

## A black and white photograph of a middle-aged man with short, light-colored hair, smiling at the camera. He is wearing a plain white t-shirt and dark-colored shorts. He is standing outdoors on what appears to be a paved area, possibly a parking lot or a street. In the background, there are several parked cars and some trees, suggesting an urban or suburban setting. The lighting is bright, and the overall tone is positive.

You still have time to move up in your age division standings and to qualify for a mongo trophy for 2007. For more information on mongo trophies, go to [www.dserunners.com](http://www.dserunners.com) "Awards" link.

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# CALL FOR ACTION

Doerte Murray

On August 17, 2007, DSE President Calvin Chan agreed to meet and to discuss differences of opinions relating to DSE. Present were Kevin Lee, Officer-at-Large, Carolyn Clark and Doerte Murray, both longtime members of the club. Everybody agreed that the meeting was productive.

The proposals for club changes and forming new committees were proposals from Doerte and Carolyn, not from the club officers.

The following is a list of suggestions, concerns, and research items worthy of follow-up:

1. Many members were under the impression that the DSE is an all-volunteer organization. Calvin and Kevin informed us that there are three paid DSE positions, news editor (20+ years), webmaster and race course marker. There needs to be a clarification on whether it should remain status quo, or does DSE go back to being an all-volunteer club. In order to go back, the DSE bylaws clearly have to state that. Other items in the bylaws should be added, whatever is of importance to the DSE. The suggestion was made to form a Bylaws Committee of three people to come up with new bylaws. If you are interested, please contact Calvin Chan at [calwentjogging@aol.com](mailto:calwentjogging@aol.com).
2. How do we treat our volunteers equitably? There should be a guide available to determine how to reward club volunteers. The suggestion was made to form a Volunteer Committee of three people to come up with ideas. The goal is to make more people to want to volunteer. If you are interested, please contact Calvin.
3. One idea to attract more volunteers was to fund a track team of a high school (a different high school each year) with \$1000.00, give high school students a free pass for our races and train them in volunteering for jobs we need.
4. Bylaws should be changed to limit each check writing to no more than \$1500.00. If the amount is larger than \$1500.00, two signatures would be required.
5. While newsletter editor and webmaster could be classified as independent contractors, the position of course marker needs more research. In addition, free memberships to board members and other functionaries should be eliminated and replaced with gift certificates.
6. Another suggestion is to address the media for the DSE. If the goal is to have a paperless newsletter, the format should be changed to make it easier to read. If you are interested in working on a media committee, please contact Calvin.
7. Calvin Chan will contact the RRCA for advice on board meetings, whether they should be announced and open to the general membership.
8. There should be an annual club budget in place. Providing this would foresee the club's financial outlook for the coming year.

All present at the meeting felt good that it had taken place. Members have concerns, because they care about the club.

In summary, we are looking for volunteers, not just for the races, but also for three committees to be formed and reporting back to the board: the bylaw committee, volunteer committee, and media committee. If anyone has an interest, please contact Calvin Chan.

FROM THE PRESIDENT'S DESK  
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## DSE VOLUNTEER APPRECIATION PICNIC 8/26/07

The annual DSE Volunteer Appreciation Picnic is where DSE honors its volunteers. Special thanks to **Gary Brickley**, DSE Volunteer Picnic Coordinator, for taking the DSE Volunteer Appreciation Picnic to the next level with a catered affair.



DSE Volunteer Picnic Coordinator  
Gary Brickley

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

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

### Mail/Phone/Email Address

The DSE Newsletter mailing address is  
Jane Colman  
692 60th Street  
Oakland, CA 94609-1420  
Phone 510-652-3116  
Email [janecol@earthlink.net](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

*Many of us enjoy running in races in other parts of the country, perhaps when we are on vacation, and have found that it adds zest to our holiday to meet the locals and tour their home area on foot. But how many of us have gone year after year to Europe and run a marathon in beautiful countryside that just happens to be in the heart of an excellent wine making region? Wendy Newman has!*

In March 1972, one year after graduating from college, I moved from NYC to San Francisco. I lived with my brother, already a runner, and began accompanying him and his dog Toshiro to the Polo Field for runs. When my brother left SF about a year later, I inherited his dog and his running habit. I continued running at the Polo Field each evening after work, and over a period of time I worked myself up to running 4 laps (about 4 miles). I really wanted to participate in the Bay to Breakers and I knew I needed to break through my 4-mile barrier to feel confident that I could complete the course. So one day, my friend and I kept running through the park until we covered about 6 miles. I was elated and then knew I could tackle the race. It was a great first race—and honestly I can't remember if I walked or ran the Hayes Street Hill!

With my dog, I continued running in circles at the Polo Field each evening after work and started running races. I generally ran alone until I made a friend at work who was interested in running with me at lunchtime. I worked for Levi Strauss downtown at Embarcadero Center and she worked a few blocks away. We would meet on the street and run down the Embarcadero to Aquatic Park and back. At that time, there were no shower facilities, but we were committed to our runs and eating lunch at our desks. This launched me into more serious running. For the next 20+ years, I worked and ran. Levi's moved its offices down to Levi's Plaza and included a gym with showers (thank goodness!). There was a group of committed athletes there and we rarely missed a day—whether in town or on the road. I often got up at 5:00 AM in the dead of winter in places like Chicago and New York City, dressing in a million layers and sometimes even wearing a face mask and spikes for the icy streets, going downstairs, meeting whoever dared to show up in the lobby, and taking off in the pitch black for a run. We also traveled together internationally and ran in the early morning humid heat of Asia, where your skin feels like it is peeling off of you. We tried avoiding the sacred cows and traffic and the incense that streamed out of the temples. No matter where we were, when we sat down to a breakfast meeting between 7:00 and 8:00 AM, there were always a few of us die-hards who had already run; it was a special little club. Running also created a special relationship between me and all the places I traveled to. It was a great way to sightsee.

