovash	68	43:42
109	Bob Theis	78	45:03
110	Nicholas Yip	30	46:26
111	Jane Lee	56	46:38

**SELF-TIMERS**

Henry Nebeling	74
Kim Chee Kim	2
Tom Boyd	61
Carolyn Clark	
Don Watson	77
Phyllis "Saida"	
Nabhan	60
Richard Hannon	71

**April 29, 2007****Stern Grove Run, 4 Miles****RACE DIRECTOR(s): A pair of Bobs:****Brizuela and Theis****VOLUNTEERS: Joe Connelly, Matthew****Fabry, Richard Hannon, Jane Lee,****Patrick Lee, Joanie Jones, Marian****Jones, Bobby Marty, Jim McBride,****Henry Nebeling, George Sacco,****Thomas Smiley, Eduardo Vazquez,****Mort Weisberg**

Note #1: Special kudos (\*\*\*) to those that ran in the Zippy the Pinhead race then zipped over for our Sunday run. If I missed you do let me know.

Note #2: Please help the volunteer results team by completely filling out your race tag with a readable name and your age. This week we have three "No Names" plus numerous "ageless" folks... Much appreciated!

**RUNNERS**

PL	NAME	AGE	TIME
1	Eduardo Vazquez	34	24:12
2	Oscar Sanchez		24:16
3	David Davis	38	24:20
4	Jerry Flanagan	41	24:50
5	John Woods	42	25:23
6	Kevin Fry	27	25:47
7	Kennet De Silva	25	26:08



Photo by Don Watson

8	Albert Hwang	27	26:13
9	Matthew Fabry	34	26:32
10	Jeremy Calnan	47	26:40
11	Thomas McManus	37	26:53
12	Jason Reed ***	28	26:59
13	Dave Coulman	47	27:02
14	Sergio Sanchez		27:56
15	Carlton Oler	50	28:43
16	Daryl Luppino	47	28:47
17	Justin Taplin	31	29:06
18	Andrew Frelld	40	29:14
19	Jorge Larre	50	29:24
20	Alan DeLoria	21	29:31
21	Joel Rizzo	41	29:34
22	S. Cook	17	29:37
23	Tony Sanchez		30:00
24	Daz Lamparas	54	30:01
25	Will Colglazier		30:27
26	Daniel Perlov	34	30:29
27	Lazaro Sanchez		30:34
28	James Eales	47	30:55
29	Anthony Kim	38	31:05
30	Dan Lee	29	31:07
31	Yvette Mout ①	33	31:08
32	George Baptista	64	31:24
33	Mark Kelley	51	31:25
34	Peking Duck	52	31:55
35	Andrew Gorton	29	32:02
36	Linsey Pekelsma ②	28	32:08
37	Patrick Lee	59	32:27
38	Jim McBride	64	32:34
39	Ken Klein		32:49

Continued on page 7



**Stern Grove Run**

Continued from page 6

40	Ed Kinchley	58	32:53
41	Paul Mosel	65	32:58
42	Phil Melman	41	33:25
43	Juan Ontiveros	35	33:27
44	Marie Carlotti ②	50	33:34
45	Uwe Schling	36	34:34
46	Gary Brickley	54	34:37
47	Sam Roake	71	34:38
48	Tom Huster	62	34:45
49	Michele Wayne ④	37	34:48
50	Gregory Brown	57	35:00
51	Jen Melman ⑤	35	35:01
52	Julius Schillinger	60	35:05
53	William Bernick	17	35:20
54	Janet Nissenson	47	35:33
55	Kathleen Lail ***	39	35:38
56	Irving Jimenez	25	36:23
57	Morgan Rodriguez	45	36:37
58	Johanna Merriss	56	36:47
59	Bob Morris		37:04
60	Jack Bascom	65	37:07
61	Werndy Newman	57	37:34
62	Suzana Seban	53	38:06
63	Michael	9	38:32
64	Prospero Sanchez		38:34
65	Mike Rouan		38:55
66	R. Archibald	49	39:10
67	No Name #1		39:19
68	Donna Dea	44	40:08
69	Sean McAviney	60	40:08
70	Jeff Houston	48	40:25
71	Carolyn Johnston	47	40:42
72	Mary Metto	32	40:54
73	Bill Woolf	71	41:05
74	Lorrie Kalos	46	42:28
75	No Name #2		42:50
76	Ella Hereth	25	44:33
77	No Name #3		44:51
78	Jennifer Coffey	33	45:00
79	Elizabeth C.	25	45:38
80	George Sacco	69	45:52
81	Sunhi Kim	48	47:04
82	Julie Croteau	36	48:36
83	Nancy Croteau	62	51:42
84	Amy Gladde	30	52:11
85	Doug Baker	33	52:11
86	Dina Kovash	68	59:11

**SELF-TIMERS**

Doerte Murray	66	
Don Watson	77	
Elaine Gecht	63	
Gary Davis	++	
Jane Lee	56	
Kim Chee Huster	02	
Shannon Luppino	11	
Steve Nissenson	58	
Thomas Smiley	49	16:02
Tony Stratta	76	102:00

**May 6, 2007****Walt Stack Memorial 5k****RACE DIRECTOR(s): Richard Finley****VOLUNTEERS: Craig Benson, Joe****Connelly, Harry Cordellos, Richard****Hannon, Bobby Marty, Paul Mosel,****Phyllis Nabham, Thomas Pang, George****Sacco, Uwe Schling, Suzana Seban,****Tony Stratta, Mort Weisberg**

