

## Kevin Lee

I'm certain Calvin appreciates and would love to hear from you. He can be reached at: 415-370-5572 or at his daughter's mailing address.



*continued on page 2*

# 2007 DOUBLE DIPSEA THANKS

Ken Reed, RD

Over 100 DSE Volunteers worked together on June 23rd to produce the 38th edition of the Walt Stack DSE Double Dipsea. Last month we listed the top 10 race winners and this month we take a look at some of the 100 volunteer winners and the age group winners. Without these 100+ special volunteers we could not have had a safe and fun race for the almost 400 participants (381 official finishers).

Race preparation started in July 2006 when the Double Dipsea committee met and audited the 2006 race, and began planning, and implementing changes to the 2007 race. We are now planning for the 2008 race and solicit your volunteer help.

We thank a lot of special volunteers for hours of help and assistance:

**Brie Reybaine** (results, awards, loading, sorting, organizing)  
**Bobby Marty** (storage, transportation, master airline mechanic, deck builder)  
**Bill Woolf & Wendy Newman** (King of Cardiac Aid Station, worker, expense tracker)  
**Vince & Gene French** (CM (course monitor), CM Capt., work party & promotion)  
**Jim Kauffold** (promotion, transportation, coach)  
**Tom Pang & Hank Black** (course marking, finish area results and work party, talked all night)  
**Janet & Steve Nissenson** (CM Capt., CM, volunteer coordinator and organizer)  
**Sandy & Ed Baumgarten** (refreshments, registration & meeting Hosts)  
**Kevin Lee** (CM & sponsorship, results auditor)  
**John Blankenship & Linda Carter** (Park and City permits, Red Cross, Marin Radio, parking+)  
**Calvin & Rose Chan & family** (picnic, refreshments, supplier of help when needed, DSE President)  
**Letty Garbisch** (registration form, parking, results—3 jobs for price of 1)  
**Liese & Wally Rapozo** (clothing, secretary, registration, CM, workers)  
**Key & Ron Dorey** (finish line, OMPMV Aid Station Capt., Sweep and ping pong champ and jam maker)  
**Jeanie & Theo Jones** (finish line, work party and runner)  
**Yong Cho & Fred Haber** (cookies, Finish Line, announcer, clothing, hard workers)  
**Bill & Pauline Dake & Shirley Crabbe** (results, finish Capt., Registration, all night auditors)  
**Peter & Judith Webb** (Transport, back up CM & Runner)  
**Mort Weisberg & Grandson Michael** (parking and water brigade)  
**Ken Chin** (start line coordinator & Insult Hill Aid Station Capt.)  
**Richard Pon** (Swoop patrol)  
**John Gregson** (Muir Woods Aid Boss)  
**Julius Ng** (OMPMV CM Capt. and transport)  
**Bob Kovash** (Top Dipsea Steps CM Capt.)  
**Jim Pommier** (Flying Y CM Capt. and worker)  
**Keith Weaver** (Mailboxes CM Capt. and swimmer)  
**Jeff Houston** (Windy Gap CM Capt.)  
**Rick Shea** (Panoramic Hwy/Hwy 1 CM Capt.)

FROM THE PRESIDENT'S DESK  
continued from page 1

part of our Embarcadero 10K on Aug. 5th. Golden Gate Park is a great place to hold our Cross Country 5K; this race starts at Upper Speedway Meadows on Aug. 12th. On Aug. 19th, we run the Walt Stack 5K run as we remember our founder. There is no race on Aug. 26th.

## JULY GENERAL MEETING RECAP

As one of the clubs in the consortium planning for the RRCA convention bid, DSE agreed to the initial \$250 starter money to get the convention bid funded. This motion was approved.

The 2007 Double Dipsea Income/Expense report disclosed that estimated net income as of 7/22/07 is \$2954.

The Board of Directors amendment (read text at [www.dserunners.com](http://www.dserunners.com), Club By-law link) to allow club officers to continue to serve as officers until a full slate is voted in was approved.

The Practice Dipsea Race status was discussed and it was decided to increase the 2008 Practice Dipsea Race entry fee to \$10, with added race upgrades including course marking and aid station improvements.

Designation of funds for the Sri Lanka Tsunami relief fund was reintroduced. It was agreed to donate the net earnings from both 2008 Windmill 10K races.

**Elaine Mah** (results Guru and auditor even when in China)

**Cierra Potter** (daughter of Jessica and outstanding clothing sales volunteer)

Thank you also to the other 50+ volunteers that made this a successful race! You are also appreciated.

We hope to see all of you at the DSE Volunteer Appreciation Picnic on August 26th in Golden Gate Park.