I tried, unsuccessfully, to train for a marathon—continually getting injured (training back then meant 60+ miles/week and I didn't have anyone to coach me about gradually increasing

mileage). I tested out the Hash and the DSE, but attended their events sporadically. Then in 1992, I saw Bill Woolf at the DSE Spreckles Lake Run and it was love at first sight! I started attending its races with more regularity and eventually met Bill and ... (the rest is history!). He suggested training for a marathon together (Donna Solomon coached us) and we ran the SF Marathon in the summer of '92. A DSE member met me at mile 20 to run me in and told me that if I could keep my pace up I could break 4 hours. I cursed at him as I hit the wall and was thrilled just to finish the event (in 4:10)! We continued challenging ourselves with marathons, training and traveling to participate in them. What a great experience to travel and share marathon running with good friends! Often my brother would join us somewhere and he and I would run

together. It was in New York, with my brother, that I ran my fastest marathon, breaking 4 hours. I've run San Francisco, Midnite Sun and New York all several times, and also Big Sur, Portland and Cal Int'l.

Bill and I are also members of a running club on the Cote d'Azur in France and I have often placed in my age group, getting trophies and kisses from the mayors of the small villages we raced in. In the mid '90s, I remember being stopped by a journalist on the Promenade in Nice, and was interviewed for an article on "Why Women Run".

I thought it was extremely sexist, but at that time there were very few French women who ran. That has all changed now.

I also tried training for a Ride & Tie (which involves a team of 2 runners and a horse) but a back injury and a broken arm from various riding accidents prevented my completion of that goal. And although I've never participated in an Olympic event, I have shared a beer or two and run together with the great English Olympian Sebastian Coe!

My most recent marathon was several years ago in Bordeaux, France—Le Marathon du Medoc. Like Hashers who are beer drinkers with a running problem, this run attracts wine and pâté connoisseurs with a propensity for costuming up, partying and enjoying the good life. And I received a fine bottle of Margaux as a finishing medal. It was a weekend of non-stop drinking, eating and revelry. I haven't run a marathon since then—I'm still recuperating!

I've sustained many running-related injuries, including surgery for a torn meniscus. But if you're a runner, you know that nothing keeps you down. In the last few years I've turned to more trail running; besides saving my knees, I really love running in natural beauty. Most of all, through running, I've really found a great network of friends.



Wendy with Bill, directing a DSE race  
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Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

August 5, 2007

Embarcadero 10K

Race Directors: George Sacco and Kevin Lee

Volunteers: Andrew Freid, George Baptista, Phyllis Nabhan, Hilary Fong, Richard Finley, Marie Appel



Co-Race Director George Sacco  
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PL	NAME	AGE	TIME
1	James Withers	21	32:16
2	Zack Crockett	19	34:39
3	Grant Johnson	23	34:49
4	Anthony Tablizo	20	35:13
5	Erik Olson	15	35:29
6	Orlando Velazquez	30	35:49
7	Sam Himel	17	36:10
8	Aaron Case	34	36:26
9	Kramer Straube	18	36:27
10	Matt Giusti	16	37:28
11	Jason Reed	28	37:39
12	Chris Gullo	27	37:50
13	Sopagna Eap ①	26	38:18
14	David Davis	38	38:23
15	Guillermo Arguello	21	38:44
16	Anthony Benson	43	38:54
17	Evelyn Ross ②	20	39:09
18	John Woods	43	39:20
19	Tom Olson	49	40:33
20	Milan Drager	32	40:54
21	Kiko Rodriguez	14	41:05

22	Dave Coulman	47	41:16
23	Kennet De Silva	26	41:23
24	Joel Harris	20	41:56
25	David Altena		42:15
26	Julio Provencio Perona	34	42:29
27	Lionel Jingles	23	42:30
28	Daryl Luppino	47	42:33
29	Ky Faubion	22	42:41
30	Kathleen Casto ③	20	42:47
31	John Lathum	15	43:02
32	Ian Klassen	37	43:22
33	John Oliver	38	43:24
34	Noe Castanon	36	43:52
35	Philip Davidovich	19	44:00
36	Joe Regan	24	44:08
37	Ariane Mohr-Felsen ④	21	44:17
38	Jinan Banna ⑤	25	44:58
39	Tom Smith	47	45:03
40	Marc Socquet	32	45:23
41	Michael Sweet	37	45:47
42	Andrew Freid	40	45:56
43	Daz Lamparas	55	46:00
44	Herschel Stiles	58	46:06
45	Jorge Larre	51	46:17
46	Joel Rizzo	41	46:20
47	Jeremy Edinger	30	46:21
48	Amy Sonstein	37	46:26
49	Vanessa Cate	29	46:30
50	Jack Tisdale		46:31
51	Margaret Williams	32	46:37
52	Kat Fetteroll	16	46:46
53	Jens Schutt	38	47:13
54	Brian Hutto	42	47:18
55	Sue Stewart-Tanner	48	47:41
56	Mark Kelley	51	47:49
57	Anthony Nicastro	24	48:12
58	George Baptista	64	48:16
59	Justin Sweeley	24	48:29
60	Kristin Case	29	48:41
61	Chris Forbes	35	48:42
62	Anthony Chen	23	48:54
63	Renner Vaughn	27	48:56
64	Juan Bonilla	51	48:59
65	Hedvig Gastberg Tressett	30	49:16



