

November 2007

Ted Vincent

continued on page 2

◆ ◆ ◆ CALVIN CHAN

DSE takes it out of town as we run along the beautiful Crystal Springs Reservoir in San Mateo. Set your clocks back one hour and come run the Sawyer Camp Trail 5K/10K Run on Nov. 4th. On Nov.11th, come run a fast 5K run and run the Polo Field 5K. Keeping it in the western end of S.F. the club

continued on page 2

Race Results	4-9
DSE at the Races.....	6-8
Volunteers Needed.....	9
Monthly Running Schedule	10
Group Runs.....	10
Membership Info	11
Officers & Coordinators.....	11
Folding Session & Weather	11
Birthdays & New Members.....	12

privilege to run a marathon."

Is a marathon a privilege? I think it is a right. And to honor that right the entrant should be expected to train. Some might need three years, as a commentator suggested, others need less, as they might be soccer players, belly dancers, cross country skiers, etc.

The DSE PRIME DIRECTIVE is to get as many people out there trying as possible. If you have to wait until you trim down to show that you "earned the privilege to run a marathon" then we need an official with a tape to measure for pot bellies at marathon starting lines.

What we don't need is so-called experts expressing vague alarm. Back around 1900 such alarm ended the world of informal long distance competition known as Pedestrianism. Prominent promoters of its events were Caledonian Clubs that got upwards of 50,000 people to some East coast day-long meets. Included, along with sprints, field events, and distance running and walking contests, were sack races, three legged races, women's races, kids' races, and sometimes races for those on crutches. Purists who wanted running to "mean something" denounced Pedestrianism as foolishness and not "real" athletics." By 1920 Pedestrianism was all but dead.

runs the Great Highway 4 mile run on Nov. 18th. There is no DSE run on Nov. 25th, so that members can run wild at the annual Run Wild 5K/10K in Golden Gate Park.

VOLUNTEERS NEEDED

The club is looking for volunteers for two positions. The first is Club Membership Coordinator and the second is someone to take over the Great Achievements in Running articles. For explanations of the duties involved, see page 9. If you are interested, please contact Calvin Chan.

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

If you don't know **Fred Haber** and **Yong Cho** you are missing out on a special part of life. Fred is to be found at most DSE races entertaining the troops and Yong Cho is cook and hostess extraordinaire at folding sessions. Fun for the mind and food for the stomach...what a combination! But don't be deceived...Fred was one of the very fastest ever to run with DSE until events caught up with him as he tells us...

Hi DSE, it's Fred and Yong,

Isn't this the greatest club? The people are great, the camaraderie soothes the weekly pressure, and look where we run! In the greatest city on earth. What some folks wouldn't do just to see what we take for granted each and every day.

I have a lot of stories to tell but we haven't the space or the patience. When I was but a wee lad my parents, what with 5 children, did their best to avoid us. I was active and put many miles in on my differing bicycles. Other than chasing or being chased, nobody that I knew of ran. In Junior High School my older brother Steve encouraged me to train to run the Bay to Breakers. We ran in Golden Gate Park and I talked my coach into letting me run laps to avoid playing baseball at Rossi Playground. The rest, as they say, is history. In High School I was small and contact sports weren't appealing so I joined the Track & Cross Country team. I was a terrible runner, weak, slow, you name it. In



Fred and Yong
© 2007 Paul Mosel

my senior year I was injured in a motorcycle accident which took years to recover from. I continued riding motorcycles up until 1983 when I had an epiphany and pretty much gave up motorcycle racing. I also sold all of my motorcycles and joined the DSE in May of 1983.

Twenty-four years later I'm sharing my story of rags to riches to retirement. When I joined the DSE there were between 250 and 400 runners each week and the competition was tough. First place times today might not even be in the top 10 in comparison. I had had surgery on my knee in 1980 and

continued on page 3

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

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

Mail/Phone/Email Address

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

Articles and Photos

Email is preferred. If you mail photographs and want them returned, include a self-addressed stamped envelope. Articles may be edited for length and clarity.

Letters to the Editor

The DSE Newsletter encourages readers to share their opinions for publication. Letters should be brief and accompanied by your name. All letters become the property of the DSE Newsletter and will be edited for length and clarity.

Submission Deadline

Please submit your material to the editor by the 20th of each month if you would like it to be published in the following month's newsletter.

◆◆ How to contact the DSE ◆◆

Mail

DSE Runners
P.O. Box 210482
San Francisco, CA 94121-0482

Telephone

Hotline: 415-978-0837

Website/Membership Application:

www.dserunners.com

WEBMASTER: Natalie Nissenson
sparklethenfade@aol.com

ASSISTANT: Stephen Boesch

was sort of still recovering. I took an Akkad class at State and saw noticeable improvement in my race placing. In 1988 (awarded in 1989) I had the highest number of top 5 places (DSE members) and was #1 Runner of the Year. I won the Practice Dipsea in a time of 52:50. I did a Double Dipsea in 1:55:30—actual time. And I did Bill Dake's Freedom Mile in Golden Gate Park in 4:29. 1988 was a good year, so how could I top that? In 1989 I was elected DSE President and I still thank Jim Skophammer for nudging me to run. Jim Skophammer had been President after Walt Stack retired.

