

December 2007

DSE election subcommittee

The ballot for the upcoming DSE election is included as an insert in this *DSE News*. You may mail the ballot or deposit the ballot in a ballot box at upcoming DSE races. The voting will close shortly after the Mission Rock 5K on December 16th. Note that you must be a member (dues paid) for your vote to be counted.

Results of the voting will be announced in the January *DSE News*. Thank you for your vote.

JOEL RIZZO, CANDIDATE FOR PRESIDENT



I began my serious running five years ago when I was in three different running groups. I think DSE helped motivate me to be consistent and taught me the importance of group running and having fun. I ran in two 199 mile relays comprised of DSE members and will never forget that the overall camaraderie was great and led to one of our teams winning. These types of events, and challenging all levels of runners to grow as runners, while meeting new friends, I believe, will help put DSE on the map as one of the best running groups.

As President, I will educate our neophyte runners

on the benefits of running and integrate all runners to compete in a professional cohesive style. I would facilitate this by setting up discussions after races, offline or through the newsboard. The future direction for DSE should be to establish a friendly environment where individuals can compete and grow as runners.

I have only been a member of DSE for one year and



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◆ ◆ ◆ CALVIN CHAN

As President of the DSE Running Club, I would like to thank everyone for their support and help in making the club one of the best in the Bay Area. Many thanks go out to our club officers: Sr. Vice President Adrian Jue, 2nd Vice President George Sacco, Secretary Sam Roake, and Treasurer Wendy Newman. I also don't know how I could have done it without these two people as Officers at Large: Janet Nissenson and Kevin Lee. The club and I should also thank the Operations Committees and its many members for their time and dedication to the club. The club can always use people to step up and give a hand. Where would we be if it weren't for someone bringing equipment to every Sunday run? I therefore give many, many thanks to Bobby Marty. If you ever go to a folding session, you can only thank the hosts for giving up their home for a night. Many thanks go out to Fred and Yong for hosting these great gatherings.

I would like to thank everyone for the opportunity to have served as President of the club. Most of you know that I have a health issue and it is for this reason that I have decided to serve out my term as President of the club. I will stay a member and plan to help the club officers as much as I can.

GOODBYE 2007/WELCOME 2008

In 30+ days, 2007 will give way for 2008. DSE will have in place new 2008 club officers, but the calendar of race events will

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have just reached my 1000 mile mark in running. I have achieved some pretty high goals for myself in that period of time, but holding office with the Operations Committee for DSE would be an even bigger challenge.

I was recently nominated for the Sr. VP position on the Operations Committee. It was a surprise to me and something I would not have put myself forward to do. I cannot profess any type of experience or training in holding any type of office. The closest thing I have come to holding such a lofty post was being put in charge of the milk money at school when I was 10 years old. I think I did a pretty good job.

DSE must only go forward in helping runners as they have helped me. As there is no one else who has come forward to offer their hand at this position, it would be an honor to hold the post. I can only say I would try to maintain and advance the club as best as I can. Slow and Steady!

GRANT JOHNSON, CANDIDATE FOR SECOND VICE PRESIDENT



I started running races at age 8 and I have been enjoying the sport ever since then and throughout my different stages of my career: from high school, college, and post graduation. My affinity for running stems from its combination of simplicity and ubiquity—just about anyone can do it. Also I am attracted to the atmosphere of racing. I like seeing people competing, whether they have not yet reached their prime or are well past it. After I graduated from college in 2006 I helped as an assistant coach for a high school cross county team and then for a

Division III college track team. I currently am co-directing a race on Thanksgiving Day in Duluth, MN.

What I would like to accomplish in my first term as 2nd Vice President is simply to continue the good, hard work of our current 2nd VP George Sacco. I want to maintain the tradition of keeping all the races open and inviting to all runners and soon-to-be runners. But my main job would be to ensure the races run smoothly. Currently, I try to be early and come to all the races, so as an officer I can make sure that the volunteers and race directors have all the persons and supplies needed for the race. As for the future of the DSE, I would like to see the DSE extend its reputation all over the Bay Area, state, and nation as a place where runners gather each Sunday for quality, accessible races and the love of the sport.

BOB MORRIS, CANDIDATE FOR SECRETARY

I have been in the DSE since 1999. From my perspective, the club is thriving. I don't have any suggestions at this point for improving it. I am seeking this office so I can do a bit more to help the club remain in a healthy state.



