

October 2007

Theo Jones

continued on page 2

always felt that I was at a disadvantage in competing in fast flat races. So I looked forward to challenging hilly races, as I felt that hills were a great equalizer and I could be a little more competitive. My PRs are mid-pack (18:54 5K, 39:15 10K, 1:30 half marathon), and, although I've placed in the top 10 many times, I don't think I've actually ever won a race.

What have been the most challenging runs? Certainly running a marathon without ever having run more than 9 miles was a challenge (and yes, I did finish, and I made my wife promise to never let me run another marathon). Others that involved hills (e.g. the Squaw Valley Mountain Run, Great Cable Car Chase) were challenging as well (not to mention the dreaded DSE San Bruno Mountain Run). Among my favorites are a few that have fallen by the wayside (such as the Nun Run, Perry's to Perry's), and a few that are still around (such as the Statuto Race and Ocean Beach Run). Team events such as the Hood to Coast, Calistoga to Santa Cruz, and San Francisco Marathon Relay certainly were memorable, not only for the races and challenges themselves, but for the camaraderie amongst my teammates.

Of course the DSE runs had their moments, from Pat Cunneen

reminding the rookie runner to double-knot my shoes next time (as he passed me on Twin Peaks while I was tying my shoe), to Freddie Haber likening me to some large animal approaching him from behind (was it a buffalo or a Clydesdale?).

I've always enjoyed running in my travels as well, whether for business or pleasure, as it gave me an opportunity to cover more ground and see sights and neighborhoods that I might not have otherwise seen.

I envisioned myself running into my later years, as I've admired our senior members. Unfortunately, the hours of pavement pounding and playing basketball regularly into my late 40s have taken their toll on my knees, so I'm resigned to running a couple of times a week and occasionally participating in the shorter DSE runs (and trying to stay ahead of Jerry McGowan!). Now, on Sunday mornings, rather than running, you might find me working on the beach trail in Pacifica.

I would like to thank the current and past DSE officers for all their time and dedication to keeping the club together all these years and giving up their Sunday mornings to host the runs rain or shine.

Do I have any advice for club members? Enjoy it while you can!

LAKE MERCED HALF MARATHON

This year's race was a great success thanks to the hard work of Janet Nissenson and the 25-plus volunteers who helped put on the run. The half marathon run had 111 participants, an increase of 40 runners from last year. With two aid stations, the runners were able to keep hydrated. Also, the weather was ideal for the run. The race was won by Grant Johnson who finished the half marathon in 1:16:12. Sarah Hallas, with a time of 1:29:37, was the first woman across the finish line and placed 10th overall in the race. Once again, thanks to all the volunteers who helped with the race. We look forward to seeing you again next year.

SAWYER CAMP TRAIL 5K/10K

On November 4th, DSE will be putting on the Sawyer Camp Trail 5K/10K run. The run has been such a success for the club that we now have it twice a year. With the large crowds expected, you are encouraged to car pool or come early for street parking.

OCTOBER RACE SCHEDULE

DSE heads out of town on Oct. 7th as we run the Rockaway Beach 5K in Pacifica. It's a beautiful run overlooking the Pacific Ocean. If it's a 10K you are looking for, come out and run the Golden Gate Park 10K (kids run at 9:45) on Oct. 14th. Twin Peaks has some of the city's best views and on Oct. 21st, you can come and enjoy some of them as you run the loop. On Oct. 28th, we will be running the Ballpark 5K near the home of the S.F. Giants.

◆◆◆◆◆ 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.

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



Note: The numbers ① ② ③ ④ ⑤ next to a runner's name represent the placement of the first five female finishers.

September 2, 2007

Potrero Hill 4M

Race Director: Gary Brickley

Volunteers: Calvin Chan, Carolyn Clark, Joe Connelly, Kevin Lee, Bobby Marty, Henry Nebeling, Jason Reed, George Sacco, Uwe Schling, Suzana Seban



Race Director Gary Brickley

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Jason Reed	28	24:17
2	Eduardo Vazquez	34	24:23
3	Carlos Reyes	20	24:39
4	David Davis	37	24:39
5	Nick Smirnov	23	25:27
6	John Woods	43	26:05
7	Milan Drager	32	26:28
8	Daniel Sanchez	24	26:30
9	Kennet De Silva	26	26:38
10	Sloane Cook	17	27:18
11	Noe Castanon	36	27:40
12	Jorge Rivera	27	28:09
13	Daryl Luppino	47	28:12
14	Anders Ryerson	30	29:04
15	Matthew Fabry	34	29:24
16	Jerry Flanagan	41	29:25
17	Andrew Meuer	24	30:00
18	Jim Flanagan	58	30:04
19	Kelly Emo ①	42	30:16
20	James Eales	47	30:36
21	Michael Sweet	38	30:38
22	Dan Tsang	31	30:54

