

DSE NEWS

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42nd Year

July 2007

WALT STACK DOUBLE DIPSEA A BIG SUCCESS

Ken Reed, RD

Jamie Berns and Roy Rivers came across the finish line hand in hand tied for 1st place in one of the most exciting finishes in 38 years of Double Dipsea races. Jamie had won the Dipsea Race two weeks before and Roy had won Woodminster last week and the Double last year. It was an emotional and inspirational finish. The top five finishers in the Dipsea Race two weeks earlier—Jamie Berns (1), Russ Kiernan (2), Roy Rivers (3), Cliff Lentz (4) and Judy Rabinowitz (5)—were all entered in the Double Dipsea, and all finished in the Double Dipsea top 5 as well.

The top ten finishers were:

1. Jamie Berns and Roy Rivers (tied)
3. Judy Rabinowitz
4. Russ Kiernan
5. Cliff Lentz
6. Mark McManus
7. Don Stewart
8. Tomas Pastalka
9. Steve Katz
10. Hans Schmid

**Race Director Ken Reed
announcing the 2007
Double Dipsea winners
© 2007 Paul Mosel**

More Double Dipsea photos
on pages 2, 6, 7, 8 and 9



The weather was sunny and hot and many runners came across the finish line bloodied from falls and almost dehydrated from the heat and speedy times.

We had almost 50 more finishers than last year, and registered over 435 runners, including 84 on race day.

Over 110 volunteers help make this race safe and fun for close to 400 finishers. Thank you to all volunteers.

Race results will be available shortly on the Double Dipsea web site, www.doubledipsea.com. There will be a full race report in the August DSE News.

From the President's Desk

CALVIN CHAN

SUMMER GENERAL MEETINGS JULY 8 AND 22

Two Club General Meetings will be held immediately following same day races on 7/8 AND 7/22. Besides review of club status, a By-law Proposal will be introduced. Your attendance at the two July general meetings is very important to DSE; please share your club ideas and voice.

JULY RACE SCHEDULE

7/1 Lake Merced, 7/8 GG Bridge Vista 10K (the GG Bridge Vista replaces the cancelled Coastal Trail Challenge race series); 7/15 Daly City Scenic 6.8 M & 5K; 7/22 Windmill 10K; 7/29 No DSE Run—run or volunteer at the San Francisco Marathon.

SF MARATHON AID STATION JULY 29

DSE will be manning aid station #6 at Transverse/Crossover Drive near the Saturday morning water fountain run location. The SF Marathon aid station shift is from 5:15 to 9:15 am. We ask all volunteers to report by 6:00 am. We need 30 volunteers. If you can help, please contact Kevin at 415/751-9653 or dse.pekingduck@juno.com.

DSE VOLUNTEER APPRECIATION PICNIC

The annual DSE Volunteer Appreciation Picnic on Sunday, August 26, is one of the highlights of the year. Picnic attendance is by invitation only. Please sign up by August 19 as a club volunteer to be eligible; I look forward to seeing everyone there!

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DOUBLE DIPSEA VOLUNTEERS



Muir Woods aid station volunteers ready and waiting for runners
© 2007 Paul Mosel

Cardiac Hill aid station volunteers waiting for the runners to return
Photo by Don Watson



Volunteers at the post-race picnic at Stinson Beach
© 2007 Paul Mosel



FROM THE PRESIDENT'S DESK
continued from page 1

RRCA CONVENTION BID UPDATE

DSE, along with a consortium of Bay Area running clubs, is moving forward to bid for the 2009 RRCA Convention to be held in San Francisco. After several productive meetings, 5 committees with chairpersons were formed to handle all the necessary behind-the-scene administrative duties: Companion Race; Host Hotel RFP & Host Hotel Contract; Fun Runs & Offsite, including BBQ/ Crab fest; Bid Proposal & Presentation; Sponsors & Expo.

The consortium could use someone on the Companion Race Committee and someone on the Sponsors & Expo Committee. If you have some particular expertise, experience or interest related to one or more of the committees, please contact James O'Donnell. There is also a need for people with Hotel RFP & Hotel Contract experience.



Muir Woods volunteers help the runners cool off

© 2007 Paul Mosel

◆◆◆◆◆ 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.com
WEBMASTER: Natalie Nissenson
sparklethenfade@aol.com
ASSISTANT: Stephen Boesch

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

Many runners come into running from other sports like cycling (and some like Jeff Houston still continue as serious cyclists). Adrian Jue, our new Senior Vice President, did so and quickly went on to become one of our most successful young runners; he has major race goals!

The Saturday morning run starts at 8:10 AM from the water fountain on Kennedy Drive and Transverse Drive in Golden Gate Park. All are welcome.