Richard Finley  
Walt Stack Memorial 5K Race Director  
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**RUNNERS**

PL	NAME	AGE	TIME
1	Adam Lucas	40	18:24
2	Michael Connolly	41	18:26
3	John Carey	30	19:19
4	Paul Lee	46	19:19
5	Albert Hwang	27	19:20
6	Anthony Benson		19:33
7	Matthew Thomas	28	19:39
8	Milan Drager	32	19:40
9	Thomas McManus	37	20:02
10	Matthew Stringer	31	20:04
11	Carlos Vazquez	23	20:29
12	Ashley Harder ⑤	31	20:31
13	Dave Coulman	47	20:45
14	Markham Miller	43	20:59
15	Andrew Freid	40	21:09
16	Jeff Finucane	28	21:15
17	Philip Stepanek	31	21:22
18	Daryl Luppino	47	21:29
19	Michael Sweet	37	21:55
20	James Eales	47	22:17
21	Daz Lamparas	54	22:19
22	Phil Melman	41	22:21
23	King Wayman		22:33
24	William Colglazier	26	22:44
25	Brian Hutto	42	22:58
26	Rudy Stores	38	23:04
27	Patrick Lee	59	23:10
28	Marisa Ceballos ②	25	23:12
29	Christopher Kraemer	53	23:35
30	Peking Duck	52	23:40
31	Don Shalom	55	23:44

32	Lina Khatib ③		23:55
33	Michelle Smith ④	47	23:57
34	Mark Kelley	51	23:58
35	Pablo Estrada	28	24:01
36	Fennel Doyle ⑥	32	24:16
37	Kenneth Fong	45	24:19
38	Noe Castanon	36	24:24
39	Marie Carlotti	50	24:26
40	Patrick Mattimore	56	24:30
41	Kathleen Lail	39	24:59
42	Thomas Smiley	49	25:05
43	Hilary Fong	48	25:07
44	Irving Jimenez	25	25:23
45	Jerry McGowan	69	25:37
46	Sam Roake	71	26:07
47	General Zod	31	26:14
48	Joe Hein	57	26:23
49	Michele Wayne	37	26:28
50	Judy Waite	47	26:32
51	Tom Huster	62	26:36
52	Marian Lyons	60	26:39
53	Paul Mosel	65	26:54



Buddies: Jeff Houston &amp; Ken Fong

54	Bob Morris		26:55
55	Justin Bradshaw	30	26:59
56	Rebecca McKinney	40	27:02
57	Ken Reed	62	27:31
58	Stephanie Soler	32	27:39
59	Johanna Merriss	56	27:41
60	Suzana Seban	53	27:45
61	Hashim Bashiruddin	50	28:13
62	Claire Wang	38	28:29
63	Aidan Durgerian	10	29:09
64	Fiona McCusker	42	29:10
65	Donna Dea	44	29:15
66	Colleen Pleis	33	29:17
67	Gail Hein	55	29:19
68	Jim Kauffold	69	29:52
69	Yong Cho	49	29:56
70	Nicole Farrar	32	30:02
71	Gail Perry		30:13
72	Wendy Newman	57	30:35
73	Kristyn Dixon	28	30:42
74	Jeff Houston	48	30:18
75	Bill Woolf	71	31:16
76	Laurie Ringlein	40	32:13
77	Jessica Epstein		32:16

Continued on page 8



**Walt Stack Memorial 5K**  
Continued from page 7

78	George Sacco	69	32:59
79	Nicole Perry	23	33:16
80	Amy Saxton	32	33:33
81	Rachel Chalmers	36	33:47
82	Jennifer Coffey	37	34:01
83	Kay Teiber	67	34:05
84	Laura Froelich	39	34:08
85	Elizabeth Colglazier	25	34:14
86	Carol Epstein	54	34:15
87	Jane Colman	63	38:04
88	Ted Vincent	71	38:06
89	Bob Kovash	68	39:19
90	Shannon Luppino	11	41:47
91	Diana Carrillo	11	42:07
92	Bob Theis	78	42:22
93	Dina Kovash	68	43:35
94	Wally Rapozo	78	46:35
95	Liese Rapozo	79	48:23

**SELF-TIMERS**

Carolyn Clark	?	
Don Watson	78	
Harry Cordellos	69	
Jim Pommier	74	
Julius Schillinger	60	
Kim Chee Kim	02	
Lorrie Kalos	46	
Patrick Regan	40	
Phyllis Nabhan	60	
R. Perry	??	
Richard Hannon	71	
Sasha Vitomski	??	
Sunhi Kim	48	
Tom Boyd (2 miles)	61	16:02
Tony Stratta	76	102:00

**May 13, 2007**

**Kennedy Drive 8K**

**RACE DIRECTOR: Adrian Jue and Oliver Chan**  
**VOLUNTEERS: Craig Benson, Joe Connelly, Calvin Chan, Paul Mosel, Phyllis Nabhan, George Sacco, Laurie Sullivan, John Woods**

**RUNNERS**

PL	NAME	AGE	TIME
1	Chikara Omine	24	27:25
2	Grant Johnson	23	27:38
3	Oscar Zanco		29:17
4	Adam Lucas	40	29:18
5	Jason Reed	28	29:40
6	Michael Radcliffe	49	29:48
7	Jonathan Hunt	29	29:53
8	Jerry Flanagan	41	30:17
9	Peter Hsia	45	30:32
10	Eduardo Vazquez	34	30:44
11	John Woods	42	30:38
12	Zach Arrick	22	31:43