23	George Baptista	64	31:19
24	Amy Sonstein ②	37	31:35
25	Patrick Lee	59	31:40
26	Keith Johnson	69	31:46
27	Patrick Mattimore	57	32:20
28	Marie Carlotti ③	51	32:41
29	Paul Mosel	65	32:41
30	Larry Wuerstle	51	33:30
31	Herman Escajadillo	56	33:36
32	Kenneth Fong	45	33:37
33	Faustine Dufka ④	17	33:38
34	Steve Kim	24	33:39
35	Margaret Williams ⑤	32	33:44
36	Carolyn Link	26	33:45
37	Bob Cowdrey	63	33:46
38	Steve Nissenson	59	33:54
39	Tom Huster	64	34:08
40	Kathleen Lail	39	34:35
41	Kevin Cuevas	16	35:21
42	Thomas Smiley	51	35:32
43	Peter Royce	72	35:40
44	Jerry McGowan	69	35:50
45	NO NAME		35:52
46	Marian Lyons	60	35:57
47	Ken Reed	62	36:13
48	Bob Archibald	50	36:17
49	Janet Nissenson	47	36:28
50	Mc Lavelle	55	37:26
51	Joe Connelly	45	38:04
52	William Bernick	17	38:44
53	Laura Northrup	26	38:46
54	Bob Morris		38:56
55	Wendy Newman	57	39:06
56	Matthew Corey	40	39:14
57	Theo Jones	68	39:15
58	Daniel Wu	25	39:30
59	Grace Wu	27	39:31
60	Judith Waitz	47	39:50
61	Peter Hsia	47	39:51
62	Marie Guevara	37	39:53
63	Suzana Seban	53	40:29
64	Martin Glickfeld	52	41:43
65	Jeff Houston	49	42:07
66	Murali Chidvra	53	42:09
67	Bill Woolf	72	42:12
68	Adrienne Tam	39	43:21
69	Kim Dandurand	41	43:22
70	Jo Body	38	43:25
71	Heather Regan	37	43:26
72	Pat Mittler	35	43:29
73	Jim Kauffold	69	45:01
74	Ben Bartos	31	46:09
75	George Sacco	69	46:12
76	Jeff Darrow	58	46:16
77	Marcia Martin	55	46:27
78	Valerie Trenev	47	47:05
79	Cici Zerbe	68	47:31
80	Richard Finley	59	51:58
81	James Stratta	45	65:00
82	Bob Theis	79	67:30

SELF-TIMERS

Ann Agbayani	47
Jesse Agbayani	55
Jim Pommier	74
Kim Chee Kim	2.5
Mary Tully	58
Nicole Agbayani	19
Roxanne Pezzy	
Sunhi Kim	49
Tony Stratta	77
	94:00



Daryl Luppino starts the Kids' Race

© 2007 Paul Mosel

KIDS' RACE

Shannon Luppino	11	2:43
Richard Tauber	5	2:51
Jakob Lail	3	3:27
Lena Hsia	3	5:08
Hetti Hsia	3	5:08
Tim Abbott	3	8:04

September 9, 2007

Lake Merced Half Marathon & 4.5 Mile

Race Director: Janet Nissenson

Volunteers: Kevin Lee, Bobby Marty, Calvin Chan, Roy Clarke, Peggy Kang, George Sacco, Bill Woolf, Steve Nissenson, Marie Carlotti, Lan Nguyen, Jim Kauffold, Sandra Seiki, Gary Brickley, Jim Buck, Judith Jarosz, Wendy Newman, Robert Brizuela, Fred Haber, Yong Cho, Phyllis Nabhan, Cathie Schling, Carolyn Clark, Marie Appel, Amy Qu, Don Matias

Half Marathon

PL	NAME	AGE	TIME
1	Grant Johnson	24	1:16:12
2	Jason Reed	28	1:21:49
3	Eduardo Vazquez	34	1:22:33
4	Bruce Adams	34	1:25:43
5	Bob Ghelfi	46	1:26:57
6	Alberto Myhrer	25	1:27:02
7	Frank Ruona	61	1:27:11
8	Kennet De Silva	26	1:28:26
9	Craig Riebersal	39	1:29:02
10	Sarah Hallas ①	28	1:29:37
11	Genaro Diaz	46	1:30:09
12	Ian Reid	64	1:32:27

continued on page 4

LAKE MERCED HALF MARATHON

continued from page 3



Race Director Janet Nissenson

© 2007 Paul Mosel

Half Marathon

PL	NAME	AGE	TIME
13	Theresa Holland ②	28	1:33:26
14	Tim McCarthy	46	1:34:19
15	Juan Manuel Melendez	50	1:35:15
16	Dave Coulman	47	1:35:32
17	Yancy Aquino	33	1:35:39
18	Adriana Coelho ③	29	1:36:10
19	Noe Castanon	37	1:37:04
20	Jeremy Calnan	48	1:37:40
21	Ky Faubion	22	1:38:04
22	Robert Gormley	66	1:38:10
23	Lessley Anderson ④	33	1:38:20
24	Matthew Fabry	34	1:38:28
25	Brock Hinzmann	54	1:38:29
26	Burton Lee	35	1:38:31
27	Jody Heyman ⑤	46	1:39:56
28	Brendan Moran	31	1:40:00
29	William Banks	47	1:40:17
30	Gilbert Yan	44	1:40:40
31	Denise Carney	37	1:41:07
32	Jason Picard	35	1:41:40
33	John Federico	41	1:43:02
34	Kim Sanders	44	1:43:24
35	Ed Celestina	56	1:44:01
36	Eric Jansen	50	1:44:18
37	Melody-Anne Schultz	66	1:45:19
38	Yuliya Oryol	36	1:45:52
39	T.J. Schultz	34	1:46:54
40	George Baptista	64	1:47:32
41	Noah Wintraub	30	1:47:48
42	Daniella Reichstetter	28	1:48:06
43	Joel Rizzo	41	1:49:01
44	Liz Homans	42	1:49:03
45	Kim Evason	30	1:49:07
46	Keith Johnson	69	1:49:14
47	Megan Curione	29	1:49:22
48	Elaine Mah	45	1:50:05
49	Elisa Dannemiller	29	1:50:26
50	Gloria Gonzalez	51	1:50:36
51	Sebastien Renaudin	28	1:51:13