I hated running. What was the point of running the mile on a dirt track in high school? There was no joy, only an obstacle to pass if you wanted to graduate. If one were to look at it that way, the love for running could never exist.

More than five years later, I'm learning more from this sport and the people who do this with heart and passion. But it didn't just happen. From an early age, I knew that running was a natural ability that all humans possessed, but often neglected. I was one of them.

Early humans ran to hunt and to find shelter in order to survive. But running nowadays seems forced, a trying activity to meet the daily guidelines for fitness, but almost rarely for pleasure. I had always admired people who could complete marathons, triathlons, and other endurance events that are physically demanding—something I couldn't possibly imagine myself doing.

By the time I went to UC Davis, I fell in love with road cycling and started to compete in many of the collegiate events throughout the state. Our team was first rate, winning the Western Conference Championships and Nationals easily in 2001. However, I was a terrible bike racer who didn't develop a base that many of my teammates had with running, swimming, and rowing. I was so bad that before every race I promised myself to not get dropped by the peloton—a sign that your race was over. I spent year after year racing, not necessarily a better rider, but a fitter person.

I graduated in 2004 and moved back to San Francisco settling into real life. No matter how much I loved cycling, I couldn't find a way to fit in 3-4 hour long rides during the week before or after work as I did after my classes in Davis. I began to gain weight gradually, and I didn't want my aerobic base to fade in less time than I had spent developing it. I began running short distances around my neighborhood logging a maximum of 15-20 miles a week. Back then, it seemed to be a lot of miles as the telling signs of shin splints would suggest. Then I got a call from my cycling teammate to have fun and run in the upcoming Bridge to Bridge 12K. I was against this, believing that this would be too much too soon. But his persuasiveness took a hold of me, and I agreed to do it as a challenge. I trained harder than ever. During the race, my competitiveness would blindsight me and I would go all out. Afterward, I was feeling the effects of fatigue, but I was looking forward to running longer distances.

I started looking for running clubs that would help me achieve my then current goal of making running a consistent

and healthy habit. I chose DSE hands down for its cost-effective membership and low-entry fees. I emailed Fred Haber in December about the Saturday morning runs, afraid that the 6 mile route would be demanding. But he advised that there would be stops along the way. I quickly met some great mentors who provided great wisdom and running lore and other silly antics that made 6 miles go by like 60 meters. On my easy days I still enjoy running with the Saturday morning bunch, but I often feel guilty when they point out how much I have been missing. In fact, they have always believed in and supported me in all of my running endeavors and encouraged me to keep running for my entire life.

DSE would be a haven for both expanding my running network and getting in my speed work in the DSE races. I learned how to be more efficient with pacing in distance running and my finishing times began to drop. There have surely been tough times as well as great days, both learning experiences that resonate toward better running.

During the Golden Gate Park 10K, I overheard Wayne Plymale and Dave Parrish talking about the NYC Marathon and that the deadline would be the next day. I quickly went home and entered the lottery, not really expecting to get in. But I did, and I started training for my first marathon. I know this is so clichéd, but it would be an experience that I will never forget.

New goals began to pop up, and I became infatuated with qualifying for Boston, which I have yet to do. I believe the success of qualifying is greater than

actually running the Boston Marathon, but I really can't confirm this. After reading Dr. Bernd Heinrich's book, *Why We Run*, along with the accomplishments of ultra runner, Scott Jurek, I see that the limits of the human body seem to go farther and farther with endurance, intelligence, and the drive to succeed. I wanted to be a part of this cult following and I have a few ultras I will run in the near future. Completing the Western States 100 in less than 24 hours and running a sub-3 road marathon are a few of my very long term goals I would love to conquer; but with any huge endeavor they require one step at a time.

I really enjoy being a part of DSE and it has definitely expanded my horizons and my running goals. I really didn't think I would take a bigger role in DSE, but I feel that there is an increasing need to continue what this club has given me and the hopes of helping new and existing runners find their niche in a well-organized running club.



Adrian at last year's Double Dipsea
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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.