Being President was difficult. I was bad at delegating, and I had a full time job as a self-employed small business owner. I only lasted one year and caught a lot of flak for not staying on longer. On a side note, and I know from personal experi-

ence, we can never give enough help or support to our President and all the elected and volunteering members. Being President taught me how to speak publicly and in time how to delegate effectively. In addition I have served as Vice President, 2nd Vice President, and until recently Folding Session Coordinator. Also I am Senior Chocolate Chip Cookie Baker for the Double Dipsea and occasional Finish Line Announcer.

I met Yong Cho at the DSE Lake Merced race on July 4, 1999 and by mid-December we were officially an item. We've been going strong for almost 8 years and in hindsight I couldn't have picked a better mate—we complement each other.

I've had to retire from running but not from joining my friends at the DSE. Too many knee surgeries have added years and irreparable damage. so good luck to all the young runners and the young at heart.

MARATHON REPORT—ST. GEORGE, UTAH

Janet Nissenson

In these times of steadily increasing race fees, in particular for the marathon, it's a refreshing change to experience a race that not only remains reasonably priced but treats the runners like well-loved family.

I had the good fortune to gain entry into this year's St. George, Utah Marathon, which celebrated its 30th anniversary. By limiting the field to 6500 runners, the race officials ensure they have enough volunteers, lodging, and other facilities to take very good care of the entrants. St. George is an easy 2-hour drive from Las Vegas, but a world away from the bright lights and endless activity of that city. St. George is a small (pop. 4500 or so), close-knit, mostly Mormon community, and it seems as though nearly everyone in town turns out to support the runners in some fashion. The modest-sized but well organized pre-race expo was manned by very capable volunteers. I picked up my bib number, timing chip and race shirt all packaged together, as well as a separate bag to use for sweats check on race morning. A simple but great idea—my name and bib number were pre-printed on a label already affixed to the sweats-check bag. This would make it easy for volunteers to sort and retrieve sweats at the finish line. The race shirt was top quality, made of technical fabric, and best of all, completely devoid of any corporate sponsorship names!

One slight negative aspect to the race is the extremely early hour one has to catch a bus to the start—between 4:00 and 5:30 AM. In addition, Utah is on Mountain Time so it was really like 3:00 to 4:30 AM for me. The bus loading was quick and efficient, onto the nicest school bus I've ever seen. It was still dark at the race start (and for the first few miles of the race as well). But you'd never guess the early hour by all of the activity at the start. A local DJ was blaring music from his mobile RV station; there were water, Gatorade and medical supplies available, row after row of porta-potties, and dozens of bonfires blazing to keep the runners warm (it was about 38 degrees at the start).

The race started promptly at 6:45am, and it was a bit surreal running out in the middle of nowhere in the dark

with several thousand others. With a gradual downhill start, the miles ticked off fairly quickly. There was at least one porta-potty at every single aid station, with the structure doing double duty as the mile marker (a sign and balloon were attached to the roof of each one so you could see it as you approached). The aid stations began at Mile 3 and then occurred every other mile. BEST – AID – STATIONS – EVER! At the first table were the Vaseline and Icy Hot guys. Volunteers would hand out Popsicle sticks with a glob of Vaseline while others would rub runners down with the sports balm. These particular volunteers were very popular with the runners! Each aid station also had tons of Gatorade and water; at aid stations further along the course Clif bars, Clif shots, bananas and oranges were also available. The aid station volunteers were unbelievably supportive, efficient, and organized.

In addition, residents of the small communities along the course turned out in full force to support the runners. At nearly every crossroad, residents would be on the side of the road clapping, high-fiving, and cheering us on. Children as young as 3 or 4 were out on the road holding out their tiny palms for a high-five!

Another tradition of this race is for the locals to go out the day before the race and post signs all along the course. Some are targeted to specific runners: "You can do it, Heather!" or "Go, Dad, Go!," while others are more generic: "Never give up" or "Dig deep." There was even a sign with a marriage proposal! And my personal favorite—"You can pee later. For now keep on running!" So much for my idea to hit the next porta-potty!

As the course reached the actual town of St. George, even more bystanders lined the way, offering encouragement. Residents set up chairs in their front yards, some with their own small water stops. About 2 blocks from the finish, the high school band struck up a tune. There was continual applause and encouragement all the way to the finish line.

continued on page 8

RUNNING

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

October 7, 2007

Rockaway Beach 5K (3.33 Mile?)