52	Allison Groves	43	1:51:38
53	Bernadette Pedagno	56	1:52:07
54	Rebecca Hagan	40	1:52:21
55	Steven Carlson	37	1:53:34
56	Uwe Schling	37	1:53:45
57	Alvin Carpenter	54	1:54:06
58	Major Mugrage	33	1:54:14
59	Greg Brown	58	1:54:48
60	Karen Azevedo	44	1:55:35
61	Frances Schulze	53	1:56:18
62	Laurent Coudrelle	47	1:56:19
63	Marian Lyons	60	1:56:51
64	Paul Mosel	65	1:58:14
65	Caius Van Nouhuys	39	1:58:47
66	Teresa Stratton	38	1:58:49
67	Sarah Raube	35	1:59:54
68	Cynthia Watson	45	2:00:10
69	Gene De La Cruz	45	2:00:17
70	Amber Mooney	30	2:00:49
71	Elva Maas	46	2:01:56
72	Katherine Rafanelli	23	2:01:59
73	Donald Fritsche	45	2:02:36
74	Kevin Lew	54	2:03:04
75	Fiona O'Grady	34	2:03:46
76	Steve Nissenson	59	2:04:20
77	Sam Roake	71	2:04:31
78	Lisa Griffin	43	2:05:13
79	Ellen Troth	61	2:07:48
80	Isaac Vulakh	44	2:08:13



Half marathoners keep smiling
through three laps of Lake Merced

Photo by Don Watson

81	Tom Pang	51	2:08:56
82	Pat Geramoni	59	2:09:03
83	Gene Reynolds	49	2:09:13
84	Janice Rensch	62	2:09:28
85	Anne Bozack	22	2:10:02
86	Reyna Sheynblat	39	2:10:08
87	Mc Lavelle	54	2:11:15
88	Jules Vieaux	36	2:11:29
89	Bill Terry	50	2:11:47
90	Michelle Chen	36	2:11:51
91	Warren Tom	39	2:12:22
92	Jessica Poffenroth	28	2:13:03

93	Elaine Chan	40	2:14:29
94	Lucy Wong	45	2:17:15
95	Eric Price	27	2:17:27
96	Vania Ferraro	40	2:17:38
97	Gary Davis	50	2:18:12
98	Venilde Jeronimo	41	2:19:18
99	Kara Campbell	38	2:19:20
100	Christie Brown	46	2:25:08
101	John Nash	39	2:25:10
102	Dee Dee Clark	35	2:25:54
103	Michael Sovik	41	2:32:45
104	Joe Lee	29	2:34:37
105	Roberto Marquez	40	2:36:41
106	Jennifer Owens	30	2:36:57
107	David Alires	53	2:39:21
108	Leilani Fortuno	43	2:40:29
109	Ron Vertrees	70	2:58:44
110	Daniel Kukula	63	3:00:41
111	Elaine Koga	65	3:22:41

SELF-TIMERS

Jim Pommier	74	3:33:28
Liese Rapozo	79	
Wally Rapozo	79	
Ted Vincent		
Marcia Martin	55	

Age Group Awards—Female

20 - 29

Sarah Hallas	28	1:29:37
Theresa Holland	28	1:33:26
Adriana Coelho	29	1:36:10

30 - 39

Lessley Anderson	33	1:38:20
Denise Carney	37	1:41:07
Yuliya Oryol	36	1:45:52

40 - 49

Jody Heyman	46	1:39:56
Kim Sanders	44	1:43:24
Liz Homans	42	1:49:03

50 - 59

Gloria Gonzalez	51	1:50:36
Bernadette Pedagno	56	1:52:07
Frances Schulze	53	1:56:18

60 - 69

Melody-Anne Schultz	66	1:45:19
Marian Lyons	60	1:56:51
Ellen Troth	61	2:07:48

Age Group Awards—Male

20 - 29

Grant Johnson	24	1:16:12
Jason Reed	28	1:21:49
Alberto Myhrer	25	1:27:02

30 - 39

Eduardo Vasquez	34	1:22:33
Bruce Adams	34	1:25:43
Craig Riebersal	39	1:29:02

continued on page 5

LAKE MERCED HALF MARATHON
continued from page 4

40 - 49

Bob Ghelfi	46	1:26:57
Genaro Diaz	46	1:30:09
Tim McCarthy	46	1:34:19

50 - 59

Juan Manuel Melendez	50	1:35:15
Brock Hinzmann	54	1:38:29
Ed Celestina	56	1:44:01

60 - 69

Frank Ruona	61	1:27:11
Ian Reid	64	1:32:27
Robert Gormley	66	1:38:10

70 - 79

Sam Roake	71	2:04:31
Ron Vertrees	70	2:58:44

Lake Merced 4.5M

PL	NAME	AGE	TIME
1	Ryan Gall	23	27:45
2	John Woods	43	27:46
3	Milan Drager	32	27:56
4	Sloane Cook	17	28:12
5	Jorge Rivera	27	29:10
6	Sean Gwi	23	29:26
7	Celeste Dolan ①	31	30:06
8	Gene French	61	30:10
9	Adam Brink	34	30:20
10	Daryl Luppino	47	30:29
11	Beverly Moore ②	25	30:44
12	Robert Chu	22	31:02
13	James Eales	47	31:19
14	Carlton Oler	50	32:32
15	Daz Lamparas	55	32:38
16	Irene Fong ③	52	32:38
17	King Wayman	58	33:01
18	Amy Sonstein ④	37	33:24
19	Dave Flinn	41	33:28
20	Steven Pitsenbarger	39	33:32
21	Catherine Filippone ⑤	40	33:38
22	Patrick Lee	59	34:04
23	Josh Lail	34	34:15
24	Leo Rosales	53	35:04