## ◆◆◆◆◆ 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](mailto: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](http://www.dserunners.com)

WEBMASTER: Natalie Nissenson  
[sparklethenfade@aol.com](mailto:sparklethenfade@aol.com)

ASSISTANT: Stephen Boesch

# GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

*This week's contributor, Jim Misener, has already gone through some of the different stages of racing with DSE that the young studs of today's races will experience for themselves in years to come. That first strength of youth and thrill of victories, gradually the diminished training time as responsibilities increase, the totally novel adjustment to running with a stroller, the joy of encouraging one's own growing youngsters and the later desperate effort to keep up with their developing adolescent power! And there will be still more phases to enjoy!.*

I realized I was a runner as a fledgling Roberto Clemente-admiring Little Leaguer, when I raced those pre-practice laps, relished missed-the-ball punishment laps, and soon enough would look forward to running from my house to the practice field and back. That distance seemed like several miles, but in retrospect the round trip was probably less than a mile. As I grew older, I became a reasonably accomplished junior high school half-miler (posting a very fine 2:08), then afterwards, one of many more modestly accomplished high school milers (with a mile PR of 4:36). As fortune would have it, my San Antonio high school was a feeder program to the University of Arkansas and boasted a couple of sub-4:10 milers, which took the luster off my skills.

I matriculated at UCLA, became rather sedentary and to my mom's pleasure, was a pretty good student. But I was missing something...and gaining weight. So on January 1, 1984—and at the height of being busy, as a Masters' student and an Air Force officer—I added running to my daily regimen, something I needed like another hole in the head, or so my friends said. I have not run less than 3000 miles a year since then. So clearly, I have additional holes in my head.

I moved to San Francisco in 1987, and a year later I joined DSE. I had found a just-right local club, replete with camaraderie and competition. I remember those days: Pete Nowicki, Antonio Corgas and John Hale would be up near the front, and we lean young 'uns would coily eye one another and imagine being the first to cross that oh-so-glorious DSE finish line. Blue ribbons were plentiful for us then-youngsters (please read this to the Bruce Springsteen refrain, "Glory Days"). My PRs at various big-race venues were set in the next 3–4 years: 14:50 5K, 32:20 10K, 41:16 12K, 1:12 half marathon and of course the unique and very odd-distanced DSE PRs. I used to enjoy running a big ticket race, jumping into my car, then toeing the line for a 10:00 AM DSE start. The days that I didn't run a non-DSE race usually meant running to the race, running the race, then running home (for most any venue but a Brisbane or Pacifica race, that is).

Age, considerable work responsibilities and the concomitant lack of sleep and family duties (and being a single dad) have certainly tempered some of this speed and race participation, but I do what I can. When my son William was a toddler, he took to sitting in a running stroller quite well. I remember blushing when before manners

set in, he would cajole nearby runners with, "My dad's pushing me, and he's running just as fast as you. Hah, hah." I also remember laughing when he would pretend to be an oarsman, rock to and fro and repeat, "Stroke, stroke." These days, I run the Bay to Breakers alongside and no longer pushing Chip Off the Old Block.

Oh, there is life outside of running, but alas, it involves running in faraway places. I am lucky that as a transportation safety researcher at Berkeley I get to travel and talk about, um, transportation research. Wherever I go, I run and run and run. Sometimes—oftentimes—that means I run in garden spots like Detroit, where I have car company research sponsors. But I go to France and Japan from time to time. I

just returned from the Netherlands and Belgium. I will go to Beijing and perhaps other stops in Asia this fall. For sure, I will go to Greece next year. This means dodging traffic and getting lost and dehydrated at all sorts of exotic venues.

Oh yes, I am supposed to describe some of my most memorable race experiences. Hmm...of course, every DSE race experience is memorable, with good nature, good competition and those very valuable participation ribbons. Actually, my most memorable race experience was not a race run by me; rather, it was a the-most-fantastic-race-ever run by my good friend and non-DSEer, except in spirit, Jerry Wittenauer. In

his prime, Jerry was a national-class ultramarathoner, and I've had the privilege of memorizing a joke book and then pacing and entertaining him during Western States several times in the early 90s. One year I paced him to a DNF. Another year I paced him to 8th place. And on that very memorable epoch of a race, I paced with him to 2nd place. Amazingly, he was at about 6th place until mile 90, then he turned it on to about 7 minutes per mile (after 14 or so hours of running, mind you), and then began running faster when he noticed flashlights descending behind him. My legs were tired, yet his seemed, and were, springy and spry. We flew on to the track at Auburn High School, literally leaving behind a trail of blood, sweat, tears and slower runners. Oh yes, there was a vapor trail too, such was his springiness.

I thank DSE for asking me to write this, hope I approached this assignment with appropriate reverence, and I of course look forward to many more years of ever-slower races, conversation and congeniality.



**Jim when he's dressed for work, not running**





**LAKE MERCED RUN**  
continued from page 4

125 Hendy Lam 20 74:00

**SELF-TIMERS**

Carolyn Clark		
Doerte Murray	66	
Don Watson	78	
Elaine Gecht	63	
Gary Davis		
Jane Lee	57	
Jim Pommier	74	
Liese Rapozo	79	
Kim Chee Kim	2	
Richard Finley	59	
Roxanna Pezzy		
Sunhi Kim	48	
Tom Boyd	61	
Tony Stratta	77	95:00
Yong Cho	49	

**KIDS' RUN (1 MILE)**

Shannon Luppino	11	9:18
Richard Tauber	5	9:27
Grace McMillen	4	11:42
Jacob Lail	3	11:44
Emily McMillen	4	11:46
Heidi Hsia	3	12:50
Lilia Rose Osborne	4.5	14:35
Lena Hsia	3	15:00