June 3, 2007

Practice Dipsea, 6.8M

Race Director: John Blankenship

Volunteers: Calvin Chan, Uwe Schling, Kevin Lee, Bobby Marty, Bill Woolf, David Lakin, Ken Reed, Noe Castanon, Yong Cho, Rose Royce, Fred Haber, Marie Appel



Race Director John Blankenship

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PL	NAME	AGE	TIME
1	Thomas Bliska III	17	57:33
2	Mark Janes	32	57:44
3	Jerry Flanagan	41	1:03:22
4	Will Aarsheim	38	1:04:01
5	Jason Reed	28	1:04:21
6	John Woods	43	1:08:08
7	Eduardo Vazquez	34	1:08:29
8	Damon Uriarte	35	1:08:32
9	Son of April	18	1:09:24
10	Kelsey Ripp ①	17	1:09:30
11	David Ripp	55	1:10:00
12	Larissa Polischuk ②	29	1:12:51
13	Max Perrey	16	1:13:56
14	Yvette Nout ③	33	1:14:44
15	James Bucci	29	1:14:45
16	Liz Dorey ④	42	1:14:58
17	Patrick Cunneen	43	1:16:05

18	Jak Churton	43	1:16:25
19	Lois Edblad ⑤	47	1:17:16
20	Michael Edelstein	48	1:17:17
21	Rick Lopez	40	1:17:56
22	Dan Reidy	36	1:18:01
23	Christopher Holbrook	25	1:18:54
24	Will Spinrad	16	1:18:58
25	Ken Coren	57	1:19:04
26	Gabriel de Forest	17	1:19:08
27	Glenn Hoffman	46	1:19:20
28	David Klinetobe	46	1:19:24
29	George Forman	61	1:20:50
30	Thomas Bliska	53	1:20:54
31	Nicholas Bucci	28	1:21:21
32	Theo Jones	68	1:22:03
33	John Dugan	55	1:22:09
34	Cammie Dingwall	44	1:22:15
35	Keith O. Johnson	69	1:22:51
36	Olivia Lloyd	12	1:22:59
37	Hawley Theron	15	1:23:20
38	Agent Orange	49	1:24:26
39	Kenneth L. Fong	45	1:24:38
40	Carolyn Garriott	44	1:24:59
41	Gary Brickley	54	1:25:39
42	Nathan Brickley	15	1:25:43
43	Brian Toolajian	43	1:26:10
44	Peter Royce	72	1:26:15
45	Sean Haney	42	1:26:39
46	Sam Roake	71	1:27:46
47	Jennifer Melman	35	1:28:21
48	Mc Lavelle	54	1:29:02
49	John Dunlop	47	1:29:02
50	Johanna Merriss	57	1:29:05
51	Marisa Ceballos	25	1:29:40
52	Pablo Estrada	28	1:29:41
53	Mitchell Sollod	68	1:30:26
54	Lina Khatib		1:31:15
55	Tom Linthicum	49	1:31:19
56	Marianne Frank	37	1:31:27
57	April Lax	52	1:35:43
58	Jack Bascom	65	1:36:17
59	Patrick F. Cunneen	73	1:37:32
60	Marie Carlotti	50	1:37:32
61	Jeff Houston	49	1:38:28



Heading up the notorious Dipsea steps

Photo by Don Watson

62	Kathleen Lail	39	1:42:39
63	Carol Ruth	52	1:43:59
64	Suzana Seban	53	1:46:57
65	Wendy Newman	57	1:47:17
66	Cedric LaCroix	42	1:48:45
67	Jon Ory	51	1:50:34
68	Jessica Jacobs	32	1:52:50
69	Tessa DeFranco	23	1:52:51
70	Evelyn Martinez	59	2:05:38
71	Tom Pang	50	2:25:32
72	Robert Silvbean		2:25:37
73	Roxanna Pezzy		2:25:37

SELF-TIMERS

Blake Glidden	34
Marcia Martin	54
Doerte Murray	66
Gary Davis	
Elaine Gecht	
Susan Herder	

June 10, 2007

Walt Stack Memorial 10K

Race Directors: Eduardo Vazquez and Kennet De Silva

Volunteers: Calvin Chan, Joe Connelly, Kevin Lee, Phyllis Nabhan, Jason Reed, George Sacco and a few others



Race Directors Eduardo Vazquez and Kennet De Silva

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PL	NAME	AGE	TIME
1	Grant Johnson	23	36:41
2	Jason Reed	28	37:54
3	Doug Esopenko	45	38:23
4	Peter Hsia	46	38:55
5	Carlos Reyes	20	40:26
6	Bill Nolan	42	40:30
7	Ben Beeler	14	41:40
8	Milan Drager	32	41:53
9	John Woods	43	42:24
10	Dave Coulman	47	42:30
11	Reid Tilestein	23	43:05

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WALT STACK 10K
continued from page 4