Single loop runners
Photo by Don Watson

25	Steve Kim	24	35:06
26	Janusz Wiewior	44	35:36
27	Patrick Mattimore	57	35:38
28	Mark Kelley	51	35:55
29	Jianhui Zhang	35	36:01
30	Masataka Negishi	57	36:27
31	Hank Pellissier		36:28
32	Lina Khatib		36:32
33	Kathleen Lail	39	36:37
34	Kenneth Fong	45	36:57
35	Tom Huster	64	38:01
36	Tom Smiley	51	38:03
37	Kyounghee Seo	36	38:14
38	Peter Royce	72	38:23
39	Greg Gaviola	28	38:35
40	Raymond R. White	62	39:14
41	Ken Reed	62	39:16
42	Jose Ona	33	39:30
43	Eric Bottino	39	39:40
44	Bob Archibald	50	39:43
45	Thomas Wirbull	37	39:50
46	Robin Hong	22	39:51
47	William Blanton	18	40:15
48	Curtis Lim	43	40:28
49	Michael Cruz	35	41:00
50	Jack Bascom	66	41:06
51	Robin Jackson	50	41:44
52	Bob Morris		42:25
53	Kristi Jacobson	40	42:45
54	Delilah Nuval	23	42:53
55	Shane Dake	50	43:04
56	Galvin Gaviola	37	43:15
57	Paul Griffith	46	43:42
58	Patty Gee	52	43:56
59	Mike Gee	53	43:57
60	Geraldine Nuval	41	44:28
61	Patricia E. Mittler	35	44:41
62	Mike Rouan	43	44:42
63	Lina Izumi	37	45:21
64	Cherlyn Medina	22	45:24
65	Anthony Brown	35	45:31
66	Jeff Houston	49	45:41
67	Alfred Tolentino	36	45:50
68	Sal Rizzo		46:44
69	George Sacco	69	48:12
70	Jeff Darrow	58	48:17
71	Florante Aguilar	42	48:28
72	Fides Enriquez	39	48:29
73	Ed Roth	26	48:53
74	Taliya Woodside	21	48:56
75	Jennifer Nickl	41	49:16
76	Jim Gallagher	72	49:59
77	Renee Wong	29	50:39
78	Geena Dabadghav	39	54:07
79	Jane Colman	64	55:06
80	Virginia Medrano Rosales		
		43	1:04:14
81	Shannon Luppino	11	1:05:42
82	M.B. Yusupou	12	1:17:08
83	Douglas Oisynski	13	1:17:28

SELF-TIMERS

Robert Brizuela	67	1:01:40
Kim Chee	2	
Jeanine Catalano	56	
Don Watson	78	
Hashim Bashiruddin	50	
Hilary Fong	48	
Roxana Pezzy		
Bob Theis	79	
Ed Olkowski	64	1:22:54

September 16, 2007

Embarcadero 5K

Race Director: Adrian Jue

Volunteers: George Sacco, Uwe Schling,
Phyllis Nabhan, Carolyn Clark, Calvin
Chan, Jason Reed, Kevin Lee, Thomas
Pang, Marie Appel



Race Director Adrian Jue

Photo by Don Watson

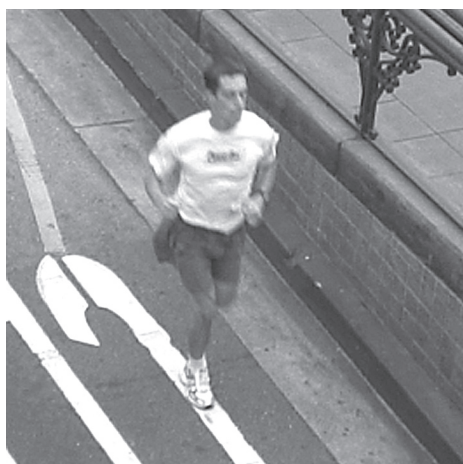
PL	NAME	AGE	TIME
1	Jason Reed	28	17:31
2	Daniel Sanchez	24	18:00
3	Sloane Cook	17	18:08
4	Jerry Flanagan	41	18:21
5	John Woods	43	18:24
6	Keith Sonberg	51	18:48
7	Jorge Rivera	27	19:39
8	Jeremy Calnan	48	19:48
9	Noe Castanon	37	19:50
10	Matthew Fabry	34	20:38
11	Kenley Gaffke	29	20:54
12	Seth Sternglanz	31	20:58
13	Michael Sweet	38	21:39
14	Steven Pitsenbarger	39	21:54
15	Jeff Finucane	29	22:04
16	Patrick Lee	59	22:11
17	Jorge Larre	51	22:18
18	Marie Carlotti ①	51	22:19
19	Margaret Williams ②		22:34
20	George Baptista	64	22:58

continued on page 6

EMBARCADERO 5K

continued from page 5

21	Patrick Mattimore	57	23:23
22	Tom Smiley	51	23:36
23	Larry Wuerstle	51	23:50
24	Lina Khatib ③		24:12
25	Kenneth Fong	45	24:14
26	Nancy Kauffold ④	37	24:28
27	Andrew Burgert	32	25:39
28	Jack Bascom	66	25:42
29	Ken Reed	62	25:46
30	Sam Roake	71	25:47
31	Marian Lyons ⑤	60	25:52
32	Mike Moettar	40	26:05
33	Robert Archibald	50	26:38
34	Bob Morris		27:06
35	Wendy Newman	57	27:36
36	Marie Guevara	39	27:40
37	Donna Dea	45	27:46
38	Michele Wayne	37	27:59
39	Suzana Seban	53	28:00
40	Kate O'Connor	40	28:04
41	Vanessa	37	28:24
42	Lindsey Westerberg	25	29:12