**July 8, 2007**

**Golden Gate Vista 10K**

**Race Director: Kevin Lee**

**Volunteers: Craig Benson, Joe Connelly, David Klinetobe, Bobby Marty, Phyllis Nabhan, Janet Nissenson, George Sacco, Uwe Schling**



**Race Director Kevin Lee**

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Jonathan Weiland	18	39:30
2	Mark Janes	31	39:47
3	Mark Roche	27	40:04
4	Oliver Chan	25	41:42
5	Jason Reed	28	41:46
6	Jerry Flanagan	41	43:24

7	Matthew Fabry	34	43:50
8	Nabil Langkilde	29	44:19
9	Milan Drager	32	44:34
10	Jon Short	30	45:09
11	Sloane Cook	17	45:11
12	Kennet De Silva	25	45:18
13	Steve Stephens	63	45:48
14	Jeremy Calnan	47	46:04
15	Noe Castanon	36	46:28
16	Peter Mandel	22	46:40
17	Daryl Luppino	47	46:46
18	Stu Rentz	29	49:43
19	Michael Sweet	37	49:46
20	Amy Sonstein ①	37	50:12
21	Jorge Larre	50	50:44
22	Kim Evason ②	30	50:49
23	Joel Rizzo	41	50:52
24	George Baptista	64	50:53
25	Keith Johnson	69	51:19
26	Margaret Williams ③		52:42
27	Marie Carlotti ④	51	52:43
28	Alfred Hu	46	53:13
29	Chad Russell	27	53:15
30	Adam Ruskin	44	53:23
31	Kumi Walker	29	53:30
32	Mark Kelley	51	53:41
33	Ananda Hirsch ⑤	27	54:09
34	Paul Mosel	65	54:19
35	Patrick Mattimore	57	55:15
36	Patrick Regan	40	55:48
37	Patrick Lee	59	56:47
38	Elizabeth Ulatowski	25	56:51
39	Katherine Carroll	25	56:57
40	William Mattimore	18	57:07
41	Kenneth Fong	45	57:23
42	Jason Vytlaicol	28	57:46
43	Dewey St. Germaine	38	57:58
44	Andrea Chrisman	32	58:09
45	Gregory Brown	58	58:21
46	Kathleen Lail	39	58:36
47	Peter Prattas	34	58:50
48	Bess Kennedy	31	59:03
49	Gary Brickley	54	59:18
50	Kristel Kranz	28	59:51
51	Mort Weisberg		60:26
52	Janet Nissenson	48	60:39
53	Julius Schillinger	60	60:45
54	Marian Lyons	60	60:52
55	Morgan Rodriguez	46	61:28
56	Nick Doyle	29	61:46
57	Don Malberg	69	62:48
58	Wendy Newman	57	62:49
59	Jack Bascom	66	63:11
60	William Bernick	17	63:38
61	Irving Jimenez	25	63:53
62	Jeff Houston	49	64:18
63	Ken Reed	62	64:51
64	Chantelle Pabros	25	64:57
65	Suzana Seban	53	66:13
66	Bill Woolf	72	67:23



**Coming off the Coastal Trail steps**

**Photo by Don Watson**

67	Bob Morris	67:23
68	Caroline Tuck	42 67:53
69	Jennifer Malberg	36 68:01
70	Nina Gribetz	24 68:13
71	Jim Kauffold	69 69:00
72	Minh Hoang	34 69:21
73	Kelly White	33 69:23
74	Theresa Flynn	29 71:20
75	Steve Weick	62 77:19
76	Marcia Martin	55 77:25
77	Astrid Atkinson	26 79:04
78	Lina Izumi	32 79:42
79	George Sacco	69 85:29
80	Evelyn Martinez	59 102:19

**SELF-TIMERS**

Carolyn Clark	
Doerte Murray	66
Don Watson	78
Ed Olkowski	64
Jane Lee	56
Jim Pommier	74
Kendall Swisher	46
Liese Rapozo	79
Richard Hannon	71
Shannon Luppino	11
Theo Jones	68
Wally Rapozo	78

**CLASSIC STU-PEDS**

*by Stu Ruth*





July 15, 2007

Daly City Scenic Fog 5K and 11K

**Race Director:** Oliver Chan

**Volunteers:** Hashim Bashiruddin, Craig Benson, Fred & Yong Cho, Joe Connelly, Hillary Fong, Lorrie Kalos, Kathleen Lail, Daz Lamparas, Bobby Marty, George Sacco, Uwe Schling



Race Director Oliver Chan

© 2007 Paul Mosel

PL	NAME	AGE	TIME
<b>11K</b>			
1	Grant Johnson	23	44:38
2	Carlos Reyes	20	44:45
3	David Davis	38	44:55
4	Jason Reed	28	46:38
5	Jerry Flanagan	41	47:10
6	Carrie Drakulich ①	25	47:17
7	Patrick Sullivan	17	47:32
8	George Rehmet	40	50:06
9	Dave Coulman	47	51:54
10	Daryl Luppino	47	52:21
11	Franklin Sanchez	8	53:30
12	Sloane Cook	17	53:42
13	Lakeisha Poole ②	29	54:38
14	Kevin Sullivan	15	55:01
15	Dave Smith	49	55:11
16	Daz Lamparas	55	55:57
17	Jorge Larre	50	56:02
18	Amy Sonstein ③	37	57:06
19	Joel Rizzo	41	57:17
20	Josh Weddle	25	58:25
21	George Baptista	64	59:44
22	Lazaro Sanchez	42	60:00
23	Patrick Mattimore	57	60:26
24	Paul Mosel	65	61:26
25	Gary Brickley	54	63:19
26	Jim McBride	64	64:16
27	Sam Roake	71	65:02
28	Janet Nissenson ④	47	65:33
29	Kenneth Fong	45	65:40
30	Peking Duck	52	65:41
31	Mc Lavelle	55	66:30
32	Jianhui Zhang	35	66:44
33	Dana Lodico ⑤	29	67:39
34	Rachel Smith	31	67:40