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basically remain the same. Please do not procrastinate—look over, complete and return all the pertinent club information by the due dates. DSE is much more than a weekly road running club. We would like all of its club members to take full advantage of every special event; please examine all newsletter inserts:

- 2007 Award Reporting Form
- 2008 DSE Race Schedule
- 2008 DSE Gala Dinner
- DSE Election Ballot

DSE BOARD OF DIRECTORS MEETING DECEMBER 9

Immediately following the 12/9 Conservatory 5K, a Board of Directors Meeting will be held, location TBA. To clarify the situation and reduce confusion, a Board of Directors meeting is not a General Meeting, but rather a Club Officers meeting that is open to all DSE members. Agenda items to be discussed include By-law revisions, Board of Director formatting, status of the 2008 DSE Gala, Operations Committee, and other items as needed. This is the last official club meeting of 2007. DSE would like to have more club member involvement and input, so please mark your calendar to attend.

DECEMBER RACE SCHEDULE

Now is the time to come out and finish earning your 2007 trophy. On Dec. 2nd you can come out and run our Ferry Building 4 mile run with beautiful views of the bay, S/F Dolphin Club.

Like the park? Why not come and

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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

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

WENDY NEWMAN, CANDIDATE FOR TREASURER

I've been a member of DSE for more than 15 years and attend races on a regular basis. As incumbent in the office of Treasurer, I will soon be completing my first year in the position. During this time, I have become informed about most of the club's operations—an essential to being an effective club leader.

In regards to Treasurer responsibilities, I have reorganized and expanded a Quicken database, revised some of the accounting procedures (simplifying when possible), automated payments and worked with the club's accountant to ensure that the club is satisfying government requirements. In addition, I have invested club funds into safe CDs in order to gain interest on accumulated money. In the future I intend to develop an annual budget for 2008 which membership will be held accountable to.

As the club grows and changes, we need to make adjustments to the organization's procedures, governing laws and management. I intend to review the bylaws and work to ensure that they reflect the needs of a maturing club. I have begun to organize and streamline operations and introduce effective methods and procedures. I see this as an ongoing process. My goal is to understand all the club's key responsibilities and develop planning calendars for each of them in order to facilitate future volunteers taking on new club responsibilities.

MICK LAVELLE, CANDIDATE FOR TREASURER

Mick Lavelle, candidate for Treasurer, early participant in runs during Walt Stack era with my mostly running family. My best records are in Bay swimming where I ran into Walt Stack quite often in the Dolphin Swimming and Boating Club. I have a running and volunteering relationship with the DSE and now am more committed in willing to do this Treasurer job. I have great gratitude to all those before me who kept this club going, it is a great group. Thank You to all members for also being part of this success. Vote and I'll see you at the races.



run the Conservatory 5K on Dec. 9th. S/F at Kennedy Dr and Conservatory of Flowers.

Come see the changes in the south of Market and run our Mission Rock 5K run on Dec. 16th, S/F 3rd Street and Mission Rock.

On Dec. 23rd. the club has no run. You are encouraged to run the Christmas Classic Run and/or Miracle Mile in Golden Gate Park.

Merry Christmas to everyone! Make it personal and come out for a Fun Run on Dec. 25th. The club puts on a Blind Date Relay where each runner runs a 2 mile loop. S/F Stow Lake Boat House.

KAISER PERMANENTE HALF MARATHON

It has been the tradition that there is no DSE Run during the staging of the annual Kaiser Permanente Half Marathon on February 2, 2008. DSE supports this event, allowing our club members the opportunity to participate as runners or volunteers.

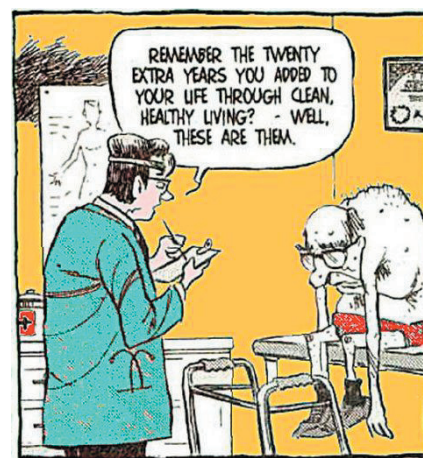
I am happy to announce DSE has signed on to man the Bernice Roger/MLK Aid Station for the umpteenth time. If you are not running the race, please sign on as a DSE aid station volunteer or work another volunteer assignment. DSE would like to thank the Pamakid Runners for their \$500 post-race donation. Further DSE aid station information will appear in the January newsletter.