First Place Runner Jason Reed
Photo by Don Watson

43	Jim Kauffold	70	29:28
44	Lisa Mudd	28	29:34
45	Bill Woolf	72	29:36
46	Jennifer Nickl	41	30:10
47	Beth Terry	42	30:49
48	Jim Gallagher		31:31
49	Henry Nebeling	75	31:41

50	Nia X.	31	32:14
51	Kelly White	29	32:29
52	Amy Taylor	31	32:30
53	Allison Granot	32	32:32
54	Kathryn Williams	24	32:33
55	George Sacco	69	32:42
56	Geena Dabadghav	39	34:07
57	Claire Mudd		34:48
58	Bob Theis	79	40:02

SELF-TIMERS

Tony Stratta	77	59:27
Diane Okubo-Fong	46	
Don Watson	78	
Jim Pommier	74	
Roxana Pezzy		
Richard Finley	59	
Michelle Agbayani		
Ana Billingsley		
Jesse Agbayani		
Ann Agbayani		
Wally Rapozo	79	
Liese Rapozo	79	
Jane Lee		

September 23, 2007

Rainbow Falls 5K

Race Director: Jim Kauffold

Volunteers: George Sacco, Gene French, Vince French, Calvin Chan, Phyllis Nabhan, Carolyn Clark, Bobby Marty, Richard Hannon, Helen Kauffold, Kevin Lee, Marie Appel



Race Director Jim Kauffold
Photo by Don Watson

PL	NAME	AGE	TIME
1	Grant Johnson	24	17:28
2	Jason Reed	28	17:38
3	David Davis	38	17:48
4	Carlos Reyes	20	18:14
5	Milan Drager	32	18:15
6	John Woods	43	18:41
7	Kennet De Silva	26	18:50
8	Albert Hwang	28	18:57
9	Sean Gini	23	19:06
10	Jorge Rivera	27	19:20

15	Jeremy Calnan	48	20:05
16	Steve Stephens	63	20:13
17	Kenley Gaffke	29	20:16
18	Greg Jemison	36	20:24
19	Rachel Levin ①	33	20:37
20	Daryl Luppino	47	20:40
21	Emil Martinsek	26	21:02
22	Matthew Thomas	28	21:21
23	Andrew Freid	40	21:48
24	Dave Flinn	41	21:51
25	King Wayman	58	21:54
26	Amy Sonstein ②	37	21:55
27	Jorge Larre	51	22:06
28	Joel Rizzo	41	22:10
29	Daz Lamparas	55	22:13
30	Patrick Lee	59	22:20
31	Derrick Hemming	29	22:24
32	Steven Pitsenbarger	39	22:26
33	Franklin Sanchez		22:37
34	Francois Lariviere	45	22:51
35	Leo Rosales	53	22:56
36	Ed Celestina	56	22:58
37	Patrick Mattimore	57	23:17
38	Eric Park	61	23:23
39	Keith O. Johnson	69	23:24
40	John Blaney	41	23:28
41	Uwe Schling	37	23:30
42	Mickey K. Chan	28	23:33
43	George Baptista	64	23:37
44	Mark Kelley	51	23:38
45	Bob Cowdrey	63	23:43
46	Lina Khatib ③		24:18
47	Hans-Peter Loidolt	33	24:23
48	Tom Huster	64	24:30

49	Kathleen Lail ④	39	24:32
50	Richard Pon	56	24:51
51	Lexy Lowenstein	45	25:00
52	Aaron Enz	39	25:07
53	Marian Lyons ⑤	60	25:36
54	Ken Reed	62	25:59
55	F. Arnaiz	26	26:05
56	Janet Nissenson	47	26:07
57	Robert Archibald	50	26:12
58	Peter Royce	72	26:17
59	Shanna Thomson	29	26:23
60	Jack Bascom	66	26:25
61	Jessie Potter	42	26:42
62	Cammie Dingwall	44	26:44
63	Sam Roake	71	26:58



Leading the middle of the pack
Photo by Don Watson

64	Tammy Arnaiz	22	27:00
65	Carlos Rampolla	29	27:16
66	Peking Duck	52	27:37
67	Wendy Newman	57	27:40

continued on page 7

68	Donn (Donna Dea?)	45	27:47
69	Suzana Seban	54	27:57
70	Jordan Jones	41	27:58
71	Russell Breslauer	62	28:02
72	Thomas Smiley	51	28:04
73	Charles Winner	58	28:05
74	Michele Wayne	37	28:07
75	Pat Mittler	35	28:46
76	Abigail Keller	12	29:33
77	Jeff Houston	49	30:03
78	Jim Gallagher		30:12
79	Bill Woolf	72	30:23
80	Stephanie Betts	25	31:22
81	Courtney Cook	36	31:38
82	Elizabeth Colglazier	26	31:58
83	Jeff Darrow	58	32:15
84	Ella Hereth	25	32:36
85	Sara Hernandez	24	32:43
86	William Keller	9	33:00
87	George Sacco	69	33:21
88	Andrea Drillings	29	33:48
89	Jane Colman	64	34:37
90	Jennifer Coffey	37	34:53
91	Caleb Keller	6	37:31
92	Tobias Keller	43	37:32
93	Heidi Wissmiller	43	37:40
94	Virginia Medrano Rosales		38:19
95	Henry Nebeling	75	38:49
96	Shannon Luppino	11	40:20
97	Cindy Chernack	59	40:23
98	Trela Caler	38	42:14
99	Bob Theis	79	42:19
100	Lazaro Sanchez	48	44:10