Race Director: Calvin Chan

Volunteers: Carolyn Clark, Joe Connelly, Jakob Lail, Joshua Lail, Kevin Lee, Bobby Marty, Liese Rapozo, Wally Rapozo, George Sacco



Race Director Calvin Chan

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Grant Johnson	24	20:11
2	Peter Hsia	47	20:18
3	Ky Faubion	22	20:30
4	John Woods	43	20:55
5	Jordane Elmassian	28	21:10
6	Jorge Rivera	27	21:21
7	Michael Fahey	55	22:18
8	Noe Castanon	37	22:35
9	Yancy Aquino	33	22:42
10	William Colglazier	27	22:47
11	Daryl Luppino	47	22:50
12	Gene French	61	22:58
13	Markham Miller	43	23:33
14	James Eales	47	23:43
15	Daniel Velez	38	23:52
16	Leo Rosales	53	24:11
17	Patrick Lee	60	24:36
18	Ryan Quiel	27	24:48
19	Daz Lamparas	56	24:53
20	George Baptista	64	25:03
21	Bob Cowdrey	63	25:18
22	Margaret Williams ①	32	25:25
23	Paul Mosel	65	25:43

24	Theo Jones	68	26:03
25	Larry Wuerstle	51	26:13
26	Herman Escajadillo	56	26:17
27	Patrick Mattimore	57	26:17
28	Kenneth Fong	45	26:29
29	Thomas Smiley	51	26:49
30	Kathleen Lail ②	39	26:59
31	Thomas Pang	50	27:41
32	Lina Khatib ③		28:03
33	Uwe Schling	37	28:08
34	David Parkinson	59	28:13
35	Peter Royce	72	28:40
36	Ken Reed	62	29:01
37	Joe Connelly	46	29:25
38	Mattie Canete	23	30:08
39	Bob Morris		30:14
40	Jack Bascom	66	30:25
41	Lorrie Kalos ④	46	30:43
42	I. Chalif	36	31:40
43	Jeff Houston	49	31:56
44	Wendy Newman ⑤	57	33:08
45	Elizabeth Colglazier	26	33:29
46	Jim Kauffold	70	33:37
47	Mick Lavelle	55	33:46
48	Bill Woolf	72	33:54
49	Judith Waitz	47	35:12
50	George Sacco	69	37:05
51	Shannon Luppino	11	37:15
52	NO NAME		41:57
53	Marcia Martin	55	42:29
54	NO NAME		44:45
55	Bob Theis	79	44:52
56	Epifanie Fenton	32	51:40
57	Jonathan Fenton	38	51:40

SELF-TIMERS

Diane Okubo-Fong	46
Don Watson	78
Jane Lee	57
Jesse Agbayani	55
Jim Pommier	74
Liese Rapozo	80
Robert Brizuela	67
Wally Rapozo	79



Heading up the switchbacks
at Rockaway Beach

Photo by Don Watson

October 14, 2007

Golden Gate Park 10K

Race Director: Adrian Jue

Volunteers: George Sacco, Calvin Chan, Joel Rizzo, Anne Single, Janet Nissenson, Bobby Marty, Kevin Lee, Richard Hannon, Marie Appel



Race Director Adrian Jue

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Grant Johnson	24	35:48
2	Mark Janes	32	35:56
3	Manuel Skopnik	34	36:21
4	Daniel Sanchez	24	37:39
5	Jason Reed	28	38:50
6	Ky Faubion	22	39:24
7	Sloane Cook	18	40:40
8	Brent Daniel	37	41:20
9	Noe Castanon	37	43:18
10	Daryl Luppino	47	43:22
11	Jeff Finucane		43:43
12	Seth Sternglanz	31	44:00
13	Andrew Bloch	45	44:24
14	Rubin Olivares	27	44:56
15	Jerry Flanagan	41	44:59
16	Matthey Fabry	34	45:00
17	Naomi Stanford ①	57	45:41
18	Joel Rizzo	41	46:23
19	Edmundo Layson	27	46:52
20	Ken Klein	54	47:05
21	Patrick Lee	60	47:11
22	King Wayman	58	47:14
23	Darren Teshima	29	47:24
24	Marie Carlotti ②	51	47:36
25	Meredith Allen ③	23	47:47
26	Bardsley	32	47:51
27	George Baptista	64	47:58
28	Jess Burder	47	48:04
29	Chris Forbes	35	48:18
30	Keith O. Johnson	69	48:28
31	Peter Hsia	47	49:11
32	Uwe Schling	37	49:32
33	Paul Mosel	65	49:37
34	Mark Evans	45	50:17

continued on page 5

GOLDEN GATE PARK 10K
continued from page 4

35	Robert Reichman	56	50:40
36	Patricia Foo ④	23	50:57
37	Louis Loewensted	45	51:19
38	Jianhui Zhang	35	51:31
39	Natalia Carbullido ⑤	22	51:33
40	Steve Kim	25	51:35
41	Kathleen Lail	39	52:06
42	J. St. Claire	41	52:48
43	Mark Tagaran		52:48
44	Gregory Brown	58	52:54
45	Carolyn Garriott	44	53:18
46	Maridee Charlton	51	54:00
47	Mike Drum	35	54:37
48	Peter Royce	72	54:52
49	Brityn Frazier	23	55:38
50	Andrea Landsberg	29	56:02
51	Sam Roake	71	56:44
52	Jack Bascom	66	56:56
53	Stephanie Soler	33	58:00
54	Lina Khatib		59:35
55	Jennifer Nickl	41	59:51
56	Gary Brickley	54	59:54
57	Suzana Seban	54	60:58