Why—DSE GALA?

The DSE GALA, held at the Irish Cultural Center at 6:00 PM, Saturday, January 26, 2008, may be a **mystery** to newer members and those who have never attended. It will be a fun time to eat, drink, meet other members, and enjoy the program. Here is some of what you can expect:

- Good food at a sit down dinner with dessert, coffee & wine
- Yummy appetizers with no host bar
- Raffle and free giveaways to attendees
- Running memorabilia contest—bring an interesting trophy, medal, white elephant, etc. and a story—prizes for winners
- Movies & Photos displayed of DSE races (see how you look running)
- Learn more about social and running activities like Trinidad, Hawaii, Medoc, Pikes Peak, and more.....
- Awards recognizing DSE runners for participation
- Awards for age group runners, race and training miles, etc.
- Kids' Awards for participation and speed
- Officer and Volunteer Awards
- DSE Souvenir Gift for all attendees.

B There or B Square.... CU January 26th



So get dressed and
GO to the 2008 DSE Gala!



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

November 4, 2007

Sawyer Camp 5K/10K

Race Director: Janet Nissenson

Volunteers: Bobby Marty, Steve

Nissenson, Calvin Chan, George Sacco, Vince French, Marie Appel, Jim Kauffold, Kevin Lee, Tom Pang, Suzana Seban, Keith Johnson, Marcia Martin, Josh Lail, Jakob Lail, Kathleen Lail



Race Director Janet Nissenson

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5K

PL	NAME	AGE	TIME
1	David Davis	39	17:33
2	Ryan Gall	24	17:55
3	Peter DeLaHunt	44	18:30
4	J.J. Warren	22	20:37
5	Jeremy Pang	15	21:18
6	Steven Pitsenbarger	39	22:01
7	Scott Chavez	36	22:04
8	Jim Buck	65	22:05
9	Patrick Lee	60	22:14
10	James McCormick	55	22:21
11	Brian Resz	26	22:23
12	Andre Clark	35	22:27
13	Zachary Held		22:29
14	Keith O. Johnson	69	22:36
15	Sean Sullivan	34	22:49
16	Kevin Kiel	52	22:56
17	Eric Park	62	23:12
18	Jason Allen	29	23:14
19	Nicholas Pang	48	23:17
20	Joe DiGiacomo	41	23:19

21	Larry Wuerstle	52	23:31
22	Steve Corraks	42	23:45
23	Hank Pellissier	55	23:59
24	Kathleen Lail ①	39	24:01
25	Jeff St. Claire	41	24:17
26	Michelle Smith ②	48	24:59
27	Amity Westcott ③	33	25:04
28	Robin Laub ④	45	25:06
29	Jerry McGowan	69	25:07
30	Lilli Rey ⑤	48	25:11
31	Bess Kennedy	32	25:22
32	David Corraks	47	25:38
33	Thomas Smiley	51	25:49
34	Olivia Horgan	34	25:56
35	Grant Kolling	58	26:05
36	Barbara Allen	29	26:35
37	Juliette Johnson	37	26:51
38	Amy Carlson	32	27:05
39	Virginia Alber-Glanstaetten		
		36	27:06
40	Kirsten Rollin	27	27:07
41	Johanna Merriss	57	27:10
42	Molly Pandya	31	27:38
43	Camille Gonzales	41	27:49
44	Quinn Sommer	11	27:50
45	Julia Fasick	43	28:05
46	Sherry Sanders	12	28:10
47	John Sanders	51	28:13
48	Jack Bascom	66	29:50
49	Jaime Lau	30	29:53
50	Paul Griffiths	46	30:37
51	Lisa St. Claire	40	30:39
52	Jim Kauffold	70	30:45
53	Trina Enriquez	29	30:54
54	Jeff Darrow	58	31:24
55	Barbara Robben	73	31:54
56	Ericson Wilkinson	29	32:29
57	George Sacco	69	33:00
58	Jane Colman	64	34:27
59	Bob Theis	79	38:55
60	Judith Jarosz	67	39:30
61	Eric O'Brien	47	43:42