SELF-TIMERS

	Robert Brizuela	67	42:10
	Sunhi Kim	49	
	Ed Olkowski	64	55:25
	Tony Stratta	77	1:12:00
	Gene French	61	
	Shirley Crabbe		
	Bill Dake	71	
	Marie Appel	43	
	Don Watson	78	
	Gary Davis		
	Jim Pommier	74	
	Phyllis Nabhan	60	
	Ted Vincent	71	
	Richard Hannon	71	

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
----	------	-----	---------	-----------	------

LMJS 4th Sunday 5K, Oakland, August 26

7	Noe Castanon	36	4	M30-39	20:09
28	Kevin Cuevas	16	3	M <20	24:10
56	Barbara Robben	73	1	F 70+	32:46

LMJS 4th Sunday 5K Walk, Oakland, August 26

4	Ed Olkowski	64			62:30
---	-------------	----	--	--	-------

LMJS 4th Sunday 15K, Oakland, August 26

5	Gregory Brown	58	4	M50-59	79:09
---	---------------	----	---	--------	-------

Headlands 50K, August 26

6	Cliff Lentz				4:15:15
8	Chikara Omine				4:16:48
29	Jason Reed				5:13:11
126	Pat Wellington				8:22:57

UCSC Cross Country 4 Mile, Santa Cruz, September 1

34	Chikara Omine	25	16	M20-29	23:25
69	Jason Reed	28	21	M20-29	26:05

Mt. Tam Hillclimb, ~2.6 Miles September 3

Women

6	Amy Sonstein	37			50:43
---	--------------	----	--	--	-------

Men

72	Russ Kiernan	69			55:36
----	--------------	----	--	--	-------

Malibu Aquathlon, 1K Swim, 5K Run, September 8

119	Joseph Connelly	45	14	M45-49	54:11
-----	-----------------	----	----	--------	-------

Ithaca, New York 5 & 10 Mile, September 16

118	Joseph Connelly	46	22	M40-49	45:20
-----	-----------------	----	----	--------	-------

TCRS #8, ~4.65 Miles, Novato, September 16

Women

5	Amy Sonstein	37			41:14
14	Lorrie Kalos	40			55:26

Men

19	Steve Stephens	60			37:03
27	Russ Kiernan	69			38:35
54	Julius Schillinger	60			48:14
56	Jeff Houston	40			46:57
59	Dennis Hassler	70			84:40

Banana Chase 5K, September 16

55	Chikara Omine	25	13	M25-29	16:57
60	Oliver Chan	26	14	M25-29	17:11
226	Jim Mlsener	47	25	M45-49	21:36
228	Amy Sonstein	37	8	F 35-39	21:36
238	Russ Kiernan	69	5	M65-69	21:55
306	Alistair Berven	13	6	M12-15	24:06
324	Kipper Berven	11	5	M 9-11	24:48
336	Sophia Cannata-Bowman	12	4	F 12-15	25:30
338	Bob Bowman	53	17	M50-54	25:32
349	Sigurd Berven	42	18	M40-44	26:03
380	Peggy Kang	71	1	F 70-74	26:46
386	Zaza Berven	50	8	F 50-54	26:50
388	Hashim Bashiruddin	50	19	M50-54	26:55

continued on page 8

400	Jack Major	65	8	M65-69	27:10
576	Marcia Martin	55	9	F 55-59	32:36
580	Barbara Robben	73	3	F 70-74	32:44
639	Mary Jean Pramik	59	11	F 55-59	35:01
643	Jane Colman	64	10	F 60-64	35:08

Banana Chase 10K, September 16

23	George Rehmet	40	4	M40-44	42:07
92	Keith Johnson	69	1	M65-69	48:04
108	Paul Mosel	65	2	M65-89	49:46

Lewis and Clark Marathon, St. Charles, MO, September 16

356	Gregory Brown	58	13	M55-59	4:23:08
-----	---------------	----	----	--------	---------

JPMorgan Chase Corporate Challenge, 3.5 Miles, September 19**Women**

26	Amy Sonstein				24:39
----	--------------	--	--	--	-------

Men

8	Grant Johnson				19:01
271	Joel Rizzo				25:16

LMJS 4th Sunday 5K, Oakland, September 23

12	Jim Buck	64	2	M60-69	23:15
43	Judy Jarosz	67	1	F 60-69	41:18

Race for the Cure 5K, September 23

125	Paul Mosel	65	2	M60-69	23:26
-----	------------	----	---	--------	-------

Heritage Oaks Masters 10K Championship, Paso Robles, September 23

	Russ Kiernan	69			44:36
	Barbara Robben	73			1:04:24

Heritage Oaks Twin Cities 50 Buck 10K, Paso Robles, September 23

	Chikara Omine	25			35:59
	Oliver Chan	25			36:08

REMEMBERING WALT STACK

September 28th was the centennial of Walt Stack's birth. In honor of the occasion, here is a couple of reminiscences of our club's founder.

Meeting Walt

Mike Pechner

I lived on Potrero Hill for 20 happy years, having moved there in 1968 from Marin County, two years after Walt Stack had started the DSE. I had already heard of him and the DSE from other runners and from newspaper articles. About this time, I started to run in Golden Gate Park with a friend; we would meet at Stow Lake and run 4 to 6 miles, usually on weekends.

At this time I was working at CSAA on Van Ness and I would leave my house at 20th and Kansas on Potrero Hill around 7:30 AM and return around 4:30 PM. One morning I saw this guy struggling up Kansas St. riding an old rusted 35 pound 3 speed bike. I stopped my car and told him that the grade was easier a block west on De Haro St. He said that this was the most

direct route and he could give a f*** (his exact words) about the other route. He said, "...thanks Old Bean for the advice..." and continued pedaling his bike up the 10% grade. I had recently read a story about Walt, saying he was a hod carrier and got up at 3:00 AM to pedal down to the the Dolphin Swimming Club at Aquatic Park and then run across the Golden Gate Bridge to Sausalito and back to the Club. He would then take a short swim in the Bay, go back to the Club for a sauna, pedal back up the hill and be back by 7:00 AM to to work downtown. Well, I finally put two and two together and figured out that I just met Walt Stack!