Golden Gate Park runners
Photo by Don Watson

58	Elizabeth Gebis	28	60:59
59	Bob Morris		61:41
60	Lisa St. Claire	40	62:33
61	Suzanne Nealon	57	62:49
62	Ilya Gurich	29	62:58
63	Jim Kauffold	70	66:33
64	Michele Wayne Kong	37	66:38
65	Donna Dea	45	66:39
66	Jenny Puente	37	67:07
67	Allie Simpson	17	67:17
68	Dave Simpson	47	67:18
69	Henry Nebeling	75	67:40
70	Ella Hereth	25	70:11
71	George Sacco	69	70:29
72	Marcia Martin	55	70:45
73	Helen Kim	32	71:34
74	Jane Colman	64	87:47

SELF-TIMERS

Jane Lee	57	
Roxanna Pezzy		
Robert Brizuela	68	
Tony Stratta	77	2:20:00

Megumi Kawahata	35	1:28:00
Janet Whits		
Ann Abgayani	47	
Jesse Abgayani	55	
Ted Vincent	71	
Wally Rapozo	79	
Bob Theis	79	
Richard Hannon	72	
Liese Rapozo		

KIDS' RACE

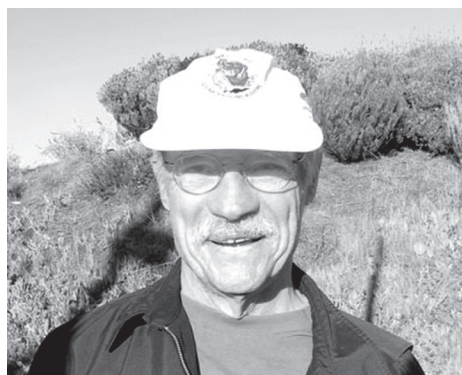
Ashley	9	4:31
Richard Tauber	5	4:36
Nicole	7	4:41
Shilpa	7	6:01
Neha	8	6:05
Hettie Hsia	4	6:21
Lena Hsia	4	6:23
Aethan	5	6:50
T.T. Abbott	3	12:00

October 21, 2007

Twin Peaks Look 3.63M

Race Director: Sam Roake

Volunteers: George Sacco, Roy Clarke, Peggy Kang, Ken Reed, Noe Castanon, Hilary Fong, Hashim Bashiruddin, Calvin Chan, Margaret Williams, Bob Morris, Kevin Lee, Marie Appel



Race Director Sam Roake
© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Jason Reed	28	23:04
2	Jerry Flanagan	41	23:36
3	Kennet De Silva	26	24:03
4	John Woods	43	24:21
5	Jorge Rivera	27	24:33
6	Sloane Cook	18	24:55
7	Jeremy Calnan	48	25:19
8	Dan Schilk	39	25:37
9	Steve Stephens	63	25:51
10	J.R. Mintz	41	26:04
11	Daryl Luppino	47	26:06
12	Dave Coulman	47	26:26
13	Will Colglazier	27	26:28
14	Amy Sonstein ①	37	27:17
15	King Wayman	58	27:29

16	Jorge Larre	51	28:13
17	Marie Carlotti ②	51	28:23
18	Daz Lamparas	55	28:31
19	George Baptista	64	28:37
20	Patrick Mattimore	57	29:19
21	Keith O. Johnson	69	29:29
22	Eric Park	62	29:34
23	Paul Mosel	66	29:40
24	Patrick Lee	60	29:53
25	Lina Khatib ③		31:06
26	Peter Hsia	47	31:51
27	Carolyn Garriott ④		31:57
28	Peter Royce	72	33:13
29	Tom Huster	64	33:23
30	Janet Nissenson ⑤	48	33:49
31	Dave Floersch	66	33:54
32	Jianhui Zhang	35	34:01
33	Peking Duck	52	34:22
34	Kenneth Fong	45	34:23
35	Patrick Regan	40	35:05
36	Kathleen Noone	25	35:13
37	Jason Stavers	35	35:14
38	Jack Bascom	66	35:21
39	Michele Wayne	37	35:34
40	Donna Dea	45	36:00
41	No Name		36:39
42	Gary Brickley	54	36:42
43	Jeff Houston	49	37:02



Racing up Woodside Ave. to the finish
Photo by Don Watson

44	Steve Weick	62	37:24
45	Peggy Kang	72	37:26
46	Brian Hartley	54	38:01
47	Lorrie Kalos	46	38:05
48	Suzana Seban	54	39:06
49	Jim Kauffold	70	40:58
50	No Name		42:22
51	No Name		42:24
52	Stevenson	73	42:29
53	Geroge Sacco	69	43:23
54	Joe Laveroni	10	48:53
55	Patricia O'Neill	54	48:54
56	Steve Laveroni	56	48:55
57	Shannon Luppino	11	56:10

SELF-TIMERS

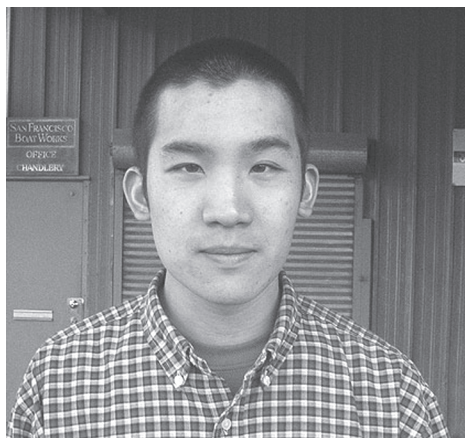
Kim Chee	2	
Tony Stratta	77	1:29:00
Fred Haber	48	
Yong Cho	49	
Jim Pommier	74	
Sunhi Kim	49	