Checking out the lead pack  
Photo by Don Watson

66	John-Paul Oneschac	28	49:21
67	Gregory Brown	58	49:38
68	Lina Khatib		49:41
69	Kathleen Lail	39	49:58
70	Sarah Reilly	27	50:01
71	Carlos Contreras	18	50:09
72	Manuel Gomez	26	50:11
73	Steve Nekic	28	50:26
74	Paul Mosel	65	50:28
75	Alexis Bennett	26	50:31
76	Markus Decker		50:32
77	Ed Kinchley	58	50:33
78	Aimee Rivera	34	50:40
79	Patrick Mattimore	57	50:41
80	Helen Arenholz	43	50:44
81	Steve Kim	24	50:54
82	Jianhui Zhang	35	51:16
83	Liz Horberg	26	51:18
84	Derrick Behrens	33	51:20
85	Heather Zamarin	23	52:01
86	Jeff Zamarin	25	52:02
87	Sercio Campos	29	52:08
88	Dave Grant	33	52:25
89	Tim Clement	54	52:48
90	Sam Roake	71	52:58
91	Patrick Regan	40	53:01
92	Matthew Fleet	29	53:03
93	Edmundo Layson	27	53:06
94	Marian Lyons	60	53:16
95	Thomas Smiley	51	53:22
96	Jerome Davidovich	24	53:26
97	Lauren Ross	22	53:36
98	Diane Pospishil	24	53:58
99	Sarah Lauffer	27	54:10
100	Ragnar Lesch	37	54:14
101	Keren Shane	28	54:25
102	Heather Donnel	31	54:26
103	Kevin Cuevas	16	54:30
104	General Zod		55:23
105	Jared Sihm	28	55:30
106	Mick Giusti	46	55:42
107	Tara Nickerson	35	55:49
108	Jill Mucci	45	56:11
109	Mort Weisberg	70	56:18
110	Dan Maass	28	56:21
111	Wendy Newman	57	56:27
112	Angela Behrens	31	56:32
113	Robert Firu		56:50
114	Mary Martindale	43	57:05
115	Caroline Decker	28	57:40
116	Brandi Wright	25	57:43
117	Alex Davidovich	19	57:50
118	Anna Meyer	23	57:57
119	Christina Mucci	16	58:31
120	Bob Morris		59:21
121	Michael Ray	36	59:27
122	John Peebler	35	59:43
123	Sue Peebler	38	59:45
124	West Coghlan	53	59:53

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EMBARCADERO 10K  
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Embarcadero wheelchair racer  
Photo by Don Watson

125 Stephanie Soler	32	59:57
126 R. Klein	27	1:00:24
127 D. Floersch	66	1:00:41
128 Lorrie Kalos	46	1:00:52
129 Ellard Li	19	1:01:00
130 Hartley West	34	1:01:06
131 Helen Hsu	33	1:01:18
132 Brian Hanson	46	1:01:21
133 Alexandra Kuhn	23	1:01:26
134 Dan Stickler	49	1:01:54
135 Beth Meyer	47	1:01:57
136 Jim Kauffold	69	1:02:50
137 Shannon Maass	28	1:02:54

August 12, 2007

Cross Country 5K

Race Director: Janet Nissenson

Volunteers: Hashim Bashiruddin, Oliver Chan, Roy Clarke, Joe Connelly, Hilary Fong, Adrian Jue, Bobby Marty, Phyllis Nabhan, Steve Nissenson, George Sacco, Eduardo Vazquez



Race Director Janet Nissenson  
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138 Bill Woolf	72	1:03:25
139 Emily Plagge	25	1:03:36
140 Lori Olson	48	1:03:44
141 Rebecca Cowan	29	1:03:55
142 Henry Nebeling	74	1:04:02
143 Elizabeth Nolan	46	1:04:04
144 Casey Goodall	50	1:06:32
145 Carmen Ludtke	38	1:06:35
146 Evelyn Martinez	59	1:08:19
147 George Sacco	69	1:10:59
148 Jeff Darrow	58	1:11:01
149 Jane Colman	64	1:12:36
150 Eivette Manzana	19	1:15:09
151 Stephanie Davidovich	23	1:15:10
152 Carmen Sum	36	1:17:26
153 Brandon Powers	24	1:19:12
154 Justin Mallari	22	1:19:24
155 Linda Morell	39	1:19:48

SELF-TIMERS

Jesse Agbayani	
Tom Boyd	61
Tom Huster	
Kim Chee	2
Sunhi Kim	
Liese Rapozo	79
Tony Stratta	77
Hashim Bashiruddin	50
Don Watson	78
Yong Cho	49
Fred Haber	47
Gary Davis	
Richard Finley	59
Elaine Gecht	63
Bob Theis	79
Wally Rapozo	