Adrian Jue & Oliver Chan  
Kennedy Drive 8K Race  
Directors  
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13	Derek Steer	22	31:47	39	Lorri Arreguin	47	36:30
14	Milan Drager	32	31:52	40	Joel Rizzo	41	36:50
15	Albert Hwang	27	32:09	41	David Klinetobe	46	37:08
16	Matthew Thomas	28	32:22	42	Patrick Lee	59	37:57
17	Matthew Fabry	34	32:23	43	Michael Langden	29	38:36
18	Kennet De Silva	25	32:46	44	Don Daniel	37	38:45
19	Patrick Sullivan	17	32:48	45	George Baptista	64	38:49
20	Jeremy Calnan	47	33:04	46	Larry Wuerstle	51	39:15
21	Dave Coulman	47	33:10	47	Gretchen Plank	24	39:16
22	Sergio Zanchez	20	33:23	48	No Name #1		39:20
23	Daniel Arreguin	42	33:27	49	Thoe Jones	68	39:41
24	Kevin Sullivan	15	33:49	50	Jim McBride	64	39:42
25	Tyler Abbot		34:03	51	Patrick Mattimore	56	39:47
26	Evan Forrest	22	34:08	52	Alfred Hu	46	39:48
27	Heather Leutwyler ①	29	34:19	53	Kathleen Lail	39	40:21
28	Rory Shannon	14	34:43	54	James Shannon	48	40:27
29	Daryl Luppino	47	34:46	55	Lina Khatib		40:30
30	Andrew Freid	40	34:57	56	Anthony Kim	38	40:41
31	Prospero Sanchez		35:32	57	Hilary Fong	48	40:45
32	James Eales	47	35:35	58	N. Chappelle	36	41:01
33	Janet Langdon ②	31	35:51	59	Sam Roake	71	41:10
34	Amy Sonstein ③	37	35:52	60	Hashim Bashiruddin	50	41:20
35	Stephen Lanning	31	36:06	61	Joshua Lail	34	41:27
36	Melinda Lanning ④	30	36:06	62	Juan Something		41:48
37	Jorge Larre	50	36:24	63	Peking Duck	52	41:48
38	Fiona McCusker ⑤	42	36:26				

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Paul Mosel  
directing traffic at  
Kennedy & Transverse  
Photo by Don Watson



**Kennedy Drive 8K**

Continued from page 8

64	Tom Huster	63	42:10
65	Uwe Schling	36	42:14
66	Marian Lyons	60	42:36
67	Gary Brickley	54	42:39
68	Suzanne Lytle	28	42:40
69	Irving Jimenez	25	43:00
70	Mort Weisberg		43:03
71	Michael	9	43:13
72	Mary Martindale	43	43:17
73	Peter Royce	72	43:34
74	Jack Bascom	65	43:41
75	Stephanie Soler		43:44
76	Alannah Havighurst	34	43:55
77	R. Archibald	49	44:02
78	Thomas Smiley	49	45:09
79	Bob Morris		45:23
80	Ken Reed	62	45:28
81	Johanna Merriss	57	45:32
82	Morgan Rodriguez	45	46:25
83	Eric Shackelford	57	47:01
84	Lorie Leonard	23	47:28
85	Shari Pietz	41	47:30
86	Jim Kauffold	69	47:52
87	Suzana Seban	53	48:06
88	Bill Woolf	71	48:23
89	West Coghlan	52	48:31
90	Tine Petrozzo	21	48:35
91	Jeff Houston	49	48:56
92	Sean McAviney	60	48:58
93	Dave Floersch	66	49:31
94	Gary Bengier	52	49:58
95	Marcie Daniel	36	50:15
96	Naomi Derner	34	51:18
97	Julie Illi		51:44
98	Shanna Noto		51:45
99	Carolyn Johnston	47	51:47
100	No Name #2		52:16
101	Jessica Watkins	26	52:55
102	Gregory Brown	57	53:05
103	Harry Cordellos	69	53:05
104	Joana Hafter	38	54:20
105	Barbara Robben	73	55:04
106	George Sacco	69	55:28
107	Carol Epstein	54	56:46
108	Laurin Mayeno	51	57:57
109	Hannah Heathcote	25	58:43
110	Joe Connelly	46	58:44
111	Evelyn Martinez	59	60:03
112	Jane Colman	63	60:04
113	No Name #3		60:25
114	Neil Small	65	61:01
115	Bob Kovash	68	64:46
116	Dina Kovash	68	70:15

**SELF TIMERS**

Brie Reybine	xx
Doerte Murray	66
Don Watson	78

Elaine Gecht	63
Gary Davis	old
Jane Lee	56
Jim Pommier	74
Kim Chee Kim	02
Liese Rapozo	79
Sunhi Kim	48
Wally Rapozo	78

**May 27, 2007****Mission Rock 5K**

**RACE DIRECTOR:** George Baptista  
**VOLUNTEERS:** Calvin Chan, George Sacco, Roy Clarke, Uwe Schling, Marie Appel, Grant Johnson, Jacob Petersen-Perlman, Kiiko Baptista, Kevin Lee



George Baptista  
Mission Rock 5K Race Director  
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**RUNNERS**