October 28, 2007

Ballpark 5K

Race Director: Oliver Chan

Volunteers: Calvin Chan, Joe Connelly,
Richard Hannon, Das Lamparaz, Kevin
Lee, Bobby Marty, Phyllis Nabhan, Joel
Rizzo, George Sacco



Race Director Oliver Chan

© 2007 Paul Mosel

PL	NAME	AGE	TIME
1	Grant Johnson	23	17:22
2	Nathan Yanko	25	17:24
3	Mark Janes	32	18:02
4	Ky Faubion	22	18:35
5	Milan Drager	32	18:45
6	Jason Reed	28	19:21
7	James Austin	39	19:37
8	Jeff St. Claire	41	19:58
9	Matthew Fabry	34	19:59
10	Dave Coulman	47	20:11
11	Jeremy Calnan	48	20:15
12	Roy Clarke	51	20:23
13	Daryl Luppino	47	21:22
14	Kennet De Silva	26	21:25
15	Mark Olson	16	21:26
16	Andrew Freid	40	22:01
17	Patrick Lee	60	22:27
18	Amy Sonstein ①	37	22:35
19	Steven Pitsenbarger	39	22:38
20	Rosales	53	22:50
21	Craig Edwards	62	22:56
22	Peter Lee	41	23:02
23	Steve Kim	25	23:08
24	George Baptista	64	23:17
25	Herman Escajadillo	56	23:22
26	Karl Olson	54	23:26
27	Keith Johnson	69	23:33
28	Sean Sullivan	34	23:36
29	Ed Kinchley	58	23:42
30	Paul Mosel	66	23:50
31	Larry Wuerstle	52	24:08
32	James Eales	48	24:35
33	Theo Jones	68	24:45
34	Kathleen Lail ②	39	24:46

continued on page 7

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
Angel Island 25K, August 18						
12	Kennet De Silva	25	3		M25-29	1:58:17
27	Daz Lamparas	55	3		M55-59	2:19:20

Disneyland Half Marathon, September 3

7049	Elizabeth Terry	42	573	F 40-44	3:00:02
------	-----------------	----	-----	---------	---------

Angel Island Trail 16K, September 29

26	Sam Roake	71			1:58:21
48	Gregg Whitnah	57			2:28:06
49	Margie Whitnah	59			2:37:33
50	Lucy Pon	55			2:37:36

Garin Park Cross Country Challenge, 3.15 Miles, Hayward, September 29

Men

103	Russ Kiernan	69	9	M60-69	23:42
-----	--------------	----	---	--------	-------

Women

37	Amy Sonstein	37	15	F 30-39	24:17
48	Barbara Robben	73	1	F 70-99	36:15

Note: There were many anomalies in the Bridge to Bridge results. If you are listed without a place, it means that you were in the listing but without a time, and I have your time only if you gave it to me. If you are listed without an age group, it means that the listing showed with either age unknown or, in one case, with the wrong gender.

Bridge to Bridge 12K, September 30

6	Jason Reed	28	4	M16-29	43:19
85	Roy Clarke	51	6	M50-59	50:23
126	Bob Bowman	53	11	M50-59	52:00
131	Jeff Landry	36	42	M30-39	42:06
296	Amy Sonstein	37			57:12
368	Margaret Williams	32	21	M30-39	58:34
369	Paul Mosel	65	6	M60-69	58:47
486	Allison Groves	43	13	F 40-49	1:00:50
623	Uwe Schling	37	168	M30-39	1:03:04
725	Mark Kelley	51	59	M50-59	1:04:42
777	Gregory Brown				1:05:21
923	Jeffry Darrow	58	72	M50-59	1:07:18
1044	Eva Gutierrez	29	108	F 16-29	1:08:38
1105	Peter Royce	72	2	M 70+	1:09:35
	Joe Connelly	46		M40-49	1:09:57
1157	Brian Harris				1:10:22
1214	Jeffrey St. Claire	41	178	M40-49	1:11:14
1255	Mort Weisberg				1:11:44
1616	Lucy Wong	45	114	F 40-49	1:16:50
1653	Robert Morris	55	126	M50-59	1:17:24
1859	Tom Whitnah	26	227	M16-29	1:21:30
	Patricia Baker	47			
	Joseph Fitzgerald	29			
	Elaine Gecht	63			

continued on page 7

Bridge to Bridge 7K, September 30

81	Martin Gutierrez	50	5	M50-59	35:34
101	Mitchell Sollod	68	7	M60-69	37:46
149	Peggy Kang	72	1	F 70+	40:23
219	Milan Drager	32	34	M30-39	42:31
238	Russell Breslauer	62	11	M60-69	43:10
406	Roxanna Pezzy	49	33	F 40-49	47:46
717	Lisa St. Claire	40	75	F 40-49	1:03:30