PL	NAME	AGE	TIME
1	Nathan Yanko	25	16:52
2	Grant Johnson	24	17:03
3	Mark Bretan	17	17:18
4	Mark Janes	32	17:25
5	Chikara Omine	24	17:46
6	Peter Trudelle	22	17:50
7	Jason Reed	28	18:02
8	Alberto Myhrer	25	18:33
9	Jonathan Bretan	24	18:42
10	Albert Hwang	17	18:52
11	John Woods	43	18:58
12	Milan Drager	32	19:06
13	Brandon Banks	31	19:16
14	Sloane Cook	17	19:18
15	Brian Lau	16	19:23
16	Kennet De Silva	25	19:27
17	Nabil Langkilde	30	19:31
18	Jon Yonago	44	19:38
19	Jason Seitz	27	19:49
20	Jeremy Calnan	48	19:56
21	Stanley Leung	17	20:09
22	Noe Castanon	36	20:32

23 Ky Faubion	22	20:35
24 Tom Cymal	50	20:43
25 Devin Wolfe	39	20:50
26 Daryl Luppino	47	20:55
27 Luz Mejia-Mass ①	14	21:03
28 Joshua Olkowski-Gunn		21:13
29 Philip Dangler	33	21:17
30 Kenneth Lock	20	21:19
31 Chrissa Trudelle ②	17	21:25
32 Michael Sweet	37	21:29
33 Kevin Fry	28	21:36
34 Jacob Stiemsma	20	21:39
35 Atum Crockett	17	21:39
36 AJ Atases	16	21:40
37 Matt Horn	16	21:48
38 William Colglazier	27	21:51
39 Kim Evason ③	30	21:58
40 Michael Dietze	31	22:04
41 James Sherry	16	22:09
42 Jia Hao Li	17	22:10
43 Joel Rizzo	41	22:23
44 Dave Flinn	41	22:28
45 Robin Lie	36	22:29
46 Daz Lamparas	55	22:31



Back of the pack (Evelyn and Jane)  
Photo by Don Watson

47 John Bruno	16	22:37
48 Alex Janus ④	23	22:48
49 Chad Aikoff		22:49
50 John Blaney	41	22:52
51 Jorge Larre	51	23:03
52 James Eales	41	23:06
53 Bart Henderson	32	23:07
54 Victor Gonzales	27	23:16
55 Diann Leo ⑤	20	23:27
56 Marie Carlotti	51	23:33
57 Ray Lie	30	23:39
58 Paul Mosel	65	23:42
59 David Berten	43	23:45
60 Lexy Loewenstein	45	23:45
61 Will Mooney	15	23:45
62 Beth Yanko	27	23:46
63 Meghann Pierce	28	23:46

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CROSS COUNTRY 5K  
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64	Cody Henneman	15	23:47
65	Eric Park	61	23:50
66	Chris Paillart	42	23:52
67	Phuc Nguyen	14	23:55
68	Kenneth Fong	45	23:59
69	Tom Huster	64	24:12
70	Joe Araujo	57	24:13
71	Herman Escajadillo	56	24:23
72	Katie Sheible	14	24:25
73	Nicky Reed	13	24:25
74	Lina Khatib		24:39
75	Larry Wuerstle	51	24:44
76	Theo Jones	68	24:46
77	Kathleen Lail	39	24:48
78	Uwe Schling	37	24:50
79	Patrick Mattimore	57	24:51
80	Bess Kennedy	32	25:04
81	General Zod	32	25:14
82	Kevin Cuevas	16	25:14
83	Josh Ridout	35	25:27
84	Gary Brickley	53	25:39
85	Thomas Smiley	51	25:41
86	Jerry McGowan	69	25:46
87	Allie Villa	14	25:53
88	William Bernick	17	25:55
89	Tammy Baltic	45	26:02
90	R. Archibald	50	26:19
91	Dana Farkas	48	26:24
92	Margo Schubert	30	26:48
93	Ken Reed	62	26:52
94	Sam Roake	71	26:55
95	Jack Bascom	66	26:58
96	Michael Brady	26	27:21
97	Wendy Newman	57	27:22
98	Bob Morris		27:34
99	Liza Boles	17	27:48
100	NO NAME		28:04
101	Rebecca Lafore	40	28:11
102	Shamli Tarbell	33	28:13
103	Erin Brainard	29	28:14
104	Carolyn Hubbard	40	28:20
105	Olivia Horgan	34	28:22
106	Raymond Ho	32	28:31
107	Laura Northrup	26	28:40
108	Dave Floersch	66	28:41
109	Kate Hofferan	44	28:44
110	Johanna Merriss	57	28:46
111	Matt Freeman	28	28:55
112	Christina Emmons	31	29:12
113	Brooke West	29	29:26
114	Russell Breslauer	62	29:27
115	Yin Yin Aung	21	29:32
116	Carrie Jabs	35	30:09
117	Tony Wasserman	62	30:12
118	Steve Weick	62	30:15
119	Jim Kauffold	69	30:51
120	Bill Woolf	72	30:57
121	Henry Nebeling	74	31:19