PL	NAME	AGE	TIME
1	Jason Reed	28	17:30
2	Jonathan Hunt	29	17:58
3	David Davis	38	18:18
4	Patrick Sullivan	17	18:35
5	Donald Courter	31	18:38
6	Milan Drager	32	18:54
7	Bruce Bayliss	49	18:57
8	Ben Beeler	14	19:02
9	Kennet De Silva	25	19:06
10	Peter Hsia	46	19:21
11	Jeremy Calnan	47	19:27
12	Jim Crotts	29	19:40
13	Dave Coulman	47	19:42
14	Noe Castanon	36	19:49
15	Mark Donaldson	43	19:52
16	Kevin Sullivan	15	19:58
17	Tyler Abbott	46	20:08
18	Derek Engelsman	22	20:12
19	Adrian Jue	25	20:23
20	Andrew Freid	40	20:31
21	Eduardo Vazquez	34	20:37
22	Matt Fabry	34	20:43

23	Cameron Poetzsch	37	20:51
24	John Sullivan	41	20:53
25	Lem Oandasan	44	21:06
26	Anthony Long	14	21:16
27	Daryl Luppino	47	21:17
28	Troy Hartman	37	21:34
29	Amy Sonstein ①	37	21:42
30	Joel Rizzo	41	21:47
31	Jorge Larre	50	22:08
32	George Musante	52	22:14
33	Patrick Lee	59	22:25
34	Michael Stough	31	22:30
35	James Eales	47	22:39
36	Keith O. Johnson	69	22:41
37	Theo Jones	68	22:53
38	Ray Lie	30	23:03
39	Marie Carlotti ②	50	23:06
40	Mark Evans	44	23:22
41	Larry Wuerstle	51	23:34
42	Gregory Brown	57	23:38
43	Ken Coren	57	23:41
44	Peking Duck	52	23:43
45	Jim McBride	64	23:47
46	Kathleen Lail ③	39	23:55
47	Alfred Hu	46	24:02
48	Paul Mosel	65	24:13
49	Jerry McGowan	69	24:34
50	Tom Pankratz	53	24:37
51	Steve Nissenson	59	24:40
52	Melissa Ketunuti ④	30	24:45
53	Peter Royce	72	24:57
54	Tom Huster	63	25:04
55	General Zod	31	25:08
56	Marian Lyons ⑤	60	25:13
57	Sam Roake	71	25:28
58	Gary Brickley	54	25:31
59	Kevin Cuevas	16	25:53
60	Jon Nichols		26:05
61	Thomas Smiley	49	26:19
62	Janet Nissenson	47	26:24
63	Sarah Suarez	33	26:36
64	David Lakin	46	27:05
65	Judith Waitz	47	27:12
66	Curtis Broome	42	27:20
67	Heather Broome	33	27:21
68	Matt Ballinger	39	27:28
69	Suzana Seban	53	27:29
70	Luz Avila	39	27:30
71	Bob Morris		27:39
72	Ken Reed	62	28:13
73	Charles Watson	30	28:26
74	David Razon	35	28:47
75	Kalama Lui-Kwan	34	28:48
76	Joe Connelly	45	29:12
77	Wendy Newman	57	29:54
78	Russell Breslauer	62	30:09
79	Bill Woolf	72	30:30
80	Krista Donaldson	34	30:33

Continued on page 10



**From the President's Desk**  
Continued from page 1

81	Barbara Robben	73	31:24
82	Erika Anglada	29	31:26
83	Meaghan English	24	31:31
84	Aimee Johns	20	31:32
85	Brian Hawkins	30	31:34
86	Elizabeth Morris	44	31:38
87	George Sacco	69	31:54
88	Matt Knowles	27	32:10
89	Greg Knowles	50	32:11
90	Kennedy Menendez	43	32:12
91	Cary Mele	26	32:17
92	Henry Nebeling	74	32:31
93	Evelyn Martinez	59	32:38
94	Erika Costanzo	27	32:48
95	Anne McCormick	49	32:58
96	Lee Bierman	30	33:31
97	Lisa Izumi	31	34:04
98	Marcia Martin	54	35:21
99	Bob Kovash	68	36:07
100	Christiane Ketunuti	55	36:10
101	Heidi Schrupp	27	38:08
102	Samantha Miller	30	39:00
103	Bob Theis	78	39:13
104	Dina Kovash	68	40:55
105	Shannon Luppino	11	43:10

**SELF TIMERS (11)**

Hashim Bashiruddin	50	
Elle Breslauer	59	
Robert Brizuela	66	52:00
Carolyn Clark		
Hilary Fong	48	
Kim Chee Kim	2	
Sunhi Kim	48	
Doerte Murray	66	
Ed Olkowski	64	56:23
Jim Pommier	74	
Don Watson	78	