10K

1	Peter Trudelle	22	35:33
2	Kirk Madgic		35:38
3	Eduardo Vazquez	34	36:05
4	Doug Madgic	41	36:17
5	Matt Patout	35	36:22
6	Chris Gullo	27	36:30
7	Jason Reed	28	37:26
8	Alfie Holmes	35	37:50
9	Josh Mac	17	39:25
10	Jim Howe	61	39:32
11	Matthew Fabry	34	39:37
12	Tony Dunnigan	35	39:44
13	Mike Wells	34	40:46
14	George Rehmet	40	40:51
15	Jeremy Calnan	48	41:12
16	Robert Darling	58	41:32
17	Marion Stras ①	28	41:45

18	Dave Halvorson	43	42:22
19	Erin Wilson ②	25	43:19
20	Noe Castanon	37	43:28
21	Gene Alston	38	43:32
22	Burton Lee	35	43:48
23	Heather Leutwyler ③	29	44:00
24	Paige Sommer ④	37	44:51
25	No Name		45:33
26	Adam Ruskin	44	45:34
27	Josh West	28	46:11
28	Rick Torreano	58	46:25
29	Jorge Larre	51	46:51
30	Don Daniel	38	46:56
31	No Name		47:18
32	Herman Escajadillo	56	47:52
33	Joseph Hanna	43	48:05
34	Margaret Williams ⑤	32	48:11
35	Ian O'Malley	37	48:22
36	Patrick Mattimore	57	48:24
37	Paul Mosel	66	48:40
38	Theo Jones	69	49:20
39	Brenda Grunewald	28	49:30
40	Greg Wik	46	49:32
41	Uwe Schling	37	49:34
42	Shana Nelson Middel	40	49:41
43	Gary Bates	51	49:44
44	Mark Kelley	51	49:52
45	Kenneth Fong	45	50:58
46	Bill Jackson	65	51:02
47	Guillermo Ramirez	47	51:20
48	Sean Johnston	41	51:21
49	Jenny Kelly	45	52:30
50	Maridee Charlton	51	52:31
51	Lina Khatib		52:46
52	Diane Strachowski	41	53:16
53	Karen West	28	53:24
54	Deepa Thyagarajan	31	53:31
55	Kris Kruse-Elliott	49	53:32
56	Amanda Braggs		54:07
57	Peter Royce	72	54:28
58	Nicole Alston		54:30



Smiles at the Sawyer Camp Trail waterstop
Photo by Don Watson
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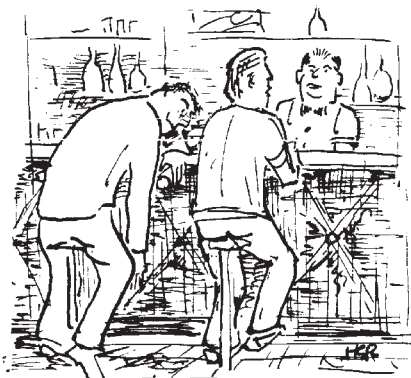
SAYER CAMP TRAIL 10K
continued from page 4

59	Robert Latin	36	54:34
60	Gary Brickley	54	54:35
61	Kara Hohlfeld	30	54:44
62	Mort Weisberg	70	55:11
63	Sam Roake	71	55:15
64	Stephanie Soler	32	55:46
65	Dianne Earle	45	55:52
66	Matt Grunewald	28	56:02
67	Bitu Arabian	39	56:21
68	Dana Farkas	48	56:26
69	Janice Brody	61	56:32
70	Christina O'Brien	48	57:04
71	Stewart Blain	30	57:05
72	Colette Collins	29	57:06
73	Alfred Tolentino	36	57:13
74	Ben Oni	62	57:26
75	Carole Mawson	63	57:38
76	Suzana Seban	54	57:42
77	Dave Floersch	66	57:58
78	Rene Encarnacion	53	58:12
79	Catherine Brown	32	58:35
80	Bob Morris		59:12
81	Roger Weissinger-Baylon		
		67	59:21
82	Sandy Sigurdson	51	59:31
83	Susan Herder	50	59:46
84	Steve Weick	62	62:05
85	Silverman		62:18
86	Nupur Garg	13	65:22
87	Muresh Garg	43	65:22
88	Henry Nebeling	75	65:58
89	Marcia Martin	55	74:06
90	Pamela Marvel	60	77:32

SELF-TIMERS

Dee Farkas	80
Jane Lee	57
Don Watson	78
Priscilla Laws	67
Jim Pommier	74
Liese Rapozo	80
Wally Rapozo	79

CLASSIC STU-PEDS
by Stu Ruth



THAT'S WHY HE RUNS IN THE MORNING - SO HE DOESN'T HAVE TO WORRY ABOUT IT AFTER WORK.