The next day I found his apartment building and stopped by around dinner time to introduce myself.

GARY WAYNE KING

6/2/1987 - 9/20/2007

It is with great sadness that I report that my nephew was killed in Oakland last month. Many may remember Gary running in the kids' runs with his sister and brother. As any good uncle I encouraged them to eat right and stay healthy and they remain athletic to this day. Gary attended my DSE inauguration Gala in 1989 and was featured in the DSE newsletter dancing with his sister and me.

Too often too soon the best are taken from us well before their time. Gary enriched all he encountered and the world is less one angel without him. He's watching us so be on your best behavior. Bye Gary—we love you.

Fred Haber [aka Uncle Fred]

Reminiscing

Jane Colman

I knew Walt only during the last 10 years of his life, but I still have many fond memories of him, as, I'm sure, do most DSE old-timers.

A few miles into the 1983 San Francisco Marathon, I came up on Walt and realized that if I stayed with him, his steady stream of off-color jokes would distract me from the rigors of my first marathon. Although I soon found that I needed to run at my own pace, not his, I'm sure that over the next years I heard all of the jokes I would have heard that morning, and more, most of them more than once.

When Walt was DSE President, he always announced the top 5 winners at races, and every female winner received not only a ribbon but also a kiss, a tradition that ended when he stepped down.

He officiated at our wedding, as he did for several other DSE couples.

Walt was famous for his encouragement of all runners, especially women, and it was his award of an undeserved "Iron Balls/Iron Belles" patch in 1987 that propelled me into running ultramarathons and the Pikes Peak Marathon.

There was no one quite like Walt, and now, 100 years after his birth and several years after his death, he still lives on in the hearts of those of us who knew him.

REMINDER ABOUT VOLUNTEER POINTS!

Janet Nissenson

With only three months and ten DSE races remaining in 2007, members are reminded that volunteer hours are required in order to receive either a small or large Mongo trophy as well as any Top 5 category awards. To receive a small trophy, you must have contributed at least two hours of volunteer work this year; for a large trophy, the number is four hours. To be considered eligible to receive any Top 5 category awards, you must meet at least the small trophy requirements.

DSE officers, Operations Committee members, and coordinators (i.e. Kids' Race Director, Newsletter Editor, Results Coordinators, etc.) will automatically fulfill their volunteer requirements since these jobs all require more than four hours.

In addition, if you volunteered for a full 4-hour (or longer) assignment at the Double Dipsea, then this fulfills the volunteer requirement.

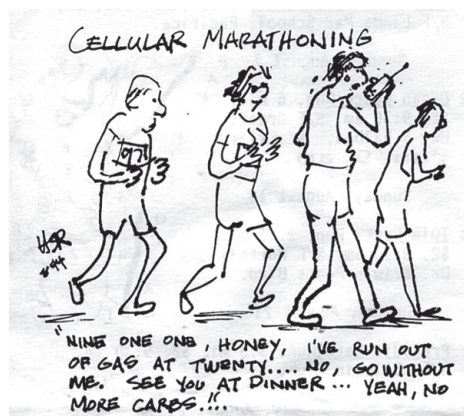
However, if you volunteered at the aid station for either the Kaiser Half Marathon or San Francisco Marathon, this will not count towards your volunteer hours as this was not a DSE event.

If you need additional hours, you can still help out with registration or finish line at any of the upcoming weekly races. We will need extra volunteers at the Sawyer Camp 5K/10K in early November due to the larger than normal crowd expected.

Members who do not meet the volunteer requirement, but meet all other requirements for a trophy or award, will be issued a certificate in lieu of a trophy.

CLASSIC STU-PEDS

by Stu Ruth



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:

Oct 7	Rockaway Beach 5K	Nov 4	Sawyer Camp Trail 5K/10K
Oct 14	Golden Gate Park 10K	Nov 11	Polo Field 5K
Oct 21	Twin Peaks Run	Nov 18	Great Highway 4M
Oct 28	Ballpark 5K	Dec 2	Ferry Building 4M

We expect a larger than normal crowd at the Sawyer Camp races in early November (the race there in January drew over 250 runners) and will need additional volunteers as a result. If you can help with registration, finish line, course monitor, or aid station please contact Janet at jLnissenson@aol.com.

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.

STILL SEARCHING FOR OLD DSE NEWSLETTERS

Janet Nissenson

Progress is being made on my project of not only establishing course records for current and former DSE races, but also to collect a permanent archive of DSE race results. Many thanks to Jane Colman, John Gregson and Jim Pommier for responding so quickly to my initial request and loaning me the newsletters they had.

I am still in need of borrowing the following years and months of newsletters:

1997 – March, June
 1996 – August
 1995 – March, April, May, July, September
 1990 – November
 1985 – December
 1984 – January, May, September
 1982 – July
 1981 – January thru August, October thru December
 1980 – February thru May, July, August, October thru December
 1979 – February thru September, December
 1978 – April, May, July thru December
 1977 – March thru May, July, September thru December
 1976 – February, June thru September, December
 1975 – October
 1974 – June
 1973 – January
 1972 – all months
 1971 – January thru April
 1970 and prior – any and all months

If you have any of these newsletters, and are willing to let me borrow them, please let me know. I will return them to you promptly and in the same condition they were received. I can be contacted at jLnissenson@aol.com or 650-355-7660. Thanks for any help you can lend!