35	Mort Weisberg		68:16
36	Dave Floersch	66	74:15
37	William Bernick	17	78:03
38	Dennis Hassler	73	79:12
39	Evelyn Martinez	59	83:38
<b>5K</b>			
1	Jamey Gifford	29	18:02
2	Milan Drager	32	20:03
3	Stephen Boesch		20:37
4	Ky Faubion	22	21:36
5	Noe Castanon	36	21:46
6	Allan Young		22:20
7	Kenneth Lock	20	22:57
8	Andrew Freid	40	23:15
9	Patrick Lee	59	25:04
10	Eric Park	61	25:26
11	Kathleen Lail ①	39	25:41
12	R. Archibald	50	27:11
13	Thomas Smiley	51	28:02
14	Ken Reed	62	28:23
15	Joe Connelly	45	29:10
16	Joseph de Jesus	20	29:22
17	Johanna Merriss ②	57	29:24
18	Raymond White	62	29:40
19	Tracy Fulton ③	33	29:43
20	Jeff Houston	49	30:50
21	Angela Ross ④	24	32:35
22	Emily Plagger ⑤	25	32:36
23	Jim Kauffold	69	35:49
24	Seiji Swingle		36:22
25	Yuri Choe	16	36:24
26	George Sacco	69	39:55

July 22, 2007

Windmill 10K

**Race Directors:** Eduardo Vasquez and Kennet De Silva

**Volunteers:** George Sacco, Jeremy Calnan, Peggy Kang, Kevin Cuevas, James O'Donnell, Laurie Sullivan, Liese Rapozo, Wally Rapozo, Kevin Lee, Bobby Marty, Marie Appel

PL	NAME	AGE	TIME
1	Greg Tolan	24	34:34
2	Grant Johnson	24	36:19
3	Mark Bretan	17	36:22
4	Peter Trudelle	22	36:55
5	Carlos Reyes	20	36:59
6	Mark Janes	32	37:03
7	Jason Reed	28	37:17
8	Jonathan Bretan	24	37:59
9	David Davis	38	38:03
10	Patrick Sullivan	17	39:11
11	John Woods	43	39:21
12	Martin Steer	32	40:23
13	Mark Peters	32	40:28
14	Jennifer Clarke ①	16	40:47
15	Milan Drager	32	40:49
16	Jeff Kerrin	48	41:20



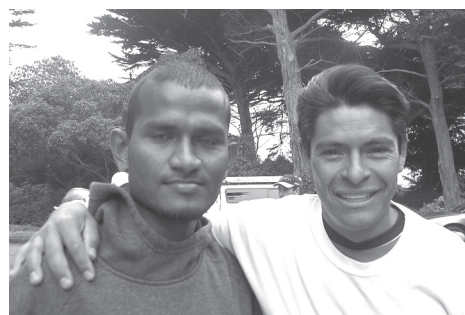
Turnaround at the top of the mountain

Photo by Don Watson

27	Bob Theis	78	45:33
28	Grace Andrade	42	47:10
29	Shannon Luppino	11	47:12
30	Patricia Baker	46	49:55

#### SELF-TIMERS

Bob Morris	
Bill Woolf	72
Diane Okubo-Fong	46
Ed Olkowski	64
Jim Pommier	74
John Lang	68
Liese Rapozo	79
Robert Brizuela	67
Wally Rapozo	78



Race Directors Kennet De Silva and Eduardo Vasquez

© 2007 Paul Mosel

17	Dan Zaidspiner	37	41:25
18	Luis Vargas	50	41:27
19	Jeremy Calnan	47	41:38
20	Hector Perez	33	42:07
21	Samuell Harvell	44	42:22
22	Clinton Soo	41	42:34
23	Sarah Steer ②	32	42:50
24	Dave Coulman	47	42:50
25	John Mullen	32	42:53
26	Daryl Luppino	47	42:59
27	Noe Castanon	36	43:21
28	Kenneth Lock	20	44:12