122	Nuala McNabola	55	31:37
123	Phyllis Chen	31	31:47
124	Rachel Chalmers	36	31:54
125	Linda Ho	33	32:19
126	Katie Cajthaml	46	32:27
127	Carol Epstein	54	32:34
128	John Weidinger	66	32:55
129	Jack Bellingham	59	33:16
130	George Sacco	69	33:19
131	Nina Kaiser	27	34:25
132	Elizabeth Colglazier	25	34:30
133	Emily Ness	59	34:32
134	Laura Lara	24	34:56
135	Evelyn Martinez	59	35:14
136	Jane Colman	64	35:27
137	Debby Bellingham	53	36:56
138	Ching-an Hu	34	37:23
139	Dominic Tuttle	6	39:39
140	Justin Tuttle	35	39:40

141	Virginia Rosales	43	40:52
142	Leo Rosales	53	40:52
143	Bob Theis	79	43:37
144	Dee Farkas	79	48:40

**SELF-TIMERS**

Don Watson	78	
Gary Davis		
Jesse Agbayani	55	
Jim Pommier	74	
Kim Chee Kim	02	
Liese Rapozo	79	
Mort Weisberg		
Phyllis Nabhan	60	
Robert Brizuela	67	
Sunhi Kim	48	
Tom Boyd	61	
Wally Rapozo	78	
Tony Stratta	77	77:00

**August 19, 2007**

**Walt Stack Memorial 5K**

**Race Director: Richard Finley**

**Volunteers: George Baptista, Carolyn Clark, Roy Clarke, Joe Connelly, Richard Hannon, Jeanie Jones, Peggy Kang, Kevin Lee, Bobby Marty, Paul Mosel, Phyllis Nabhan, Vince Prescott(?), George Sacco, Mort Weisberg**



**Race Director Richard Finley**

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PL	NAME	AGE	TIME
1	Grant Johnson	24	17:24
2	Eric Knackmuhs	26	17:34
3	Mark Janes	32	18:00
4	Michael Northrup	32	18:11
5	Patrick Sullivan	17	18:21
6	Jason Reed	28	18:56
7	Jerry Flanagan	41	19:27
8	John Woods	43	19:39
9	Milan Drager	32	19:55
10	Thomas Wong	16	20:04
11	Kingshuk Ghosh	33	20:08
12	David Hoatson	48	20:31
13	Kennet De Silva	25	20:43

14	Kevin Cuevas	16	21:09
15	Tomakin Archambault		
		26	21:15
16	Will Colglazier	27	21:22
17	Gene French	61	21:32
18	Kevin Sullivan	15	21:36
19	Daryl Luppino	47	21:39
20	Kenneth Lock	20	21:48
21	Pete Nowicki	49	21:59
22	Jacob Stiemsma	20	22:01
23	Steve Karels	??	22:13
24	Natalee Fisher ❶	16	22:22
25	Ron Yalor	24	22:25
26	King Wayman	58	22:36
27	Amy Sonstein ❷	37	22:48
28	Chris Horton	37	23:00
29	Felix Tong	28	23:06
30	John Meyer	53	23:07
31	Patrick Lee	59	23:17
32	J. Andre Clark	35	23:26
33	Alfred Hu	46	23:32
34	George Baptista	64	23:45
35	Joel Rizzo	41	23:51
36	Claire Rudolph ❸	15	23:56
37	Marie Carlotti ❹	51	23:59
38	Keith Marello	34	24:19
39	Theo Jones	68	24:35
40	Dan Shalom	51	24:37
41	Paul Mosel	65	24:44
42	Mark Kelley	51	24:44
43	Kenneth Fong	45	24:47
44	Lina Khatib ❺		24:50
45	Ed Kinchley	58	24:51
46	Uwe Schling	37	25:18
47	Steve Nissenson	59	25:36
48	Gregory Brown	58	25:42
49	Kathleen Lail	39	25:51
50	Ryan Finnegan	19	25:53
51	Timothy Clement	54	25:55

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WALT STACK MEMORIAL 5K  
continued from page 6

52	Ray Fisher	55	25:56
53	Tom Huster	64	26:13
54	Thomas Smiley	52	26:43
55	Noe Castanon	36	26:46
56	Marian Lyons	60	26:56
57	Patrick Regan	40	27:03
58	Peter Royce	72	27:05
59	Ken Reed	62	27:05
60	Carolyn Garriott	44	27:07
61	Tara Nickerson	35	27:15
62	Olivia Horgan	34	27:32
63	Sheldon Gersh	62	27:39
64	Wendy Newman	57	27:40
65	Fiona Grubb	31	27:46
66	Justin Bradshaw	30	27:53
67	Brad Hahn	43	27:58
68	Daniel Taaffe	??	28:00
69	Peggy Kang	71	28:05
70	Bob Morris		28:08
71	Jack Bascom	66	28:11
72	Stephanie Soler	32	28:12
73	Laura Northrup	26	28:13
74	Mort Weisberg	70	28:29
75	Kathy Northrup	57	28:40
76	Donna De...	45	28:45
77	Dave Floersch	66	29:03
78	Joe Fitzgerald	29	29:12
79	Brad Hummel	38	29:19
80	Michele Wayne	37	29:30
81	Jen Hanby	27	29:42
82	Jennifer Barrientos	36	30:05
83	Tony Wasserman	62	30:09
84	Henry Nebeling	74	30:27
85	John Weidinger	66	31:19
86	Lorrie Kalos	46	32:05
87	Kelly Bennett	25	32:17
88	Brenda Hearn	26	32:32
89	Rachel Chalmers	36	32:44
90	Lina Izumi	31	32:45
91	Erika Brickley	17	32:55
92	Gary Brickley	54	32:55