**DSE at the Races**  
Continued from page 5

5/7	Coleman School Run For The Gold 6K, San Rafael	24	Amy Sonstein	37	0:37:30
		49	Elizabeth Terry	42	0:49:56
		51	Dennis Hassler	73	0:50:59
5/7	Avenue of the Giants Marathon	253	Gregory Brown	57	5:09:10
5/13	Marin Human Race 5K, San Rafael	5	Eduardo Vazquez	34	0:18:06
		43	Amy Sonstein	37	0:21:24
		100	Julius Schillinger	60	0:24:51
		105	Doug Lipinski	52	0:25:16
		230	Lorrie Kalos	46	0:29:16
		295	Dennis Hassler	73	0:31:10
		1234	Marion Irvine		1:16:27
5/13	Lake Merritt Half Day 6 Hour Run	5	Jason Reed	28	6:00:00
		5	Adrian Jue	25	12:00:00
5/13	See Jane Run Half Marathon	60	Marian Lyons	60	1:45:05
		116	Stephanie Atwood	56	1:51:34
		137	Lina Khatib	43	1:54:38
		198	Marie-Pierre Carlotti	50	2:18:53
		200	Wendy Newman	57	2:18:53
		203	Suzana Seban	53	2:19:05
		263	Anne Ludwig	53	2:32:40
		288	Jane Colman	63	2:46:04
		?	Elaine Gecht	63	3:20:00
5/21	San Carlos Hometown Days 5K	2	Jim Kauffold	69	0:29:22
5/21	Tamalpa Runners TCRS #5, 5.25M	6	Eduardo Vazquez	34	0:39:27
		33	Steve Stephens	63	0:46:32
5/21/11	Tamalpa Runners TCRS #5, 5.25M	44	Amy Sonstein	37	0:50:49
		53	Ben Tracy	10	0:53:10
		63	Rachel Tracy	41	0:55:10
		73	Julius Schillinger	60	1:01:18
		85	Jeff Houston	49	1:08:39
		86	Lorrie Kalos	47	1:09:59
		88	Isabel Tracy	10	1:11:26
		89	Stephen Tracy	44	1:11:27

**2007 Bay to Breakers results continued on back of Race Schedule insert.**

## Hope to see you again soon .....

To all my fellow DSE runners,

I am leaving on Sunday morning headed for Oklahoma City, OK. I have been waiting for the phone call for about 1+ years to get my chance to become an FAA air traffic controller. If I get through the training I will be returning to SF on Sept 11th. I will then have to report to Albuquerque, NM on Sept 13th for my first day on the job. As you can imagine, I will have little time to make it to the DSE runs. I have enjoyed getting to know each and every one of you and I always look forward to going to the races just so I could talk to my friends.

Of course I also enjoyed getting faster. My first race was the Waterfront 5k on Feb. 27 2005. I finished in an out of breath time of 21:56. My last 5k was the Embarcadero 5k on April 22, 2007. I finished with a time of 19:00. While I wasn't out of breath, I was still red in the face (that will never change). I don't think that's too bad for a tall guy with a metal rod, 3 screws, a short leg, misaligned knee, and mismatch arches (no excuses). I am very proud to have run, been race director, or volunteered at every race in 2007. I wish I could have continued this through the end of the year. I am especially disappointed that I couldn't be apart of the relay team Calistoga/Santa Cruz relay team. I have been looking forward to the 2007 relay since we crossed the finish line in 2006. I hope to see everyone again soon, even if it has to be at the next gala dinner.

Good luck & stay healthy.  
Kevin Fry



## ◆◆◆ 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).

June 3	Practice Dipsea	June 23	DOUBLE DIPSEA *
June 10	Walt Stack 10K	July 1	Lake Merced Run
June 17	Conservatory 5K		

A reminder that members will need to volunteer at least two hours each year to receive a small trophy, and four hours to receive a large trophy for the 2008 Gala. If you can assist at any of the races listed above, please contact Kevin at [dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com) or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

\* One easy way to fulfill this requirement is to volunteer for a 4-hour shift at the upcoming Double Dipsea race on June 23. We need over 100 volunteers to put on this race, our largest event of the year. We need volunteers to work as course monitors, at aid stations, at finish line, refreshments, T-shirts, etc. If you are able to help please contact Janet at [jlnesson@aol.com](mailto:jlnesson@aol.com) or Ken Reed at 415-810-3832 or [RunKenRun@aol.com](mailto:RunKenRun@aol.com).

## Celebrate Freedom at the July 4th Run for Law Enforcement

**Wednesday July 4, 2007** the Freedom Road 5K & Jefferson Mile Runs & Walks in San Francisco's Golden Gate Park to Celebrate Freedom. Freedom Road is a timed event, featuring certified courses and Awards 3 deep in all (12 & under through 80+) Age Divisions.

The Jefferson Mile starts 8:30 AM at the Bowling Green on Bowling Green Drive, proceeds south and turns right on MLK Dr, right on Middle Dr. and finishes on Middle near JFK Dr.

The Freedom Road 5K starts 9 AM on JFK Dr at Conservatory Dr. East of the Conservatory of Flowers proceeds west and turns left at Stow Lake Dr. and runs around Stow Lake Clockwise and back down to JFK to finish at the Conservatory of Flowers. You can do the Combo (Mile & 5K) and place in both distances; this is as much fun as you can have running.

Freedom Road benefits Law Enforcement Against Prohibition, an organization of retired and current Police Officers, Narcotics Officers, Police Chiefs, Judges and Prosecutors who are calling for an end to the War on Drugs. Go to [www.LEAP.cc](http://www.LEAP.cc) to learn more about this organization.

Besides the usual goodies, those who enter will receive collectable items that will appreciate, an Official T-shirt, featuring a golden Lady Justice on a black T and a finisher's certificate or in the case of the Virtual Entrant a certificate of appreciation, but the best perk of all is the satisfaction of helping LEAP fight the War on Drugs. It takes courage to go against the grain, LEAP deserves our support.

Help us make this event a place where people come together in San Francisco and across the nation (via Virtual Entry) to Celebrate Freedom. Go to [www.peopleEvents.org](http://www.peopleEvents.org) to Enter Online or Download an Entry. Hotline: (650) 291-8531.