Bridge to Bridge 7K Walk, September 30

1122	Marnie Kelley	50	14	F 50-59	1:07:25
	Ellen Breslauer	59			
	Sarah Jones	40			

Pacifica Fog Jog, ~5 Miles, September 30

16	Keith Johnson		1	M 60+	35:00
57	Marcia Martin		1	F 50-59	49:42

Paris-Versailles La Grande Classique, 10 Miles, September 30

12236	Kenneth Fong				1:35:00
-------	--------------	--	--	--	---------

Presidio Cross Country Challenge, 3.55 Miles, October 6**Women**

44	Amy Sonstein	37			31:47
53	Barbara Robben	73			41:50

Open Men

12	Grant Johnson	24			21:08
19	Mark Janes	32			21:55

Masters Men

4	Cliff Lentz	42			21:22
71	Russ Kiernan	69			28:54

St. George Marathon, St. George, UT, October 6

3649	Janet Nissenson	48	145	F 45-49	4:32:51
------	-----------------	----	-----	---------	---------

Cowtown Marathon, Sacramento, October 7

88	Edward Celestina	56	5	M55-59	3:50:50
143	Gregory Brown	58	11	M55-59	4:19:39

Cowtown Half Marathon, Sacramento, October 7

24	Kennet De Silva	26	5	M25-29	1:24:40
----	-----------------	----	---	--------	---------

Race for the Cure 5K, September 23

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

East Bay United Nations Association Run for Peace 5K, Berkeley, October 7

48	Ted Vincent		1	Senior	37:47
----	-------------	--	---	--------	-------

Stadium to Stadium 10K, October 14**Men**

42	Patrick Mattimore	57	4	M50-59	49:57
45	Ed Kinchley	58	6	M50-59	50:33

Women

17	Marian Lyons	50	1	F 60-69	51:23
24	Peggy Kang	72	1	F 70-79	56:17
87	Elaine Gecht	63	2	F 60-69	1:28:06

San Francisco One Day 12 Hour, October 20

10	Noe Castanon	37			56.0 miles
----	--------------	----	--	--	------------

Nike Women's Half Marathon, October 21

28	Candes Gentry	30	3	F 30-34	1:33:26
341	Kelly Haston	37	60	F 35-39	1:50:16
5023	Jacqueline Pon	25	1066	F 25-29	2:43:14
6253	Mercedes Acosta	63	39	F 60-64	2:47:54

continued on page 8

continued from page 6

35	Jim D.	23	24:49
36	Wayne Plymale	55	24:50
37	Mark Kelley	51	25:14
38	Kenneth Fong	45	25:18
39	Marian Lyons ③	60	26:09
40	Gregory Brown	58	26:14
41	Fiona McClusker ④	43	26:33
42	Aidan Durgerian	10	26:41
43	Colleen Woo ⑤	35	26:42
44	Jack Olson	11	26:45
45	Judy Waitz	47	26:53
46	Mike Sidine	58	26:58
47	Gary Brickley	54	27:00
48	Felicia Viator	29	27:09
49	Tom Yan	48	27:28
50	Dave Floersch	66	27:35
51	Bob Morris		27:42
52	Donna Dea	45	27:49
53	Michele Wayne	37	27:51
54	Mc Lavelle	55	27:52
55	Sam Roake	71	27:52
56	Heather Webster	28	27:53
57	SA Stanton	45	27:53
58	Julie Chan	28	27:56
59	Justin Bradshaw		27:57
60	Joe Connelly	46	28:00
61	General Zod	32	28:16
62	Karen Ulring		28:23
63	West Coghlan	53	28:30
64	Suzana Seban	54	28:37
65	Steve Weick	62	29:13
66	Tony Wasserman	62	29:24
67	Jack Bascom	66	29:40
68	Jeff Houston	49	30:08
69	Megan Gates	29	30:29
70	Olivia Horgan	34	30:31
71	Jim Gallagher		30:59
72	Lisa St. Claire	40	31:01



Mark Janes all dressed up for Halloween and still in the top 5 finishers!

© Paul Mosel

continued on page 8

6533	Mary Jean Pramik	59	125	F 55-59	2:50:54
7119	Carol Epstein	54	216	F 50-54	2:57:26
7476	Lucy Pon	55	159	F 55-59	3:01:31

Nike Women's Marathon, October 21

223	Lucille Wing	50	4	F 50-54	3:59:02
1186	Gina Antonini	23	102	F 20-24	4:46:06
1668	Teresa Huddleston	28	369	F 25-29	5:02:03
1804	Vanessa Pon	23	173	F 20-24	5:07:04
2425	Kay Teiber	68	1	F 65-69	5:27:26
3346	Elaine Koga	65	4	F 65-69	5:59:03

Humboldt Redwoods Half Marathon, Weott, October 21

113	Russ Kiernan	69	1	M65-59	1:34:45
189	Theodore Jones	68	6	M65-69	1:47:33
396	Anne Single	46	22	F 45-49	2:17:38
545	Liese Rapozo	80	1	F 80-94	3:29:09
550	Wallace Rapozo	79	3	M75-59	4:03:55