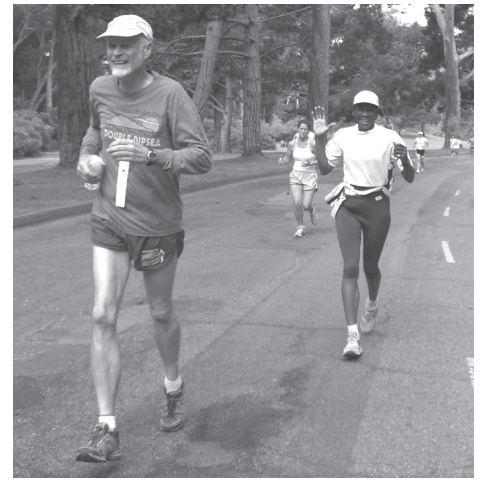
continued on page 7

# WINDMILL 10K

continued from page 6

29	Kevin Sullivan	15	44:29
30	Gita Kulkarni ③	31	44:47
31	Felix Tong	28	44:57
32	Andrew Freid	40	45:37
33	Amy Sonstein ④	37	45:53
34	Matthew Fabry	34	46:10
35	Greg Phegley	38	46:17
36	Robert Eng	28	46:23
37	Ted Rowell		46:26
38	Anna Bretan ⑤	22	46:53
39	Jeannie Tran	15	47:01
40	Jorge Larre	50	47:08
41	George Baptista	64	47:16
42	Judah Margolis	21	47:38
43	Ed Celestina	56	47:51
44	Michelle Nutter	37	48:04
45	Mark Gordon	51	48:10
46	Karl Olson	54	48:24
47	Keith O. Johnson	69	48:27
48	David Morton	28	48:49
49	Lisa Lisanti	28	49:10
50	Harmony Hayner	28	49:11
51	Sylvia Trudelle	53	49:22
52	Craig Edwards	61	49:53
53	Julian Bradford	16	49:58
54	Marie Carlotti	51	50:00
55	Jeff St. Claire	41	50:09
56	Yuliya Oryol	36	50:15
57	Ky Faubion	22	50:24
58	Christophe Baubert	36	50:34
59	Laura Young	26	50:44
60	Laura Trudelle	20	50:45
61	Gregory Brown	53	50:45
62	Aubrey Davidson	21	50:45
63	Paul Mosel	65	50:47
64	Steve Nissenson	59	51:03
65	Sam Roake	71	52:22
66	Marian Lyons	60	52:42
67	Uwe Schling	37	52:48
68	Gary Brickley	54	52:59
69	Anne Talcott	38	53:01
70	Scott Tschida	17	53:24
71	Karen Azevedo	44	53:34
72	Lina Khatib		53:38
73	Tom Huster	64	53:56
74	Lily Lee	44	54:22
75	Finners A.	26	54:29
76	Janet Nissenson	47	54:40
77	Kenneth Fong	45	54:49
79	Julius Schillinger	60	55:00
80	Wendy Newman	57	55:16
81	Mc Lavelle		55:33
82	Steve Kim	24	55:41
83	Peggy Kang	71	56:09
84	Margie Rivas	32	56:20
85	Thomas Smiley	52	56:25
86	Jack Bascom	66	56:34
87	Mort Weisberg	70	56:42

88	Connie Kim	24	57:04
89	John Chung	35	57:50
91	Michele Wayne	37	59:11
92	R. Silverman	58	59:42
93	Suzana Seban	53	59:43
94	Bernadette De Leon	43	60:24
95	Douglas Orzynski	12	60:28
96	Lorrie Kalos	46	60:47
97	Theresa Woo	44	61:25
98	Jeff Houston	49	62:11
99	Dave Floersch	66	62:17
100	Stephen Woo	47	62:59
101	Ken Reed	62	63:23
102	Bill Woolf	72	63:31
103	Yvonne Domenici	44	63:48
104	S. Herder		64:53
105	Scott Witkowski	28	65:06
106	Juan Rivas	31	65:11
107	S. Weick	62	65:12
108	Evelyn Martinez	59	65:31
109	Henry Nebeling	74	66:48
110	Robin Jackson	50	68:11
111	Kristi Jacobson	39	68:13
112	Patty Armfield	29	68:21
113	Lisa St. Claire		68:31
114	Marcie Daniel	36	68:33
115	Dennis Hassler	73	72:16
116	Jim Kauffold	69	73:16
117	George Sacco	69	73:50
118	Jeff Darrow	57	74:23
119	Kim Shirley	37	74:27
120	Jane Colman	64	76:35
121	Marcia Martin	55	76:37
122	Courtney Castelhana	35	76:42
123	Tara Williams	28	76:44



**Ken and Marian running up Kennedy Drive on the Windmill 10K**  
Photo by Don Watson

## SELF-TIMERS

Ellen Breslauer	59	
Russell Breslauer	62	
Robert Brizuela	67	1:27:08
Cris Wildin	69	1:27:08
Richard Hannon	71	
Kim Chee	2	
Sunhi Kim	48	
Shannon Luppino	11	
Phyllis Nabhan	60	
Ed Olkowski	64	
Roxanna Pezzy		
Jim Pommier	74	
Liese Rapozo	79	
Wally Rapozo	78	
Tony Stratta	77	
Bob Theis	78	
Don Watson	78	