12	Jeremy Calnan	47	43:28
13	Bruce Bayliss	49	43:57
14	Markham Miller	43	43:58
15	Thomas McManus	37	44:25
16	John Buckley	46	44:34
17	Bob Bowman	52	44:42
18	Sloane Cook	17	44:45
19	Paddy Gyves	59	45:09
20	Daryl Luppino	47	45:17
21	Noe Castanon	36	45:59
22	Jerry Flanagan	41	46:39
23	Michael Sweet	37	47:08
24	John Sullivan	41	47:10
25	David Joyner	44	47:18
26	Cody Kinter ①	24	48:13
27	Fiona McCusker ②	42	48:22
28	Joel Rizzo	41	48:25
29	Patricia Lai ③	25	48:27
30	George Musante	52	48:38
31	Chris Holboock	25	49:00
32	Patrick Lee	59	49:41
33	George Baptista	64	50:03
34	Theo Jones	68	50:21
35	Tim Monahan	42	50:32
36	Matthew Fabry	34	50:38
37	Andrew Alexander	34	51:00
38	Lucy Wing ④	50	51:31
39	Mark Evans	44	51:33
40	Phil Melman	41	51:42
41	Kathleen Lail ⑤	39	52:18
42	Ed Celestina	56	52:19
43	Beau Granados	25	52:25
44	Mark Kelley	51	52:26
45	Marie Carlotti	50	52:32
46	Ray Lie	30	52:43
47	J. Kline	55	52:57
48	Sam Roake	71	53:55
49	Gregory Brown	57	54:07
50	Tom Huster	64	54:14



Lucy Wing heading back on
the Walt Stack Memorial 10K
Photo by Don Watson

51	Dan Tsang	30	54:37
52	Jeffrey Bui	25	54:56
53	Gloria Roman	25	54:58
54	Paul Mosel	65	55:04
55	Uwe Schling	37	55:17
56	Bess Kennedy	31	55:32
57	Tricia	28	56:00
58	Ra	36	56:00
59	Marian Lyons	60	56:39
60	Bill Jackson	64	56:52
61	Kenneth Fong	45	57:00
62	General Zod	31	57:40
63	Mort Weisberg	70	58:02
64	Elizabeth Sherman	23	58:29
65	Johanna Merriss	57	58:51
66	William Bernick	17	60:34
67	Jen Melman	35	61:05
68	Lia Cherian	35	61:30
69	Suzana Seban	53	61:34
70	Judith Waitz	47	61:47
71	Ron Hecker	67	61:54
72	Joseph Fitzgerald	29	61:56
73	Jeani	23	62:04
74	Victoria Hodson	29	62:19
75	JoAnn Sorrato	37	62:20
76	Pam Harbidge	33	62:34
77	Bonnie Mencher	32	63:10
78	Myles Sussman	42	63:23
79	Bob Morris		63:43
80	Michele Bilich	31	63:59
81	Lorie Leonard	23	65:55
82	Laura Northrop	26	66:05
83	Bill Woolf	72	66:45
84	Elizabeth Terry	42	67:54
85	Jeff Houston	49	68:39
86	Paula Floeck	46	74:04
87	George Sacco	69	79:01
88	Jeff Darrow	57	79:10

SELF-TIMERS

Aidan Durgenan	10
Bob Theis	78
Carolyn Clark	
Ed Olkowski	64
Fred Haber	47
Jane Lee	56
Jesse Agbayani	55
Kim Chee Kim	2
Liese Rapozo	79
Robert Brizuela	67
S. Durgerian	40
Shannon Luppino	11
Sunhi Kim	48
Wally Rapozo	78
Wendy Newman	56
Yong Cho	48

June 17, 2007

Conservatory of Flowers 5K

Race Director: Adrian Jue

Volunteers: Hashim Bashiruddin, Robert Brizuela, Calvin Chan, Joe Connelly, Hilary Fong, Richard Hannon, Kevin Lee, Bobby Marty, William Misener, Phyllis Nabhan, George Sacco, Michele Wayne