Humboldt Redwoods Marathon, Weott, October 21

114	Gregory Brown	58	8	M55-59	4:34:21
135	Marylou Lemley	56	1	F 55-59	4:53:17

Tamalpa Cross Country Challenge, 4.25 Miles, October 27**Women**

68	Amy Sonstein	37			34:17
72	Heather Johnson	36			34:45
102	Barbara Robben	73			46:32

Open Men

26	Mark Janes	32			25:31
28	Chikara Omine	25			25:55
40	Jason Reed	28			27:52

Masters Men

66	Steve Stephens	63			29:36
108	Hashim Hashiruddin	50			36:50

Lafayette Reservoir 10K, October 28

451	Barbara Robben	73	1	F 70-79	1:09:06
-----	----------------	----	---	---------	---------

73	Henry Nebeling	75	31:07
74	Paul Griffiths	46	31:22
75	Jennifer Piumarta	36	31:31
76	Marcia Martin	55	32:04
77	Joe Fitzgerald		32:41
78	Chloe Warren	56	33:04
79	George Sacco	65	34:01
80	D		34:05
81	David Berman	32	34:06
82	Jonathan Gahnd		34:07
83	Allison Baker	34	34:29
84	Carol Epstein	54	34:46
85	Jane Colman	64	39:42
86	Robert Brizuela	67	40:20
87	Bob Theis	79	41:10
88	Virginia Rosales	43	47:00
89	Judy Borja	46	47:05

SELF-TIMERS

Bill Dake	old
Don Watson	78
Elaine Gecht	63

continued on page 9

MARATHON REPORT—ST. GEORGE

continued from page 3

The finish line area was very crowded but still well organized, with a special roped-off section only for runners. Normally I have no appetite for several hours after a marathon or long run, but the free ice cream sandwiches and Popsicles actually sounded appealing. I retrieved my sweats within minutes, thanks to a very efficient group of high school students who had the system down pat. Had I wanted to wait, there were free massages and other refreshments and activities.

St. George is known to be one of the fastest courses in the U.S., with a net elevation loss of about 2500 feet (starts at 5240 and ends at 2680). Of the 5156 finishers, 2437 or about 47% broke 4 hours at this year's race (alas, I wasn't one of them but maybe next year). So if you're looking for a marathon that includes magnificent scenery, well stocked aid stations, tremendous crowd support, extremely organized pre- and post-race areas, a top of the line shirt and finisher medal, chip timing, and, oh yes, all of this for the still reasonable fee of \$60, then consider St. George next fall. You can start applying for one of the 6500 slots in early April. For more information, visit their web site at www.stgeorgemarathon.com.

PROPOSAL FOR A NEW RACE COURSE

Peggy Kang

For many years I have walked up and down the Lyon St. stairs in San Francisco. One day while en route my imagination took flight and I wondered if a run was possible from Green and Divisadero Streets as a start/finish, turning left on Baker, right on Vallejo, and left up the final steps to the top at Broadway, thus avoiding the bottom steepest steps. The other alternative would be to start and finish at the top of the stairs, following the same route in reverse. Both directions could also serve as a turnaround for a double loop. I don't think this route would interfere with MUNI.

If a real tough climb is decided upon, we might be able to start/finish at the Lombard Gate? It seems unusual and fun to try to do. I was planning on calling it the Lion Leap with a mountain lion as a design with its hindlegs at the start and forepaws at the finish soaring over the stairs, if we have a T-shirt. This could be a one time event or an annual one with modifications (if the runners survive, ha!). It is a popular training run for many people.

So discuss it with me and each other at the races or meetings. I hope you find this article entertaining and perhaps it might inspire more of you to come up with ideas for other courses.

Enjoy the upcoming holidays and see you at the races.



**Kim Chee and Sunhi Kim
are self-timing regulars**
Photo by Don Watson

Jane Lee	57	
Jim Pommier	74	
Kim Chee Kim	2	
Phyllis Nabhan	60	
Richard Finley	59	
Richard Hannon	72	
Sunhi Kim	49	
Tom Huster	64	
Tony Stratta	77	1:07:00

DSE BOARD OF DIRECTORS MEETING

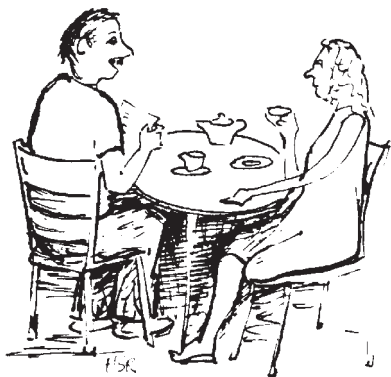
The DSE Board of Directors will meet on Sunday, December 9, 2007, immediately following the Conservatory 5K.

The location is yet to be arranged. If the meeting is held at a nearby restaurant, attendees will be responsible for their own expenses.

The Board Meeting is open to all DSE members, but non-Board members are not permitted to vote.

CLASSIC STU-PEDS

by Stu Ruth



PACIFIC MARATHON WANTS ME TO DEFEND MY LAST YEARS FOUR THOUSAND SIX SIXTY FIFTH PLACE FINISH.

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:

Nov 4	Sawyer Camp Trail 5K/10K	Dec 2	Ferry Building 4M
Nov 11	Polo Field 5K	Dec. 9	Conservatory 5K
Nov 18	Great Highway 4M	Dec 16	Mission Rock 5K

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.