## DSE AT THE RACES

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

PL	NAME	AGE	A.G. PL	AGE GROUP	TIME
<b>Pride Run 5K, June 23</b>					
66	David Lakin	46	22	M40-49	27:28
<b>Pride Run 10K, June 23</b>					
108	Jeffrey Bui	25	6	M20-29	52:54
155	Rebecca Rozewicz	53	3	F 50-59	57:17
<b>LMJS 4th Sunday 5K, Oakland, June 24</b>					
14	Jonathan Olkowski	31	4	M30-39	25:38
45	Barbara Robben	73	1	F 70+	37:46
46	Ed Olkowski	64	4	M50-59	40:37
<b>LMJS 4th Sunday 15K, Oakland, June 24</b>					
4	Noe Castanon	36	1	M30-39	67:58
<b>Pacifica Trail Run 9K, June 30</b>					
3	George Rehmet	40			45:32

continued on page 8

**Pacifica Trail Run 30K, June 30**

2	Jason Reed	28			2:38:30
---	------------	----	--	--	---------

**Jefferson Mile, July 4**

1	George Rehmet	40	1	M40-49	5:18
19	Gregory Brown	58	2	M50-59	7:14

**Freedom Road 5K, July 4**

2	George Rehmet	40	1	M40-49	19:24
20	Amy Sonstein	37	2	F 30-39	22:06
45	Gregory Brown	58	5	M50-59	24:48
53	Paul Mosel		1	M60-69	25:36
56	David Lakin	46	11	M40-49	25:43
85	Bill Woolf	72	1	M70-79	29:46
99	Roxanna Pezzy	49	10	F 40-49	31:50
130	Ted Vincent	71	2	M70-79	47:03

**Run San Ramon 10K, July 4**

166	Barbara Robben	73	1	F 70-74	1:10:05
-----	----------------	----	---	---------	---------

**Firecracker 5K, Pleasant Hill, July 4**

53	Noe Castanon	36	6	M30-39	19:14
----	--------------	----	---	--------	-------

**Angel Island Trail Run 16K, July 7**

1	Chikara Omine	24			1:05:53
86	Lan Nguyen	28			2:06:25
87	Dennis Hassler	73			2:06:57

**Angel Island Trail Run 25K, July 7**

4	David Davis	38			1:58:19
48	Jason Chen	30			3:02:11

**Angel Island Trail Run 50K, July 7**

1	Jason Reed	28			4:16:44
---	------------	----	--	--	---------

**Run to the Lake 5K, Castro Valley, July 8**

17	Thomas McManus	37	3	M35-39	19:51
206	Tim Oliver	41	16	M40-44	34:02
447	Silva McManus-Munoz	43	29	F 40-44	55:08

**Run to the Lake 10K, Castro Valley, July 8**

225	Dennis Hassler	73	3	M70-74	1:11:19
231	Barbara Robben	73	1	F 70-74	1:13:39

**Tying the Knot 7K Run, July 14**

17	Bob Bowman				30:07
19	Monica Zhuang				30:37
21	Nick Cannata-Bowman				30:46
25	Adrian Jue				31:25
33	Amy Sonstein				33:51
36	Theo Jones				34:01
39	Patrick Lee				35:04
57	Cammie Dingwall				40:33
	Jeanie Jones				self-timed

**Los Gatos Jungle Run Half Marathon, July 15****Women**

120	Kat Powell	56	8	F 50-59	2:05:02
-----	------------	----	---	---------	---------

**Men**

30	Kennet De Silva	24	7	M20-29	1:35:24
78	Jeremy Calnan	47	26	M40-49	1:45:24

**Napa to Sonoma Wine Country Half Marathon, July 15**

314	Gregory Brown		8	M55-59	1:53:21
1461	Mary Jean Pramik		14	F 55-59	3:07:14

**Playa Del Rey Aquathlon (swim + run), Los Angeles, July 22**

124	Joe Connelly	45			53:32
-----	--------------	----	--	--	-------

## DSE WATER STOP AT THE S.F. MARATHON

*Kevin Lee, Water Stop Captain*

Ask any one of the 35 water stop #6 volunteers and they will agree that they would do it again in a heartbeat. DSE promised everyone the times of their lives at the San Francisco Marathon on July 29th, and no one walked away disappointed. From 5:30 until 10:15 AM, DSE was one cohesive aid station, distributing words of encouragement along with water and Cytomax to 12,000+ marathoners.

Special thanks to **Fred Haber** for lending his voice to rally the volunteers and to **Gary Brickley** for making sure all the marathon banners, especially the DSE banner, were positioned properly. Thank you, DSE! Let's do it again in 2008!



Much of the work at the aid station takes place behind the table

Photo by Don Watson

## WATER STOP VOLUNTEERS

George Baptista	Kevin Lee
Hashim Bashiruddin	Patrick Lee
Craig Benson	Evelyn Martinez
Annelle Brickley	Bobby Marty
Gary Brickley	Julius Ng
Jeremy Calnan	Roxanna Pezzy
Noe Castanon	Ken Reed
Graciela Castilero	Sam Roake
Ed Celestino	Morgan Rodriguez
Ed's son Celestino	Cathie Schling
Yong Cho	Robert Silverman
Kevin Cuevas	Mitchell Sollod
Matthew Fabry	Eduardo Vazquez
Hilary Fong	Don Watson
Fred Haber	Mort Weisberg
Judith Jarosz	Edmund Wong
Adrian Jue	John Woods
Jane Lee	