November 11, 2007

Polo Field 5K

Race Director: Kevin Lee

Volunteers: Jack Bascom, Calvin Chan, Carolyn Clark, Joe Connelly, Tom Huster, Jane Lee, Peggy Kang, Bobby Marty, George Sacco



Race Director Kevin Lee

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PL	NAME	AGE	TIME
1	Grant Johnson	24	17:56
2	Peter Trudelle	22	17:59
3	Jake Courtney	44	18:30
4	Jason Reed	28	19:08
5	Skitch Crosby	27	19:31
6	Peter Hsia	47	20:26
7	Steve Stephens	63	20:36
8	John Woods	43	20:45
9	Ernie Rivas	57	20:57
10	Noe Castanon	37	21:01
11	Matt Thomas	28	21:05
12	Daryl Luppino	48	21:10
13	Robert Britain	49	21:21
14	Greg Jemison	30	21:24
15	Dave Flinn	41	22:05
16	Pete Nowicki	49	22:07
17	Andrew Freid	40	22:10
18	Steven Pitsenbarger	39	22:28
19	Sean Sullivan		22:39
20	Derrick Hemming	29	22:45
21	Amy Sonstein ①	37	22:46
22	Don Daniel	38	23:02
23	Margaret Williams ②	32	23:05
24	Kyle Jorgensen	14	23:10
25	George Baptista	64	23:12
26	Patrick Lee	60	23:36
27	Paul Mosel	66	24:00
28	Eric Park	62	24:11
29	Uwe Schling	37	24:31
30	Keith Johnson	69	24:33
31	Alfred Hu	47	24:53
32	Lina Khatib ③		25:00
33	Duke Essex	50	25:03
34	Shanna Thomson ④	29	25:04
35	Kenneth Fong	45	25:11
36	Farnaiz Jr.	26	25:26

37	Kathleen Lail ⑤	39	25:31
38	Hannah Robinson	28	25:48
39	Amy Carlson	32	26:09
40	Carl Carlson	36	26:10
41	Marian Lyons	60	26:13
42	Tom Huster	64	26:18
43	Gregory Brown	58	26:19
44	Grant Kolling	58	26:32
45	Gary Brickley	54	27:07
46	Herve Gomez	30	27:23
47	Sheldon Gersh	62	27:28
48	Joe Connelly	46	27:35
49	Judith Waitz	47	27:39
50	Alfred Tolentino	36	27:51
51	Sam Roake	71	27:51
52	Janet Nissenson	48	28:04
53	Peggy Kang	72	28:13
54	Mitchell Schmidt	48	28:18
55	Bob Morris		28:20
56	Kristy Jorgenson	11	28:37
57	Kurt Jorgenson	14	28:37
58	Ray McKeating	33	29:00
59	Jon Leavens		29:35
60	Suzana Seban	54	29:37
61	Maya Gorton	32	29:50
62	Calvin Hom	54	31:13
63	Valerie Stratta Trenev	48	31:27
64	Jenny Switzer	30	31:34
65	Jeff Houston	49	31:55
66	Henry Nebeling	75	31:57
67	Cynthia Arnaiz	51	32:12
68	Francis A.	56	32:13
69	Lauren Cuttler	52	32:34
70	Jim Kauffold	70	33:22
71	Mary Jean Pramik	59	33:37
72	Lisa Mangini	45	33:51
73	NO NAME		33:55
74	George Sacco	69	35:26
75	Richard Pon	56	35:54
76	Jane Colman	64	37:58
77	Margesella Garza		37:59
78	Jaime Polanco	29	39:24
79	Windy Chien	40	40:11
80	Jeanne McKinney	40	40:12
81	Elizabeth McLeod	44	40:51
82	Goody Tyler	55	40:51