NEW COORDINATORS NEEDED

Great Achievements

Theo Jones writes:

By the time of the DSE elections I will have coordinated the Great Achievements series for almost two years and it strikes me that this is a good time to bring in some new blood to take over the series and bring new ideas to the feature. So do we have someone who will volunteer to take over responsibility for this series, beginning with the March newsletter?

This involves contacting individual club members, speaking with them or by e-mail, and asking them (sometimes a little persuasion is needed) to write an article describing their running career and experiences. All the needed contact information for club members is available in the online club roster. In practice, we have had interesting, well written contributions from a wide range of runners and very little editing has been necessary before sending the article on to the newsletter editor. Photos of the contributors are mostly provided by Paul Mosel from his extensive collection. I can provide you with the e-mail requests I have sent out and can help

you get up to speed smoothly.

So, please don't be shy...this is a chance to express your creativity!

Membership

Membership Coordinator Richard Finley has indicated that he would like to step down at the end of this year. The duties include:

- Maintaining the membership databases
- Depositing new member and renewal checks in the DSE bank account
- Creating membership rosters on a regular basis
- Providing lists of member birthdays, new members, and number of printed newsletters to the Newsletter Editor each month
- Printing mailing labels and taking them to the folding session each month
- Notifying members who take the electronic newsletter as soon as each new newsletter is on the DSE web site
- Sending renewal reminder letters or e-mails to those whose membership has expired

◆◆◆ 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 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!

Sun Nov 11 Polo Field 5K

START/FINISH: South Side of Polo Fields, Golden Gate Park

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

COURSE DESCRIPTION: Run westbound on Middle Drive, right onto Bernice Rogers Way, and right onto Kennedy Drive. Run up Kennedy Drive to Transverse Drive, right onto Transverse Drive, right onto Overlook (dirt trail) and right onto Middle Drive to finish.

Sun Nov 18 Great Highway Run, 4 miles

START/FINISH: Lincoln Way & Lower Great Highway grass path

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

COURSE DESCRIPTION: Run left on Lincoln Way, left onto Great Highway pedestrian path and run south to Sloat Blvd. Counterclockwise turnaround at Sloat Blvd and return north to Lincoln Way finish.

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

Sun Nov 25 NO DSE RUN

Opportunity to enter the Run Wild 5K/10K, www.rhodyco.com

Sun Dec 2* Ferry Building Run, 4 miles

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). Stay on Sidewalk. Turn around 2 feet beyond the south side of Ferry Building complex and return the same way to finish.

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

Sun Dec 9 Golden Gate Park Conservatory 5K

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

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

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

Sun Dec 16 Mission Rock 5K

START/FINISH: Third Street & Mission Rock

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

COURSE DESCRIPTION: Run along Mission Rock, right onto Terry Francois Street, left onto Illinois Street. Run on Illinois Street to turnaround at Freeway/Stop sign prior to 25th Street 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 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, November 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.

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

We will have generally warm, sunny weather during first week to ten days of November, with cooler weather in the second week. The first strong FALL weather system should come just after mid-month with snow in the Sierra and rain here. The rest of the month looks very wet, especially the day after Thanksgiving. It looks stormy for Thanksgiving weekend with lots of snow in the Sierra and rain here. In fact it looks pretty wet for last week of November as well.



♦♦♦ Club Officers & Coordinators ♦♦♦



PRESIDENT
ANGELICUS
Walt Stack

PRESIDENT
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)
oli415@gmail.com
Kennet De Silva (Race Map Designer)
kejsi@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
CLOTHING SALES
Yong Cho yongdse@yahoo.com
DSE RACE RESULTS
Joe Connelly joeconnelly@earthlink.net
Marie Appel marienofsf@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	Helen Fauss	15	Allison Groves
	Michael Uhl	18	Lucita Wong
3	Erin Gielarowski	19	Carmen Buehner
	Joan Varney		Gloria McKay
5	Aram Durgerian	20	David Davis
6	Virginia Cuadra		Bruce Washburn
	Charissa Gung	21	Matthew Fabry
	Daryl Luppino	22	Jeanie Jones
	Karl Olson		Anna Matheson
	Marie St. Claire	23	Robert Brizuela
	Marsha Takemoto		Paul Burket
	Ada B. homas	24	Michelle Agbayani
8	Michael Johnson	26	Tom Baruch
9	Lorrie Kalos		Karl Ludwig
	Jacqueline Pon		Emily Ness
11	Brooke West	27	Kenneth Fong
12	Roy Clarke	28	Harry Cordellos
13	Tom Boyd		Martin Gutierrez
	Ellen Breslauer		Becky Rozewicz
	Joseph Fitzgerald	29	Schuyler Horn
	Dan Overhultz		Rachel Tracy
14	Francisco Arnaiz		Arthur Ziffer
	John R. Houghton	30	Mercedes Acosta

New Members

HALF MOON BAY
Paul Kennelly

MOSS BEACH
Kim Flannigan
Jack Vidosh
Kyra Vidosh

SAN FRANCISCO
James Alfieri
Naomi Stanford
Nathan Yanko



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!