## ◆ Notices ◆

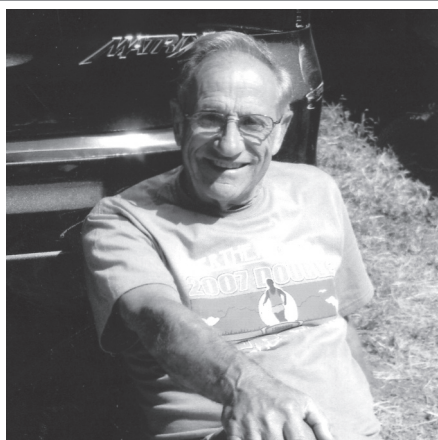
### Looking to Borrow Old DSE Newsletters

*Janet Nissenson*

One of my more ambitious club projects that has been on the “back burner” for some time is the establishment and publication of DSE course records on both current and retired courses. This has been easy to do for the new or distance-adjusted courses that have debuted over the past several years (i.e. Sawyer Camp 5K/10K, Easter Roller Coaster 5K that was previously 2.92M). However, the only way to ascertain the men’s and women’s course records for older courses (i.e. Twin Peaks Loop) and retired courses (i.e. Beach Esplanade Run) would be from past copies of the DSE newsletters.

My personal collection of newsletters begins with August 1998 and continues to the present time. If any DSE member has older newsletters—far back as possible—that you would be willing to let me borrow and make copies of, please let me know. I will take the utmost care of and return them to you as quickly as possible.

An extremely ambitious goal is to establish a permanent archive of past DSE race results, so that we can look back at these in the years to come. Please contact me at [jlnissenson@aol.com](mailto:jlnissenson@aol.com) or at 650-355-7660, if you would be willing to let me borrow any old newsletters that you have.



**Double Dipsea volunteer Bobby Marty  
taking a well-deserved rest**

*Photo by Ceis Wildin*

## ◆◆◆ 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:

<b>Aug 5</b>	Embarcadero 10K	<b>Sept 2</b>	Potrero Hill 4M
<b>Aug 12</b>	GG Park Cross Country 5K	<b>Sept 9</b>	Lake Merced 1/2 Marathon/4.5M
<b>Aug 19</b>	Walt Stack 5K	<b>Sept 16</b>	Double Muni Pier
<b>Aug 26</b>	Volunteer Appreciation Picnic	<b>Sept 23</b>	Rainbow Falls 5K

We need volunteers in particular at the following two upcoming events:

Volunteer Appreciation Picnic (8/26): volunteers needed to prepare and serve food, set up and clean up—this should be a group effort, not just left up to 4-5 people to do all the work.

Lake Merced Half Marathon/4.5M (9/9): in addition to the regular registration and finish line crews, we will need one course monitor and approximately 6 aid station volunteers.

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.

## FINISH LINE CLINIC

*Kevin Lee*

Make no mistake about it, accurate race results make or break the success of all running events. Standard finish line procedures need to be followed to produce accurate race results. The responsibility of achieving accurate race results falls on both the race participants and the Finish Line volunteers.

No matter how many years of road racing we may have, we all need a refresher course occasionally. The race participants need to go over finish line etiquette (the do’s & don’ts). Finish Line volunteers need proper training and individual job descriptions, so that the Finish Line volunteers can become a cohesive unit.

To maintain DSE race results accuracy, we are offering a Finish Line Clinic to train future Finish line volunteers. Visualize it as a reality check. Throughout the DSE calendar year, we need many Finish Line volunteers. They all need proper training. Attending one of the four clinics will give you knowledge of proper Finish Line procedures, leading to accurate race results.

The Finish Line Clinics will take place right after the following races: Walt Stack 5K on August 19, Rainbow Falls 5K on September 23, Ballpark 5K on October 28, and Polo Field 5K on November 11.

The club appreciates all the past finish line volunteer assistance and continues to applaud all future endeavors from the DSE members.

I hope to see you at one or more of the clinics.

# ◆◆◆ 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](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 (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 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.

## **Sun Aug 12      Golden Gate Park Cross Country 5K**

START: At the big tree in Upper Speedway Meadows grass area, Golden Gate Park

FINISH: Lower paved Polo Field track

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

COURSE DESCRIPTION: Run down Speedway Meadows and exit left onto paved path just before Polo Field. Stay on paved path beyond Polo Field parking lot and run clockwise loop around Polo Field perimeter using dirt path around 43rd Ave/Chain of Lakes Drive. Path curves to the right onto Kennedy Drive. Run east on dirt path up Kennedy Drive beyond start area. Loop right onto paved path and continue back down along south side of Speedway Meadows to the Polo Field parking lot for the second time. Exit right through swinging gate onto upper Polo Field dirt track and run downhill onto lower "paved" track, turn right and run to finish beyond south side Polo Field tunnel.

**Note: No sweats check or transportation of personal items from start to finish will be available. If you park at south side of Polo Field allow time to walk 1/4 mile to start.**

## **Sun Aug 19\*      Walt Stack 5K**

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

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

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

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

## **Sun Aug 26      NO DSE RUN**

DSE Volunteer Appreciation Picnic (by Invitation Only)

## **Sun Sep 2\*      Potrero Hill Run, 4 miles**

START/FINISH: 17th and Arkansas Streets

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

COURSE DESCRIPTION: Run along Arkansas, right on 16th St., right on 3rd St., right on Cesar Chavez, right on Vermont, right on 26th St. Then turn left on Kansas, left on Vermont (up crooked street), right on 20th St., left on Kansas, right on 17th St and run to finish near corner of 17th & Arkansas.