Racing through Golden Gate Park

Photo by Don Watson

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POLO FIELD 5K

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83	Bob Theis	79	40:56
84	NO NAME		41:25
85	Alice Grady	61	42:22
86	Cindy Brandon	36	42:23
87	Michael Grady	29	42:24
88	Shannon Luppino	11	45:34

SELF-TIMERS

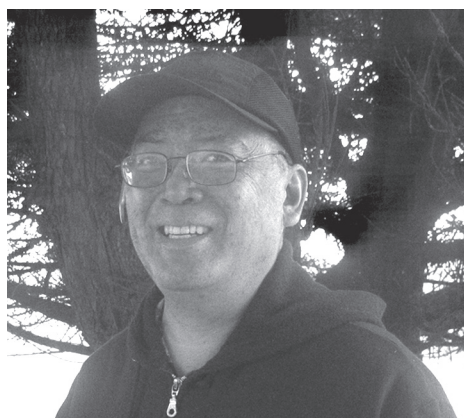
Elaine Gecht	63
James Stratta	45
Jesse Agbayani	55
Jim Pommier	74
Phyllis Nabhan	60
Richard Hannon	72
Robert Brizuela	67
Tony Stratta	77
Wally Rapozo	79
Yong Cho	49

November 18, 2007

Great Highway 4M

Race Director: Calvin Chan

Volunteers: Carolyn Clark, Joe Connelly, Andrew Freid, Tom Huster, Kevin Lee, Bobby Marty, Diane Okubo-Fong, Joel Rizzo, George Sacco + 1 illegible



Race Director Calvin Chan

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PL	NAME	AGE	TIME
1	Nathan Yanko	25	22:09
2	Jason Reed	28	23:52
3	Kennet De Silva	26	23:59
4	Jerry Flanagan	42	25:02
5	Rebecca Lovenheim ❶	26	25:13
6	Markham Miller	43	25:22
7	Albert Hwang	28	25:22
8	Sloane Cook	18	25:54
9	Jeremy Calnan	48	25:52
10	Viddyut Balmer	25	25:45
11	Stephen Bourque	28	26:06
12	Anna Bretan ❷	22	26:14

13	Daryl Luppino	48	26:33
14	Carrie Bishop ❸	31	27:04
15	Sunanda Minarikova ❹	33	27:07
16	Andrew Freid	40	27:12
17	Noe Castanon	37	27:44
18	Michael Sweet	38	27:44
19	Don Daniel	38	28:00
20	Phillip Picardat	42	28:06
21	Greg Wiercioch	43	28:09
22	Michael Gulli	48	28:23
23	Frank Shum		28:38
24	Steven Pitsenbarger	39	28:40
25	Dan Shalom	56	28:41
26	Jim Buck	65	28:44
27	Patrick Lee	60	28:54
28	Karl Olson	55	29:03
29	Craig Edwards	62	29:12
30	L. Rosales	53	29:13
31	Joel Rizzo	41	29:14
32	Sheila Kirebhari ❺	54	29:56
33	Petra Schuler	49	29:57
34	Ryan Quiel	27	30:04
35	Steve Kim	25	30:05
36	Uwe Schling	37	30:15
37	Mark Kelley	51	30:30
38	George Baptista	64	30:31
39	Patrick Mattimore	57	30:40
40	Marie Appel	43	30:49
41	Phil Melman	42	30:54
42	Paul Mosel	66	31:03
43	Vicent Gulli	18	31:26
44	Ross Viator	36	31:32
45	Kathleen Lail	39	31:42
46	Thomas Smiley	51	31:54
47	Steven Nissenon	59	31:56
48	Kenneth Fong	45	32:12
49	Gregory Brown	58	32:48
50	Dave Flinn	41	32:59
51	Sophie Wilton	14	33:03
52	Theresa Rounseville	36	33:04
53	Tom Huster	64	33:07
54	Stephanie Soler	33	33:13
55	Gary Brickley	54	33:15
56	Marian Lyons	60	33:31
57	Suchatula Corona	39	34:07
58	Veronica Vaskinn	25	34:09
59	Christine Arnold		34:11
60	Alfred Tolentino	36	34:26
61	Russell Breslauer	62	34:46
62	Jen Melman	35	34:50
63	Felicia Viator	29	34:52
64	Janet Nissenon	48	35:06
65	Teresa Mauley	44	35:16
66	Joe Connelly	46	35:25
67	Sam Roake	71	35:29
68	Donna	45	35:39
69	Rod Hall	58	35:56
70	Johanna Merriss	57	36:07
71	Justin Bradshaw	30	36:14