continued on page 8



Hot competition through Crissy Field  
Photo by Don Watson

## 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>Double Dipsea, Stinson Beach, June 23</b>					
4	Russ Kiernan	69	1	M65-69	1:43:16
5	Cliff Lentz	42	1	M40-44	1:43:34
16	Ian Reid	63	3	M60-64	2:00:52
17	Mark Janes	31			2:01:50
25	Eduardo Vazquez	34			2:04:44
40	Jason Reed	38	1	M25-29	2:09:52
84	Yvette Nout	33	3	F 30-34	2:20:18
119	Sean Stephenson	25			2:25:23
122	Stephen Tracy	44			2:25:34
169	Theodore Jones	68			2:33:57
174	Cammie Dingwall	44			2:36:42
181	Peter Royce	72	2	M70-74	2:38:17
217	Patrick Sullivan	17	3	M <20	2:45:04
255	Daz Lamparas	55		M50-59	2:51:16
275	Lina Khatib	44			2:58:33
276	Frank Shum	39			2:58:35
301	Adam Lucas	40			3:05:16
313	Kenneth Fong	45			3:09:24
317	David Klinetobe	46			3:10:40
319	Jack Bascom	65			3:11:07
321	Brie Keybine	68	3	F 65-69	3:13:05
333	Gary Brickley	54			3:17:57
343	Fennel Doyle	32			3:21:30
367	Lucy Pon	55			3:39:20
370	Evelyn Martinez	59			3:48:26

### TCRS #6, ~4.5 miles, San Geronimo Golf Course, July 13

#### Women

4	Amy Sonstein	1	F 30-39	35:34
18	Lorrie Kalos	6	F 40-49	48:52

#### Men

35	Steve Stephens	1	M60-69	32:35
36	Russ Kiernan	2	M60-69	32:46
61	Julius Schillinger	4	M60-69	39:49
68	Jeff Houston	28	M40-49	47:38
69	Dennis Hassler	3	M70-79	48:22

### Tahoe Rim Trail 50K, July 21

144	Pat Wellington	59		11:10:54
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### San Francisco Marathon, July 29

4	Chikara Omine	24	2	M20-24	2:37:56
846	Thomas McManus	37	134	M35-39	3:50:11
912	Lucille Wing	50	4	F 50-54	3:52:16
1119	Frank Shum	40	148	M40-44	3:57:35
1959	Marian Lyons	60	2	F 60-64	4:22:15
2134	Christopher Kraemer	54	106	M50-54	4:27:18
2287	Gregory Brown	58	67	M55-59	4:31:45
2399	Sean Stephenson	25	294	M25-29	4:34:55
3131	Peter Royce	72	4	M70-99	4:58:00

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**San Francisco 1st Half Marathon, July 29**

140	Jamie Austin	39	49	M30-39	1:39:18
339	George Musante	52	16	M50-59	1:47:95
474	Daz Lamparas	55	26	M50-59	1:49:05
1308	Uwe Schling	37	336	M30-39	2:01:31
2542	Jeffrey St. Claire	41	278	M40-49	2:16:38
2763	Mary Lou Lemley	56	44	F 50-59	2:16:54
3920	Dennis Hassler	73	4	M70-99	2:37:32
4120	Mercedes Acosta	63	18	F 60-69	2:42:55
4649	Elaine Gecht	63	28	F 60-69	3:03:16

**San Francisco 2nd Half Marathon, July 29**

50	George Rehmet	40	7	M40-49	1:28:11
97	Ian Reid	63	2	M60-69	1:32:58
401	Vijay Tella	42	64	M40-49	1:48:55
518	Theo Jones	68	9	M60-69	1:52:53
653	Brad Spielman	39	140	M30-39	1:57:22
692	Brian Harris	54	41	M50-59	1:58:26
812	Mark Kelley	51	47	M50-59	2:01:59
898	Paul Mosel	65	15	M60-69	2:04:31
1138	Juliann Sum	51	15	F 50-59	2:13:01
1209	Lan Nguyen	28	204	F 20-29	2:15:32

**San Francisco Marathon 5K, July 29**

11	Milan Drager	32	10	M 1-99	19:09
33	Amy Sonstein	37	4	F 1-99	21:53
146	David Lakin	46	93	M 1-99	26:43

**Salt Point Trail 26K, July 29**

9	Kennet De Silva	25			2:33:39
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**Alameda Run for the Parks 10K, August 5**

326	Dennis Hassler	73	3	M70-99	1:06:48
344	Barbara Robben	73	1	F 70-99	1:13:53

**Skyline 50K, Castro Valley, August 5**

4	Chikara Omine	24			4:00:33
113	Pat Wellington	59			7:41:37

**Susan B. Anthony 5K, Sacramento, August 11**

85	Amy Sonstein	37	15	F 35-39	22:10
189	Mary Lou Lemley	56	9	F 55-59	
301	Barbara Robben	73	2	F 70-74	

**Plate to Plate 5K, August 12**

139	Gregory Brown	58	9	M50-59	24:36
235	Peggy Kang	71	1	F 70-70	27:02
419	Susan Herder	50	7	F 50-59	29:54
447	David Lakin	46	56	M40-49	30:23
602	Barbara Robben	73	2	F 70-79	32:30
757	Choi Yee Wong	26	135	F 20-29	34:52

**Northern California Chinese Track & Field, August 12**

100m	Patrick Lee	59	1	M56-65	14.63
800m	Patrick Lee	59	1	M56-65	2:56.16

Note: Patrick set new age group records in both events, breaking the old records by 0.23 second in the 100m and 11.16 seconds in the 800m.