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

# ◆◆◆ Group Runs ◆◆◆

- ◆ Wednesday at 7:15 AM (prompt) — 6 to 9 miles (less for walkers). Meet by the big wooden fish at Buck's Restaurant, 3062 Woodside Road, Woodside (1 mile west of Hwy 280). Course includes 4 miles of trails and road to Huddart Park. For more information contact Judith at [webbsight@earthlink.net](mailto:webbsight@earthlink.net) or Ken Reed at 415-586-3104 or [RunKenRun@aol.com](mailto: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](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 write to **Richard Finley, c/o DSE Runners, 805 Vega Circle, Foster City, CA 94404**. **Changes of Address are also to be sent to Richard Finley.**

## Folding ♦♦♦ ♦♦♦ Session

DATE: Tuesday, August 28, 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](mailto:janecol@earthlink.net).

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

August will be a month of contrasts with seasonal weather the first half—lots of coastal low clouds and fog and cool weather at or near the coast, with not many opportunities for sunshine at the beaches, and bayside temperatures in the 60s to low 80s, and up to mid 90s inland. The last ten days of the month, we'll have hot weather with coastal highs, including the City, in the 70s and 80s and inland temperatures of over 100.



## ♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT  
ANGELICUS  
Walt Stack

PRESIDENT & CLOTHING SALES  
Calvin Chan 415-681-0105  
[dsecalvin@aol.com](mailto:dsecalvin@aol.com)

SR. VICE PRESIDENT  
Adrian Jue [toojue@hotmail.com](mailto:toojue@hotmail.com)

2ND VICE PRESIDENT  
George Sacco  
[gsgasacco@yahoo.com](mailto:gsgasacco@yahoo.com)

SECRETARY  
Sam Roake [roakesc@yahoo.com](mailto:roakesc@yahoo.com)

TREASURER  
Wendy Newman [Wsn99@aol.com](mailto:Wsn99@aol.com)

OFFICERS AT LARGE  
Kevin Lee  
[dse.pekingduck@juno.com](mailto:dse.pekingduck@juno.com)

Janet Nissenson  
[Jlnissenson@aol.com](mailto:Jlnissenson@aol.com)

OPERATIONS COMMITTEE  
George Baptista (Race Scheduling,  
Club Outreach)  
[gbaptista@msn.com](mailto:gbaptista@msn.com)

Gary Brickley (DSE Hotline, Volunteer  
Picnic Coordinator)  
[gary@brickley.com](mailto:gary@brickley.com)

Oliver Chan (Age Division, Race  
Schedule)

Kenet De Silva (Race Map Designer)  
Jim Kauffold (Miscellaneous)  
[kauffolds@juno.com](mailto:kauffolds@juno.com)

Eduardo Vazquez (Miscellaneous)  
Bill Woolf (Race Course Descriptions)  
[billwoolf2@aol.com](mailto:billwoolf2@aol.com)

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

EQUIPMENT Bob Marty

DSE RACE RESULTS  
Joe Connelly  
[joeconnelly@earthlink.net](mailto:joeconnelly@earthlink.net)  
Marie Appel  
[marienoels@hotmail.com](mailto:marienoels@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! ◆◆◆◆◆◆◆◆◆◆

1	Amy Qu	15	Gene French
2	Kennet De Silva	16	Christopher Berven
3	King Wayman	19	Jack Major
4	John Antonini	20	Patrick Calihan
	Don Daniel		Ed Baumgarten
	Alistair Berven		April Lax
5	Lan Nguyen	21	Anne Single
6	Mary Matto	22	Robert Ross
8	Doerte Murray		Paul Farr
	Matthew Douglas	23	Rob Kay
	Earl Junghans		Bob Bowman
9	George Rodriguez	24	Lisa Griffin
	David Moulton		Chikara Omine
	Jennifer Hanby	27	Peter Antonini
	Thomas Chuey	29	Patricia Baker
11	Jim Flanigan	30	Ursula Bernhart
	Ben Beeler		Baker Junghans
12	Ed Lange		Gregg Whitnah
14	Jorge Larre	31	Ian Reid

## New Members

### BURLINGAME

Erin Gielarowski  
Michael Johnson

### HAYWARD

Jeffry Darrow

### SAN BRUNO

Alexander Davis  
Tristan Davis

### SAN FRANCISCO

Faustine Dufka  
Andrew Freid  
Peggy Kang  
Carlos Reyes



### San Francisco

#### Dolphin South End Running Club

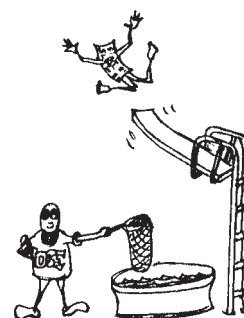
Postmaster, Return Undeliverable Mail To:

Richard Finley  
805 Vega Circle  
Foster City, CA 94404

### DSE email list and electronic newsletter

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

Receive the DSE News online instead of by mail, by sending a request to Richard Finley at [nishikifinley@sbcglobal.net](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 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!