72	Michele Wayne Kong	37	36:51
73	Bihagee Bacheva	23	37:08
74	NO NAME		37:13
75	NO NAME		37:34
76	NO NAME		37:35
77	Gatisheela Truong	33	37:37
78	Laura Friesz	33	37:49
79	Mc Lavelle	55	38:05
80	Mike Rouan	43	38:41
81	Suzana Seban	54	39:00
82	Henry Nebeling	75	39:43
83	Jeff Darrow	58	40:45
84	Jack Olson	11	40:52
85	Jayashui Wyatt	38	40:58
86	Jim Kauffold	70	41:05
87	Dan Nash	30	41:51
88	Jeff Houston	49	41:53
89	Pujari	57	41:58
90	Beth O'Sheaffy	30	42:05
91	Angela Hastings	30	42:05
92	Marcus Johnson	14	42:47
93	Marcia Martin	55	44:08
94	George Sacco	69	46:13

SELF-TIMERS

Ann Agbayani	47
Bob Theis	79
Elaine Gecht	63
Hannah Davis	32
Jack Bascom	66
Jesse Agbayani	55
Jim Pommier	74
Kimberly Arambule	40
Laura Cewmody	47
Lina Khatib	
Marion Grover	31
Richard Hannon	72
Tony Stratta	77
	87:00

KIDS' RUN

Jack Olson	11	3:58
Shannon Luppino	11	4:41
Richard Tauber	5	4:51
Wolfgang Pricvett	5	4:52
Colby Houston	7	4:55
Brooke J.	12	5:16
Douglas Orizinkis	13	6:28
Jakob Lail	3	6:29
Amy Melman	4	8:29



Start of the Kids' Run

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REMEMBERING BRUCE OLIVER

Jane Colman

Longtime DSE member Bruce Oliver passed away at age 79 on October 29, 2007, not long after having been diagnosed with cancer.

Bruce was a lifelong runner. He played football in high school and ran cross country in college. In the DSE, he was one of very few members who kept on running and racing after age 75. As well as DSE races and Saturday morning runs, Bruce ran many other local races until quite recently, despite several layoffs because of health problems.

DSE members remember how Bruce covered his nose with zinc oxide ointment for sun protection, wore vintage lightweight running shoes held together with tape, and always started at the front, although always out of the way of the fast runners. As a fellow back-of-the-packer, I could judge how well I was running by how many miles it took me to catch up with him.

We offer our condolences to Bruce's son, DSE member Tim Oliver, and the other members of Bruce's family.

Ted Vincent writes:

Dear Bruce,

For years of racing there you were up ahead, while I struggled to catch you. Then for the past few months you were not there. So, I imagined you up ahead, and I struggled to catch you. Now I will remember you, up ahead with me struggling to catch you, and one day I will.

Roxanna Pezzy writes:

I ran with Bruce Oliver every Saturday morning- the GG Park Water Fountain group run. Bruce and I talked about everything—from his former career as an in-house lawyer for Kaiser, to current events, to whatever book he happened to be reading at the time. I know he was a big fan of legal thrillers.

Although I only knew Bruce for a couple of years, I will really, really miss him and will remember him always—especially on those Saturday morning group runs.