**America's Finest City Half Marathon, San Diego, August 12**

1095	Edward Celestina	56	24	M55-59	1:53:01
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**WALT STACK MEMORIAL 5K**

continued from page 7

93	Bill Woolf	72	33:20
94	Elizabeth Colglazier	25	33:41
95	Norman Ching		34:31
96	George Sacco	69	35:08
97	Jeff Darrow	58	35:10
98	Jane Colman	64	36:41
99	Tara Karels	36	37:18
100	Karen Schkolnick	36	37:38
101	Laurie Huth	35	37:39
102	Moshie Yalor	60	37:49
103	Ted Vincent	71	37:50
104	Bob Theis	79	43:02
105	Liese Rapozo	79	49:08
106	Wally Rapozo	79	49:09

**SELF-TIMERS**

Brie Reybine		
Calvin Chan	56	
Ceis Wildin	69	50:40
Cindy Toler	46	
Colby Houston	7	
Don Watson	78	
Diane Okubo-Fong	46	
Fred Haber	47	
Jane Lee	56	
Jeff Houston	49	
Kim Chee Kim	02	
Phyllis Nabhan	60	
Roxanna Pezzy		
Richard Hannon	71	
Robert Brizuela	67	50:4
Sunhi Kim	48	
Tom Boyd	61	
Tony Stratta	76	66:00
Yong Cho	49	

**KIDS' RACE**

Ashley Garriott	8	7:00
Nicole Garriott	7	7:05
Richard Tauber	5	7:13
Shannon Luppino	11	7:44
Colby Houston	7	8:02
Douglas Orzynski	12	10:53
Jakob Lail	3	11:36

**CLASSIC STU-PEDS**

by Stu Ruth





## WHERE DID YOU RUN ON YOUR SUMMER VACATION?

*Jane Colman, editor*

I'm sure that many DSE members took vacations this summer and that at least some of you had some special runs on your vacation. Did you run an exciting, unusual, or scenic race? Or run on a particularly spectacular route, either locally or far away? Did you try something new?

Tell us about it! Much as we all need race results and DSE news and announcements, articles from members are what makes the newsletter interesting to read. Please send your stories about noteworthy running experiences, past or present, to me at [janecol@earthlink.net](mailto:janecol@earthlink.net).

## 2007 DSE VOLUNTEER APPRECIATION PICNIC

We've had other elegant DSE volunteer appreciation events in years past (old-timers might remember the dinner at the San Remo Hotel or the "black tie" dinner/dance at Stern Grove), but never before a volunteer appreciation picnic quite like this year's.

While we've all enjoyed the barbeques and games of previous events, this year picnic coordinator Gary Brickley brought us to a new level with a catered event that included tents to protect the food, enough tablecloth-covered tables for all of us, a beverage tent where DSE member Henry Nebeling served as bartender, cloth napkins, and a stunning array of delicious food.

Many thanks to Gary, Henry, and all of the picnic volunteers who helped with the setup, speeches, and cleanup.



A few of the nearly 100 DSE members, families, and friends who attended the 2007 DSE Volunteer Appreciation Picnic

Photo 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:

<b>Sept 2</b>	Potrero Hill 4M	<b>Oct 7</b>	Rockaway Beach 5K
<b>Sept 9</b>	Lake Merced 1/2 Marathon/4.5M	<b>Oct 14</b>	Golden Gate Park 10K
<b>Sept 16</b>	Embarcadero 5K	<b>Oct 21</b>	Twin Peaks Run
<b>Sept 23</b>	Rainbow Falls 5K	<b>Oct 28</b>	Ballpark 5K

We need volunteers in particular at the following event:

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.

## GALA DINNER & AWARDS COORDINATORS NEEDED

*Janet Nissenson*

After serving as Gala Dinner Chairperson for the past several years, as well as Points Reporting/Awards Coordinator, I am stepping down from both positions. We will need volunteers from the club to take over one or both positions for the 2008 Gala and awards.

Responsibilities of the Gala Chairperson include: working with the catering staff at the Irish Cultural Center to determine the dinner menu, designing the dinner invitation, tracking RSVPs and receipt of monies, forwarding a tally of attendees to the catering staff, writing up name tags and raffle tickets for the attendees, and checking in attendees the night of the dinner. These responsibilities can easily be divided up among 3–4 people if desired, with the Chairperson responsible for recruiting the other volunteers. The Irish Cultural Center has already been reserved for our dinner for Saturday, January 26, 2008. Preparations for the event, including menu selection and invitation design, will need to begin in November 2007.