July 4, is a day that is about as difficult as it gets for volunteerism, if you are not running and can volunteer please help.

*Bill Dake, DSE Member*

## 6th Annual DuskBusters 5K run & 2 mile walk

**June 6, 2007**

**Golden Gate Park  
Polo Fields**

*Help raise funds for the Northern California Chapter of the National MS Society by participating in this 5 kilometer run and 2-mile walk event in Golden Gate Park on the evening of June 6, 2007.*

Interested in a good speed workout with some elite-class runners? Or want to participate in a good cause and have some fun too? Then come out and run the 6th Annual DuskBuster a 5-kilometer run and 2-mile walk event at the Polo Fields in Golden Gate Park on the evening of Wednesday, June 6, 2007 @ 7:00 p.m. The goal of the event is to provide a fun and healthy experience and most importantly raise money for the Northern California Chapter of the National MS Society. This chapter is part of a nationwide non-profit organization founded in 1946, whose goals are to support research aimed at finding a cure for MS, as well as to fund services for persons with MS and their families.

In each of the first five years that the DuskBuster has been held (2002-2006), the event averages 300-400 participants. Annual proceeds have grown from approximately \$20,000 during the first year to almost \$50,000 in 2006. This year we hope to double the amount of participants and raise \$75,000 for the cause.

For more information please contact: [chuck@hornbrookco.com](mailto:chuck@hornbrookco.com) 415-902-7762



## ◆ ◆ ◆ Monthly Running ◆ ◆ ◆

- 1) All races entries are payable at the event by cash only. (Sorry, no checks) unless you register online at [www.active.com](http://www.active.com) by 9:00 AM on the Friday before the race.
- 2) All races are \$3 for members and \$5 for non-members unless otherwise noted.
- 3) Kids / Youth (under 12) \$1. All others pay at the adult rate.
- 4) Race dates & 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.

**For 24-Hour racing information call the DSE Race Hotline at (415) 978-0837**

### **Sun Jun 3 Practice Dipsea Run, 6.8 miles**

**START:** Old Mill Park, Throckmorton Ave, Mill Valley

**FINISH:** Stinson Beach

**STARTING TIME:** Runners at 8:00 AM. Walkers are encouraged to start early.

**COURSE DESCRIPTION:** Course follows Dipsea Trail over Mt. Tamalpais. Course is not marked except for permanent GGNRA trail markers.

**Note: Runners must carry their own water and find their own transportation back to start. There are no course monitors and no aid stations.**

### **Sun Jun 10 Walt Stack 10K**

**START/FINISH:** Dolphin Club, Jefferson & Hyde Streets

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

**COURSE DESCRIPTION:** Run along Aquatic Park walkway on Jefferson and up over Fort Mason Hill. Continue along Marina Blvd, right across little Marina Green and through the parking lot onto Crissy Field/Golden Gate Promenade. Stay on straightaway path. Turnaround at Warming Hut/Fort Point Fishing Pier and return same way to finish.

### **Sun Jun 17\* Golden Gate Park Conservatory 5K**

**START/FINISH:** Conservatory of Flowers, Kennedy Drive in Golden Gate Park

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

**COURSE DESCRIPTION:** Run westbound on Kennedy Drive, make a left (uphill) at Stow Lake Drive, run clockwise loop around Stow Lake, make a right back onto Kennedy Drive and return eastbound to the Conservatory of Flowers finish.

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

### **Sat Jun 23 Double Dipsea Handicap Race, 13.7 miles**

**START/FINISH:** Stinson Beach parking lot

**STARTING TIME: HANDICAPPED RACE START WITH FIRST WAVE AT 8:15 AM!**

**COURSE DESCRIPTION:** Out and back course follows Dipsea Trail over Mt. Tamalpais.

**Register online at [www.doubledipsea.com](http://www.doubledipsea.com)**

### **Sun Jul 1\* Lake Merced Run, 4.5 miles**

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

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

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

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

### **Sun Jul 8 Golden Gate Bridge Vista 10K**

**START/FINISH:** Parking lot above El Camino del Mar (48th Ave)

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

**COURSE DESCRIPTION:** Run east along the Coastal trail, climb staircase, run uphill then downhill on El Camino del Mar, take lower fork of 30th Ave staying on El Camino del Mar which runs into Lincoln Blvd, follow guard rail onto dirt trail. Turn around at end of parking lot next to bus stop and return the same way back to finish.

## ◆ ◆ ◆ Group Runs ◆ ◆ ◆

- ◆ **Wednesday @ 7:15 A.M.(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 & road to Huddart Park. For more information contact Judith: [webbsight@earthlink.net](mailto:webbsight@earthlink.net) or Ken @ 415/586-3104 or [runkenrun@aol.com](mailto:runkenrun@aol.com)
- ◆ **Saturday @ 8:10 A.M. 6 mile training run;** Meet at Kennedy Dr. & Transverse water fountain in Golden Gate Park. For more information contact Fred: [dsefred@yahoo.com](mailto:dsefred@yahoo.com)
- ◆ **Monday at 6:00 PM – Adidas Sports Performance Store San Francisco, 845 Market Street.** Led by Warren Change and DSE Sr. VP Adrian Jue. Open to all ages and levels. Runs vary from 3-8 miles, and refreshments are provided after the run.