PL	NAME	AGE	TIME
1	Grant Johnson	23	17:08
2	Jason Reed	28	17:39
3	Carlos Reyes		17:58
4	Albert Hwang	27	18:00
5	Dan Martinelli	50	18:01
6	Jerry Flanagan	41	18:18
7	Brett Baucom	28	18:39
8	Anthony Benson	43	18:46
9	Bruce Bayliss	49	18:57
10	John Woods	43	19:04
11	Peter Delahunt	43	19:07
12	John Cary	30	19:13
13	David Hoatson	48	19:14
14	Sloan Cook	17	19:20
15	Corrie Drakulich ①	25	19:23
16	Matthew Thomas	28	19:29
17	Dave Coulman	47	20:03
18	Andrew Bloch	44	20:06
19	Will Colglazier	27	20:08
20	Noe Castanon	36	20:12
21	Gene French	60	20:38
22	Andrew Freid	40	20:49
23	Judah Margolis	21	20:52
24	Phil Trout	26	21:11
25	Daryl Luppino	47	21:20
26	Neil Pinkerton	43	21:32
27	Michael Sweet	37	21:48
28	Daz Lamparas	55	21:58
29	Jim Misener	46	22:03
30	Amy Sonstein ②	37	22:07
31	Andy Hammann	35	22:13
32	George Baptista	64	22:27
33	Joel Rizzo	41	22:40
34	Shannon McIntyre ③	23	22:44
35	Robin Lie	35	22:45
36	Patrick Lee	59	22:55
37	Eric Muehlhausen	28	22:59
38	Marie Carlotti ④	51	23:03
39	Yuliya Oryol ⑤	36	23:05
40	Samuel Harnell	44	23:05
41	Josh Weddle	25	23:07
42	B. Fry	26	23:17
43	Janine Lichtenberger	32	23:25
44	Gina Rizzo	37	23:47
45	Hank Ottey	32	23:50
46	Thomas Smiley	49	23:58
47	Bruce Cohen	42	24:01
48	Jianhui Zhang	35	24:03

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CONSERVATORY OF FLOWERS 5K
continued from page 4

49	Jim McBride	64	24:08
50	Paul Mosel	65	24:11
51	Kathleen Lail	39	24:19
52	Steve Nissenson	59	24:28
53	Uwe Schling	37	24:30
54	Patrick Mattimore	56	24:31
55	Michelle Smith	47	24:35
56	Karen Azevedo	43	24:37
57	Patrick Regan	40	24:42
58	Jennifer Goetz	33	24:44
59	Stephanie Cary	31	24:46
60	Greg Brown	57	24:53
61	Mike Stabler	47	24:57
62	William Mattimore	18	25:05
63	William Bernick	63	25:08
64	Marian Lyons	60	25:10
65	Gerald McGowan	69	25:11
66	Scott Kinghorn	37	25:12
67	Faustine Dufka	17	25:20
68	Robert Archibald	50	25:25
69	Sam Roake	71	25:32
70	Mike McVicker	38	25:35
71	Paul Marsters	23	25:42
72	Gary Brickley	54	25:45
73	Lina Khatib		25:52
74	Guillermo Ramirez	45	25:53
75	Charles Herndon	11	25:58
76	Kenneth Fong	45	26:05
77	Bob Morris		26:12
78	David Lakin	46	26:22
79	Janet Nissenson	47	26:33
80	Ken Reed	62	26:41
81	NO NAME		26:54
82	Wendy Newman	57	26:59
83	Janice Yoshihara	40	27:00
84	Jack Bascom	65	27:11
85	Lawrence Shaker	30	27:17



Jeff Houston running in the
Conservatory of Flowers 10K
Photo by Don Watson

86	Lan Nguyen	28	27:32
87	Suzana Seban	53	27:36
88	Christine Petrozzo	21	27:46
89	Dave Sabo	49	27:58
90	Maia Youngbrandt	29	28:04
91	Joe Connelly	45	28:06
92	Laura Northrop	26	28:19
93	Rachel Boles		28:23
94	Bill Welvy	54	28:29
95	Robin Jackson	50	28:38
96	John Houghton	68	28:55
97	Jim Kauffold	69	29:12
98	Lorrie Kalos	46	29:13
99	Vanessa Wilson	33	29:17
100	Christine Begle		30:13
101	West Coghlan		30:18
102	Jeff Houston	49	30:38
103	Elizabeth Colglazier	25	30:42
104	Henry Nebeling	74	30:50
105	Amy Ellingson	43	30:53
106	Catherine Kim	10	31:06
107	Elizabeth Dahlen	38	31:07
108	Tony Wasserman	62	31:12
109	Theresa Flynn	29	31:16
110	Bill Woolf	72	31:22
111	Dennis Hassler	73	31:25
112	Bill Lakin		31:26
113	Marc Weibel	39	31:32
114	Bob Bean		31:48
115	David Pon	17	31:52
116	Nina Keiser	27	32:21
117	Chris Yu	38	32:21
118	Vanessa Pon	22	32:23
119	Avery Yu	10	32:23
120	Pearl Yu		32:28
121	Rachel Chalues	36	32:33
122	Jackie Pon	25	33:16
123	Richard Pon	56	33:16
124	George Sacco	59	33:38
125	Sabrina Dahlen	07	33:48
126	Dad Dahlen	44	33:48
127	Jenny Coleman		33:38
128	Marla Riley	46	34:00
129	Vanessa Herndon	16	34:28
130	Jane Colman	64	34:29
131	Stephanie Brogan	32	35:19
132	Kastania Dahlen	10	35:19
133	Kiki Do	39	35:32
134	Lisa Izumi		36:24
135	Diane Kennon	46	37:09
136	Martha White		38:32
137	Illegible		40:55
138	Lucy Pon	55	41:00
139	Bob Theis	78	41:39
140	Judith Jarozz		41:46
141	Jamey Moore	38	45:01
142	Liese Rapozo	79	45:33
143	Wally Rapozo	78	47:22