Responsibilities of the Points Reporting/Awards Coordinator include: updating of the Points Reporting form, receipt and verification of forms received from members (including required volunteer hours), determination of who receives Top 5 category awards, and working with the DSE officers to determine who is to receive any special awards. Additional responsibilities may also include ordering of trophies, plaques, certificates, etc. The updated Points Reporting form will need to be completed and forwarded to the Newsletter Editor in late November, with receipt of completed forms occurring between mid-December and early January.

If you would be willing to serve the club as Chairperson of either or both positions, please contact Janet Nissenson at [jNissenson@aol.com](mailto:jNissenson@aol.com) or 650-355-7660. I will provide you with specific details and instructions about the responsibilities involved.

# ◆◆◆ 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.

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**For 24-Hour race information call the DSE Race Hotline at 415-978-0837**

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## **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.**

## **Sun Sep 9 Lake Merced Half Marathon & 4.5M Runs**

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

STARTING TIME: **Half Marathon 8:00 AM!**

COURSE DESCRIPTION: Run 3 clockwise loops around the lake staying entirely on jogging/pedestrian path. The 3rd loop only is cut shorter by crossing the "draw-bridge" east to west at the southern end of the lake.

ENTRY FEE: **\$5 members, \$8 non-members. Fees increase to \$8 members, \$10 non-members after September 2.**

**Note: Race closes at 11:00 AM. No support after that time.**

STARTING TIME: **4.5M Run: 9:00 AM.** Walkers are encouraged to start early.

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

## **Sun Sep 16 Embarcadero 5K**

START/FINISH: Dolphin Club, Jefferson & Hyde Streets

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

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

## **Sun Sep 23 Rainbow Falls 5K**

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

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

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

**Finish Line Clinic to take place after the race.**

## **Sun Sep 30 NO DSE RUN**

Opportunity to run the Bridge to Bridge 12K, [www.bridgetobridge.com](http://www.bridgetobridge.com).

## **Sun OCT 7 Rockaway Beach 5K**

START/FINISH: Rockaway Beach parking lot in Pacifica at Dondee & San Marlo Ways

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

DRIVING DIRECTIONS: From Hwy 1 southbound, turn right at Rockaway Beach Blvd traffic light. Drive two blocks and turn right at Dondee Way. Follow Dondee Way to end. Turn left onto San Marlo Way and into parking lot.

COURSE DESCRIPTION: Run southbound on beach promenade, left onto Rockaway Beach Blvd, right onto Nick Gust Way. Continue over footbridge. Veer right and begin paved bike path. Stay on path crossing through the Taco Bell parking lot to rejoin path. Turn around at Pedro Point Shopping Center and return 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](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: Monday, October 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](mailto:janecol@earthlink.net).

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



Relatively cool weather will be the rule during the first week of September, especially inland, with lots of afternoon sunshine along the coast. Temperatures should remain unseasonably cool inland during the second week with little change near the coast and lots of late summer sun. The last two weeks of September will feature temperatures much above normal, with no fog and highs in the 70s to upper 80s near the coast and Bay and warmer than that inland.

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



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ANGELICUS  
Walt Stack

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EQUIPMENT Bob Marty

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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  
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PERMITS  
Suzana Seban [suzana@network172.com](mailto:suzana@network172.com)  
Wendy Newman [wsn99@aol.com](mailto:wsn99@aol.com)



# Happy Birthday! ◆◆◆◆◆◆◆◆

11 Brad Spielman  
 12 Jim Misener  
 Roger Anawalt  
 13 Liese Rapozo  
 Brian Wolfe  
 14 Patrick Cunneen  
 Henry Nebeling  
 Kelly Haston  
 15 Jessica Pechner  
 16 Jim Kauffold  
 Trevor Aguiar  
 Yvette Nout  
 17 Kamael Sugrim  
 19 Bob Marty  
 Ben Pechner  
 Suzana Seban  
 22 Sarah Jones

23 Eleanor Pechner  
 Vanessa Pon  
 24 Bob Besso  
 Patrick Lee  
 Jim Peters  
 25 Henry Black  
 Jerry Flanagan  
 Peggy Kang  
 26 Richard Hannon  
 Andrew Bloch  
 Annelle Brickley  
 Katie St. Claire  
 27 Conrad von Blankenburg  
 28 Roxanna Pezzy  
 WALT STACK  
 29 Sam Spielman

## New Members

SAN FRANCISCO  
 Joseph Fitzgerald  
 Sarah Jones

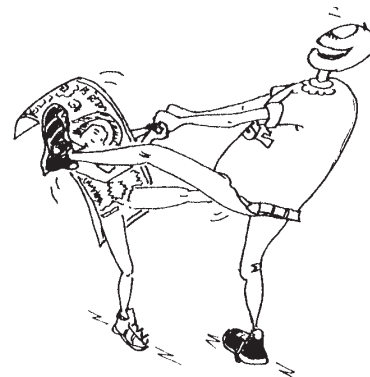


San Francisco  
**Dolphin South End Running Club**  
 Postmaster, Return Undeliverable Mail To:  
 Richard Finley  
 805 Vega Circle  
 Foster City, CA 94404

### DSE email list and electronic newsletter

Join the DSERUNNERSCLUB egroupp 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!