## Classic STU-PEDS by Stu Ruth



"OK, LISTEN UP, WE'RE GOING TO NEED SOME OF YOU VOLUNTEERS TO RUN IN THE RACE."



## 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 500 members. The club holds races throughout the city almost every Sunday, with courses that range in difficulty and miles (between 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 also 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. All dues should be paid either by personal check or money order. Please make check to the DSE and mail it to Richard Finley at the address shown below, or online at [www.Active.com](http://www.Active.com).

Membership applications can be downloaded from the DSE website - [www.dserunners.com](http://www.dserunners.com) or contact **Richard Finley at [nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net) or c/o 805 Vega Circle, Foster City, CA 94404. Change of Addresses are also to be sent to Richard Finley.**

## Folding ♦ ♦ ♦ ♦ ♦ ♦ Session

DATE: Wednesday, June 27, 2007  
TIME: 7:00 P.M.  
PLACE: Frederick Haber & Yong Cho  
1261 - 31st Avenue  
San Francisco, CA 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 and usually wrap up before 9:00.

Please remember to bring drinks or snacks to share after the folding session. If you would like to host a folding session, contact **Jane Colman at [janecol@earthlink.net](mailto:janecol@earthlink.net).**

## Weather ♦ ♦ ♦ ♦ ♦ ♦ Report ♦ ♦ ♦

Meteorologist Mike Pechner

**Substitute editor apologizes for no weather report this month.  
You will have to check out another outlet this month for your  
weather report.**

## Club ♦ ♦ ♦ ♦ ♦ ♦ Officers



PRESIDENT  
ANGELICUS  
Walt Stack

PRESIDENT  
**Calvin Chan (415) 681-0105**  
[calwentjogging@aol.com](mailto:calwentjogging@aol.com)

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**Kennet De Silva**  
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**Eduardo Vazkez**  
**Bill Woolf | [billwoolf2@aol.com](mailto:billwoolf2@aol.com)**

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**Richard Finley**  
**[nishikifinley@sbcglobal.net](mailto:nishikifinley@sbcglobal.net)**

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RACE RESULTS  
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**Marie Appel**  
**[marienoelsf@hotmail.com](mailto:marienoelsf@hotmail.com)**

KIDS' RACE DIRECTOR  
**Daryl Luppino | 650-757-5247**

DOUBLE DIPSEA RACE DIRECTOR  
**Ken Reed | [RunKenRun@aol.com](mailto:RunKenRun@aol.com)**

PERMITS  
**Suzana Seban**  
**[suzana@network172.com](mailto:suzana@network172.com)**



# Happy Birthday!

5	Laurie Sullivan	◆	20	Robert Senoff	◆
6	Kevin Fry	◆	22	Benjamin Berven	◆
	Michelle McCarron	◆		Grant Johnson	◆
7	Jane Colman	◆	24	Nick Epstein	◆
	Marcia Martin	◆	25	Doris Segner	◆
8	Sheldon Gersh	◆	27	Lou Bristol	◆
	Roberta Rochetti	◆		Mary Lou Lemley	◆
10	Robert Archibald	◆		Propero Sanchez	◆
	Margarito Sanchez	◆	28	Bob Kovash	◆
11	Brian Hartley	◆	29	Mick Lavelle	◆
	Colin Heckman	◆	30	John Lindberg	◆
	Marnie Kelley	◆			◆
	Michael O'Sullivan	◆			◆
	Brierly Reybine	◆			◆
14	Thomas Vidosh	◆			◆
15	Richard Drechsler	◆			◆
	Eradio Sanchez	◆			◆
16	Paul Griffith	◆			◆
	Richard Pon	◆			◆
17	Pauline Dake	◆			◆
18	Kelly Cunneen	◆			◆
19	Marie Noel Appel	◆			◆
	Jakob Gron	◆			◆
	Terri Lavelle	◆			◆

New ♦ ♦ ♦  
♦ ♦ ♦ Members

The DSE wishes to extend a warm welcome to the following new members. (Note: If you joined in the second half of the month, your name will be listed next month).

## SAN FRANCISCO

Carol Epstein  
Nick Epstein  
Monica Othon

## SAN LEANDRO

Jeffrey Bui



**San Francisco  
Dolphin South End Running Club**

*Postmaster, Return Undeliverable Mail To:*

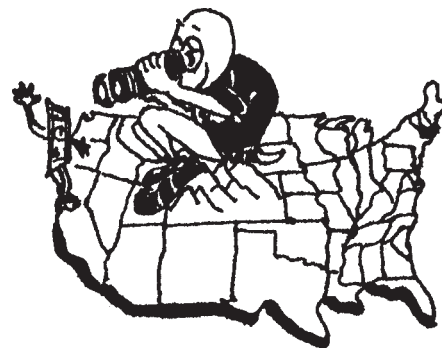
Jane Colman  
692 - 60th Street  
Oakland, CA 94609

## DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroup mail list to receive DSE updates and other running information, by linking to:

**<http://groups.yahoo.com/group/DSERunnersClub/join>.**

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



**Reminder:** The date on your label is 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!



# DSE at the Races 2007 Bay to Breakers

Overall	First Name	last Name	Gender	Age	AgePI	SexPI	Chip Time
57	Chikara	Omine	M	24	26	52	0:40:56
99	Grant	Johnson	M	23	40	86	0:43:41
122	Jason	Reed	M	28	45	106	0:45:52
127	Eradio	Sanchez	M	29	46	109	0:46:08
182	John	Woods	M	42	23	144	0:48:34
196	David	Moulton	M	39	42	153	0:49:00
226	Kennet	De Silva	M	25	65	179	0:50:12
300	Milan	Drager	M	32	64	241	0:51:58
394	Bob	Bowman	M	52	24	326	0:53:30
433	Andrew	Bloch	M	44	70	361	0:54:12
438	Michael	Sweet	M	37	103	365	0:54:18
638	Daz	Lamparas	M	54	50	539	0:57:02
765	Joel	Rizzo	M	41	133	657	0:58:04
796	Heather	Johnson	F	36	22	112	0:58:24
863	Kevin	Trock	M	52	90	741	0:59:00
1137	Mark	Kelley	M	51	113	968	1:00:53
1189	Matthew	Douglas	M	27	249	1011	1:01:12
1374	Richard	Nippes	M	59	133	1148	1:02:15
1398	Marian	Lyons	F	60	4	233	1:02:22
1407	Christopher	Kraemer	M	54	143	1173	1:02:26
1426	Julius	Ng	M	55	145	1189	1:02:36
1498	Michael	Gama	M	48	275	1247	1:02:55
1652	Mitchell	Sollod	M	68	26	1370	1:03:45
1727	Roy	Clarke	M	51	172	1434	1:04:07
1771	Paul	Mosel	M	65	33	1471	1:04:19
1896	Patrick	Mattimore	M	56	187	1565	1:04:54
1899	Paul	Farr	M	46	349	1568	1:04:56
2049	Jeffrey	St. Claire	M	41	370	1683	1:05:32
2227	Kelly	Haston	F	36	114	403	1:06:16
2597	Uwe	Schling	M	36	591	2105	1:07:39
2609	Gary	Brickley	M	54	280	2115	1:07:41
2878	Sam	Roake	M	71	3	2328	1:08:36
2950	Lisa	Griffin	F	42	96	574	1:08:53
3036	Gerald	Flynn	M	58	337	2444	1:09:10
3269	Mort	Weisberg	M	70	5	2607	1:09:56
3287	Peter	Royce	M	72	6	2619	1:09:59
3552	Happy	Tam	M	33	797	2803	1:10:42
3573	Robert	Archibald	M	49	636	2818	1:10:45
3798	Carolyn	Dingwall	F	44	141	823	1:11:29
3848	Ken	Reed	M	62	68	3019	1:11:41
4162	Monica	Othon	F	28	344	941	1:12:38
4445	John	Stauffer	M	55	486	3414	1:13:27
4677	Eric	Berg	M	40	814	3573	1:14:02
4719	Dan	Overhultz	M	47	823	3601	1:14:11
4761	Wendy	Newman	F	57	65	1133	1:14:20
4801	Hilary	Fong	F	48	189	1148	1:14:30
4925	Jack	Bascom	M	65	108	3738	1:14:50
4985	Maricela	Castaneda	F	33	346	1211	1:14:59
5573	William	Woolf	M	71	11	4118	1:16:34
5614	Gary	Bengier	M	51	589	4145	1:16:40
5902	Nan Alamilla	Boyd	F	43	284	1583	1:17:27
6377	Michael	Rouan	M	43	1038	4589	1:18:43
6446	Valerie	Trenev	F	47	327	1821	1:18:54
6560	Evelyn	Martinez	F	59	118	1872	1:19:11
6569	Choi Yee	Wong	F	26	674	1876	1:19:13
6592	Lucy	Wong	F	45	339	1891	1:19:16
??	Bob	Morris	M	58	??	??	1:20:00
7042	Elizabeth	Terry	F	42	380	2098	1:20:26
7269	Clem	Fortman	M	41	1149	5064	1:21:02
7639	Candes	Gentry	F	30	723	2380	1:22:03
8360	Francisco	Arnaiz	M	26	1239	5648	1:23:56
10331	Harry	Cordellos	M	69	266	6628	1:29:38
11107	Michael	Rochetti	M	37	2040	6983	1:31:59
11109	Roberta	Rochetti	F	38	1268	4125	1:32:00
11372	Roxanna	Pezzy	F	48	827	4260	1:32:54
11854	Margie	Whitnah	F	58	376	4515	1:34:52
12200	Lucy	Pon	F	55	397	4718	1:36:22
12224	Elizabeth	Wells	F	43	935	4732	1:36:29
12858	Jim	Misener	M	46	0	7807	1:39:13
13431	Kenneth	Fong	M	45	1773	8053	1:42:17
13432	Diane	Okubo-Fong	F	46	1051	5379	1:42:17
13502	Marie	Appel	F	42	1057	5414	1:42:46
13508	Adrian	Jue	M	25	1672	8093	1:42:47
14022	Jim	Peters	M	69	392	8325	1:45:44
14193	Ted	Vincent	M	71	54	8397	1:46:43
14418	Michael	Korn	M	44	1857	8485	1:48:11
14673	Russell	Breslauer	M	62	422	8598	1:49:55
14675	Ellen	Breslauer	F	59	552	6077	1:49:56
16024	Emily	Ness	F	59	687	6895	2:01:32
16053	Virginia	Cuadra	F	41	1371	6910	2:01:47
17019	Tony	Stratta	M	76	80	9492	2:10:41
17050	Elaine	Gecht	F	63	188	7548	2:11:05
19104	David	Klinetobe	M	46	2198	10246	2:30:13