SELF-TIMERS

Bill Dake	70	
Brie Reybine		
Carolyn Clark		55:23
Doerte Murray	66	
Don Watson	78	
Ed Olkowski	64	50:00
Fred Haber	47	
Jane Lee	57	
Jesse Agbayani	55	50:00
Phyllis Nabhan	60	
Richard Hannon	71	
Robert Brizuela	67	
Ted Vincent	71	
Tony Stratta	77	
Yong Cho	49	

KIDS' RUN

Shannon Luppino	11	3:18
William Misener	11	3:22
Richard Tauber	4	3:22
Adina Sweet	4	5:38
Raquel Sweet	2	5:51

CLASSIC STU-PEDS

by Stu Ruth



HE SAYS HE'S NOT LEAVING
UNTIL HE GETS HIS T-SHIRT



Evelyn smiles even after climbing Cardiac
Photo by Jane Colman

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.*

CORRECTIONS: There were a number of errors in *DSE AT THE RACES* in the June *DSE News*. A revised column is available in the Newsletters section of the club web site, www.dserunners.com. For reasons of space, we are including in this newsletter only the specific corrections, as submitted by results compiler Beth Terry.

- 1) All race dates need to be changed to 1 day before the date printed in the newsletter.
- 2) Milan Drager - ran the Muffy's 5K, not 10K.
- 3) Barbara Robben - ran the Run For Arctic Awareness 10K, not 5K.
- 4) Adrian Jue, Lake Merritt Half Day 12 Hour Run - 59.5 miles (not the 6 Hour run)
- 5) Jason Reed, Lake Merritt Half Day 6 Hour Run - 31.3 miles
- 6) Add Joe Connelly's info to B2B page: Age: 45, Gender: M, Chip Time: 1:42:51, Place Overall: 13539, Sex Place: 8106, Div Place: 1778

PL	NAME	AGE	A.G.	PL	AGE GROUP	TIME
Strasanmauro Race, 8.7K, San Mauro, Italy						
	Jane Colman	63				1:04:54

LMJS 4th Sunday 5K, Oakland, May 27						
55	Judy Jarosz	67	2	F 60-69		43:48

Marin Memoiral 10K, Kentfield, May 28						
21	Chikara Omine	24	14	M19-29		33:31
30	Cliff Lentz	42	4	M40-44		34:15
65	Eduardo Vazquez	34	10	M30-34		36:19
70	Jason Reed	28	23	M19-29		36:46
79	Adam Lucas	40	11	M40-44		37:05
101	Tyler Abbott	46	15	M45-49		37:57
106	Jerry Flanagan	41	19	M40-44		38:11
222	Russ Kiernan	69	3	M65-69		43:20
271	Amy Sonstein	37	19	F 35-39		45:52
414	Kat Powell	56	10	F 55-59		55:30
490	Dennis Hassler	73	5	M70-74		1:05:40
492	Barbara Robben	73	3	F 70-74		1:06:35
507	Mary Jean Pramik	59	14	F 55-59		1:15:03

Forest of Nicene Marks Marathon, Aptos, June 2						
52	Gary Aguiar	52	6	M50-54		5:01:58

Forest of Nicene Marks Half Marathon, Aptos, June 2						
12	Eduardo Vazquez	34	2	M30-35		1:38:30
13	Kennet De Silva	24	2	M20-24		1:38:32
15	Jeremy Calnan	47	2	M45-49		1:38:42

Lake Chabot Trail Challenge Half Marathon, Castro Valley, June 3						
126	Thomas McManus	37	18	M35-39		2:08:12
191	Janice Rensch	61	2	F 60-64		2:31:29
207	Brierly Reybina	67	1	F 65-69		2:51:55
208	Lucy Pon	55	5	F 55-59		2:52:39

Lake Chabot Trail Challenge 5K, Castro Valley, June 3						
10	George Rehmet	40	1	M40-49		20:19

Rock and Roll Marathon, San Diego, June 3						
6918	Gregory Brown	57	126	M55-59		4:41:02

Fleet Feet Don Bowden Mile, Stockton, June 3						
Men's Open						
37	Oliver Chan	25	4	M25-29		5:03.3
Men 40-49						
27	Tyler Abbott	46	8	M45-49		5:26.4

continued on page 8

MORE DOUBLE DIPSEA PHOTOS



The view from the top of Cardiac Hill
Photo by Jane Colman



At the finish line
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Checking the results board
© 2007 Paul Mosel

Hit the Road Jack 10K, Sonoma, June 3

417	Barbara Robben	73	2	F 70-99	1:06:53
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Niketown 5K for Kids, Portland, OR, June 3

53	Amy Sonstein	37	1	F 35-39	21:23
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Dipsea Race, 7.1M Mill Valley, June 10 (handicapped)

Note: The Division Place indicated is the runner's place in either the Invitational or the Runner's division (which starts after the the Invitational runners).