◆◆◆ 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 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.

Sun Oct 14* Golden Gate Park 10K

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

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

COURSE DESCRIPTION: Run east along Kennedy Drive, right onto Bowling Green, right onto Middle Drive E, right onto M L King Drive, right onto East Stow Lake Drive, left downhill on Stow Lake Drive and left back onto Kennedy Drive. Run westbound on Kennedy Drive past two 4-way "Stop" intersections, then left on Bernice Rogers Way, left on M L King Drive, left uphill to Middle Drive and left onto Overlook (path) to finish.

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

Sun Oct 21 Twin Peaks Loop, 3.63 miles

START/FINISH: Portola Drive & Twin Peaks Blvd

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

COURSE DESCRIPTION: Run up and then down Twin Peaks Blvd staying on left hand side of road. Turn left on Clarendon Ave and run uphill then down to Laguna Honda. Turn left on Laguna Honda and run uphill to Woodside Ave and continue up Woodside Ave past the Gas Station and back to Twin Peaks Blvd finish.

Sun Oct 28 Ballpark 5K

START/FINISH: Terry Francois & Illinois Streets (off Mariposa)

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

COURSE DESCRIPTION: Run northbound on Terry Francois, right onto Third Street and right turn across Lefty O'Doul Bridge. Upon crossing the bridge, run a double counter-clockwise loop around AT&T Park. Then re-cross the bridge, make a left back onto Terry Francois and return to finish.

Sun Nov 4 Sawyer Camp Trail 5K/10K

START/FINISH: South trail entrance at Crystal Springs Rd & Skyline Blvd, San Mateo

STARTING TIMES: 10K: 9:00 AM, 5K: 9:05 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run north on paved bike path, turn around at 5K/10K location markings and return the same way to finish.

NOTE: No Pets or Baby Joggers/Strollers allowed on Trail!

◆◆◆ 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, October 31, 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



October will be a month of contrasts but in an unusual sort of way. The first half will be COOLER than the second half, with highs in the 60s and low 70s. One day of rain is likely in the first week of the new month and again in the second week before the weather turns warm and dry.

The second half of October will heat up, with a number of offshore wind days and temps near the coast in the warm upper 70s to mid 80s.

♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

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

SR. VICE PRESIDENT
Adrian Jue toojue@hotmail.com

2ND VICE PRESIDENT
George Sacco
gsgasacco@yahoo.com

SECRETARY
Sam Roake roakesc@yahoo.com

TREASURER
Wendy Newman Wsn99@aol.com

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

Janet Nissenson
Jlnissenson@aol.com

OPERATIONS COMMITTEE
George Baptista (Race Scheduling,
Club Outreach) gbaptista@msn.com
Gary Brickley (DSE Hotline, Volunteer
Picnic Coordinator)
gary@brickley.com

Oliver Chan (Age Division Points,
Race Schedule)
oli415@gmail.com

Kennet De Silva (Race Map Designer)
kejosi@yahoo.com

Jim Kauffold (Miscellaneous)
kauffolds@juno.com

Eduardo Vazquez (Miscellaneous)
eduvazlatinboy@yahoo.com

Bill Woolf (Race Course Descriptions)
billwoolf2@aol.com

MEMBERSHIP Richard Finley
nishikifinley@sbcglobal.net

EQUIPMENT Bob Marty

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

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

PERMITS
Suzana Seban suzana@network172.com
Wendy Newman wsn99@aol.com

Happy Birthday! ◆◆◆◆◆◆◆◆

1 Janet Nissenson
 2 Sophia Cannata-Bowman
 3 Betty Cunneen
 Michael Sovik
 Penny Peters
 4 Dennis Hassler
 5 Stephanie Soler
 7 Valerie Stratta Trenev
 Martha Daniel
 9 Denise Kalos
 11 James Eales
 Kristina Landry
 12 Fred Haber
 13 Elaine Hutsinpillar
 19 Sister Marion Irvine
 Paul Mosel
 Vivian Rodriguez
 Larry Wuerstle
 Eric Park
 Jerry Applegate

20 Ed Olkowski
 Isabel Tracy
 Benjamin Tracy
 21 Stu Ruth
 23 John Vidosh
 24 Silvia McManus-Muñoz
 Paul Gregson
 25 John Blankenship
 26 Frank Treadaway
 27 Lynne Rodriguez
 29 Calvin Chan
 30 Theo Jones
 Tina Sandidge
 Lisa St. Claire
 31 Jim Buck

New Members

SAN FRANCISCO
 Charissa Gung
 Eva Gutierrez
 Hatti Hsia
 Lenn Hsia
 Peter Hsia
 Judith Waitz
 Margaret Williams

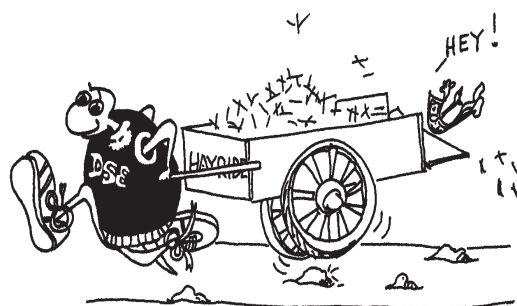


San Francisco
Dolphin South End Running Club
 Postmaster, Return Undeliverable Mail To:
 Richard Finley
 805 Vega Circle
 Foster City, CA 94404

DSE email list and electronic newsletter

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

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



Reminder: The date on your label shows when it's time to pay your membership dues (look inside under Membership Information). Please pay your dues and we'll keep sending you the news!