PL	NAME	AGE	CLOCK TIME	DIVISION PLACE	ACTUAL PLACE	ACTUAL TIME
2	Russ Kiernan	69	48:45	21	134	1:05:45
4	Ciff Lentz	42	49:24	41	3	52:24
26	Steve Stephens	63	53:47	261		1:08:47
84	Tyler Abbott	46	58:54	84R	76	1:02:54
170	James Flanigan	57	1:02:36	170I	357	1:12:36
254	David Moulton	39	1:05:10	254I	175	1:07:10
306	Stephen Tracy	44	1:06:40	306I	254	1:13:41
565	Michael Gama	48	1:17:41	565I	739	1:22:41
595	Chikara Omine	24	1:21:58	1R	8	54:48
603	Ken Klein	54	1:23:11	602I	936	1:31:11
681	Benjamin Tracy	10	1:34:59	56R	551	1:17:59
701	Barbara Robben	73	1:36:35	629I		2:10:54
760	Amy Sonstein	37	1:39:57	130R	680	1:20:56
978	Gary Brickley	54	1:51:04	346R	959	1:32:00
1272	Jay Brignon	62	2:07:27	633R	1298	1:54:26
1194	Jessica Pechner	13	2:02:57	557R	1229	1:46:56
1218	Isabel Tracy	10	2:04:08	581R	1293	1:53:08
1219	Rachel Tracy	41	1:04:09	582R	1231	1:47:08
1308	Ben Pechner	20	2:11:55	669R	1199	1:44:55
1359	Dennis Hassler	73	2:27:56	1375R		2:24:56

Dick Houston Memorial Woodminster Race, June 17, Oakland (handicapped)

PL	NAME	AGE	FINISH TIME	TIME
2	Cliff Lentz	42	1:15:19	59:19
17	Steve Stephens	63	1:19:40	1:15:40
33	Tyler Abbott	46	1:46:13	1:11:13
132	Susan Herder	50	1:48:46	1:48:46

The Presidio 10K, June 17

59	Elaine Gecht
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Full Moon Madness Run, 5M, San Mateo, June 20

Gregory Brown	57	35:00
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Shriner's 8K, Sacramento, June 23

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
26	Chikara Omine	24	5	M20-24	27:00
90	Tyler Abbott	46	15	M45-49	30:06
462	Barbara Robben	73	2	F 70-74	51:16
477	Dennis Hassler	73	3	M70-74	52:21

**DOUBLE DIPSEA
FRONT RUNNERS**

Roy running up Cardiac Hill . . .



followed by Jamie . . .

DOUBLE DIPSEA FRONT RUNNERS



followed by Judy . . .



followed by Russ

Photos by Jane Colman

◆◆◆ 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:

July 8	GG Bridge Vista 10K	Aug 12	GG Park Cross Country 5K
July 15	Daly City Scenic Run	Aug 19	Walt Stack 5K
July 22	Windmill 10K	Aug 26	Volunteer Appreciation Picnic
Aug 5	Embarcadero 10K	Sept 2	Potrero Hill 4M

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 or 415-751-9653 or simply sign your name to the Volunteer Sign-Up Sheet that is available at each weekly race.

Finish Line Volunteer Rotation Needed

Everyone understands the importance of having experienced Finish Line Volunteers (i.e. experienced timers and stringers) is relative to a successful race with accurate race results. DSE is very thankful for its pool of finish line volunteers. With the finish line volunteers changing every week, it is not always possible to have experienced trained finish line volunteers.

To achieve the above objective, DSE would like to have a stable of 6 – 10 volunteers, whom could be trained, to called on (on a rotating basis) to be timers or finish line volunteers each week. Finish Line Volunteer Clinic TBA.

It is very encouraging to see more and more club members serving as finish line volunteers. If you are willing to be part of the Finish Line Rotation, please sign on with Kevin at: dse.pekingduck@juno.com or 415-751-9653

DSE Member Profiled in July Runner's World

Longtime DSE member Thom Fox is profiled in the current (July) issue of *Runner's World*, on page 62. Thom, who is the Executive Chef at the Acme Chophouse Restaurant (located at AT&T Park), shares one of his recipes and healthy eating guidelines with readers. Thom has been focusing his attention in recent months on his cycling, but hints that he may make a return to running and racing very soon. Check out his article and photo.

Entry Discount for San Jose Rock & Roll Half-Marathon

DSE members who are interested in running the San Jose Rock & Roll Half-Marathon on October 14 can receive a discount of \$10. In order to receive the discount, be sure to enter the code "CLUBONE" when registering online.

Please note that this code will expire on October 7. Visit the official race website at www.mrsj.com for more information and to register.

◆◆◆ 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 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 mile) 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 and 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.

Sun Jul 15 Daly City Scenic Run, 6.8M & 5K

START/FINISH: Colma School, East Market & Hillside Streets in Daly City (Take Eastmoor Ave exit from Hwy 280)

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

COURSE DESCRIPTION (6.8M): Run along Guadalupe Parkway uphill and turn right through fenced gate onto Radio Tower Road. Continue uphill to top. Turn around at white steel fence and return same way to finish.

COURSE DESCRIPTION (5K): Run along Guadalupe Parkway uphill to first "stand up" reflector sign on right side of road. Turn around and return same way to finish.

Sun Jul 22 Windmill 10K

START/FINISH: Kennedy Drive at Great Hwy (Dutch Windmill) in Golden Gate Park

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

COURSE DESCRIPTION: Run eastbound up Kennedy Drive past Conservatory of Flowers. Turn around in front of Sharon Meadows, 1/4 mile before McLaren Lodge barricade, and return the same way back to finish.

Sun Jul 29 NO DSE RUN—DSE Volunteers at SF Marathon Aid Station

MEETING PLACE: Transverse/Crossover (near Kennedy Drive), Golden Gate Park

REPORTING TIME: 6:00 AM

Sun Aug 5 Embarcadero 10K

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 the Embarcadero (sidewalk). Run to the mini-park beyond Townsend Street (prior to AT&T Park), turn around and return the same way 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.
- ◆ Monday at 6:00 PM—adidas Sport 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.

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, August 1, 2007

TIME: 7:00 PM

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

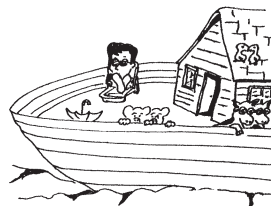
Come out and join the newsletter folding session—a small gathering of DSEers who get together for a bit of fun, food, and folding. All DSEers are encouraged to participate. We begin folding at 7:00 PM and usually wrap up before 9:00 PM.

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

Weather ♦♦♦ ♦♦♦ Report ♦♦♦

Meteorologist Mike Pechner

July weather looks cooler than normal with more than the usual number of cool, foggy days at or near the coast. No rain is expected except for Coastal Drizzle. We can expect a few warm days near the coast and Bay on the 8th or 9th of July and again around mid-month. The hottest days inland, with good beach weather, are expected around the last week in July. The majority of the days in July will be unseasonably cool.



♦♦♦ Club Officers & Coordinators ♦♦♦



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ANGELICUS
Walt Stack

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Happy Birthday! ◆◆◆◆◆◆◆◆

2 George Mitchell
3 Linda Carter
John Gregson
4 Daz Lamparas
Fiona McCusker
6 Jack Bascom
8 Dina Kovash
9 Mark Janes
Tim Craig
10 George Teiber
David Ressler
11 Pete Gallagher
14 George Rodriguez

15 Ann Agbayani
16 Nicholas Cannata-Bowman
19 Kay Teiber
20 Grace Ruth
Michael Chu
22 Jessica Dowell
23 Bill Dake
26 Ilham Stropes
28 Margie Whitnah
29 Gina Antonini
30 Robert Theis
Wallace Rapozo
31 Aaron Low

New Members

SAN FRANCISCO
Jesse Agbayani
Ann Agbayani
Nicole Agbayani
Michelle Agbayani
Ben Beeler

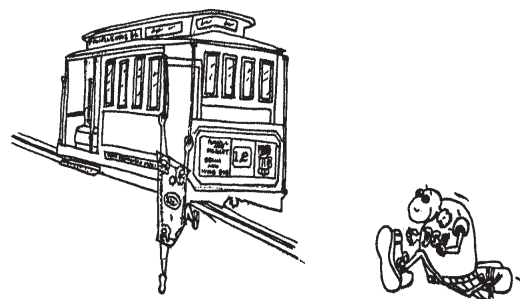


**San Francisco
Dolphin South End Running Club**
Postmaster, Return Undeliverable Mail To:
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Foster City, CA 94404

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. 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!