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
Buffalo Stampede 10M, Sacramento, September 9					
61	Adrian Jue	25	4	M25-29	1:09:35
Chicago Marathon, October 7					
3383	Adrian Jue	25	447	M25-29	3:58:07
Four Bridges Half Marathon, Folsom, October 28					
54	Adrian Jue	25	4	M25-29	1:32:47
LMJS Fourth Sunday 5K, Oakland, October 28					
3	Noe Castanon	37	2	M30-39	22:10
LMJS Fourth Sunday 5K Walk, Oakland, October 28					
2	Ted Vincent	71			
3	Ed Olkowski	65			
LMJS Fourth Sunday 10K, Oakland, October 28					
5	Jim Buck	64	1	M60-69	48:20
Fleet Feet Open XC, 5K, Sacramento, November 3					
Women					
48	Barbara Robben	73			34:41
Fit Right NE & Puma XC Series, 7.5 K, Portland, OR, November 3					
82	Joe Connelly	46	19	M40-49	46:09
US Half Marathon, November 4					
16	Peter Hsia	47	2	M40-49	1:26:07
558	Marian Lyons	60	1	F 60-69	2:01:35
1874	Gary Aguiar	52	104	M50-54	3:04:46
Metro Silicon Valley Marathon, San Jose, November 4					
408	Gregory Brown		11		4:38:00
Clarksburg Country 20M, November 11					
3	Eduardo Vasquez	34	1	M30-39	2:17:55
18	Adrian Jue	25	1	M20-29	2:26:20
39	Jeremy Calnan				2:32:29
42	Kennet De Silva	26	2	M20-29	2:34:22
Clarksburg Country 30K, November 11					
8	Cliff Lentz	42	3	M40-49	1:51:32
17	Chikara Omine	25	3	M20-29	1:55:36
91	Russ Kiernan	69	6	M60-69	2:22:30
Clarksburg Country Half Marathon, November 11					
40	Theodore Jones	69	3	M60-69	1:43:46
Clarksburg Country 5K, November 11					
42	Wayne Plymale	55	8	M50-59	24:23
Big Sur Half Marathon, Monterey, November 11					
3332	Gary Aguiar		166	M50-54	2:46:51
Thanksgiving Fun Run 5K, November 17					
	Gregory Brown				23:40
Turkey Beach Trot 5K, November 22					
3	Eduardo Vasquez	34	2	M30-39	17:56
7	Jason Reed	28	2	M20-29	18:46
35	George Rehmet	40	3	M40-49	20:47
71	Keith Johnson	69	1	M60-69	22:31

continued on page 8

◆◆◆ 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:

Dec 2	Ferry Building 4M	Jan 13	Fort Point 12K
Dec 9	Conservatory 5K	Jan 20	Sawyer Camp 5K/10K
Dec 16	Mission Rock 5K	Jan 27	Polo Field 5K
Jan 6	Single/Double Lake Merced	Feb 10	Golden Gate Bridge Vista 5M

Due to the dual race distances at the Single/Double Lake Merced and Sawyer Camp races in January, we will need additional volunteers. This includes course monitors, aid station workers, and especially finish line workers. We will also have a small aid station for the Fort Point 12K and will need a volunteer for that job.

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.

DSE NEWSBOARD/WEBSITE

Janet Nissenson

Effective immediately, all items posted to the DSE website newsboard will be routed to the webmaster for approval prior to being posted. We have unfortunately been the victim recently of chronic spammers, who have been making inappropriate posts to our newsboard. Additional security measures have also been put into place. This measure is not to censor or restrict valid posts by DSE members or other members of the running community, but to ensure the integrity of our website and newsboard. If you are posting something of an urgent nature, please email webmaster@dserunners.com

to alert Natalie. Otherwise, messages will be posted on a regular basis as she checks her email frequently.



**Heather Johnson and Keith Johnson
at the Turkey Beach Trot**

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DSE AT THE RACES

continued from page 7

82	Heather Johnson	36	6	F 30-39	23:07
128	Paul Mosel	66	2	M60-69	24:12

Turkey Trot, 4M, Pinole, November 22

Gregory Brown	34:09
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Note: Results for the Run Wild 5K and 10K and for the LMJS November 4th Sunday runs will appear in the January DSE News.

TAKING MARATHONS SERIOUSLY

Joe Oakes

I would like to add a few comments to Ted Vincent's column in the most recent DSE newsletter. There are very few points on which I disagree with Ted. We both defend the right of any sane and well-prepared person to attempt any athletic event. It is also no secret that the large group of medium and slower runners are the ones who have been paying the bills for the speed demons up front. Without us slowbies there would be no big events.

It is also a fact of life that the police departments and the good citizens of the cities in which events take place do have a right to expect that their streets will be returned for normal traffic in a reasonable amount of time. Disrupting traffic for eight or nine hours presents hardships for all and endangers the continuity of the event itself. We wear out the welcome mat.

But that is not nearly as important as the fact that some people simply should not be attempting tasks that are clearly beyond their capabilities. Many years ago at the Livermore Marathon I was asked to pace a runner who wanted to qualify for Boston. He neglected to tell me that he had a heart condition. To be brief, the man dropped dead a quarter mile from the finish line. Recently a runner died in the Chicago Marathon, a not rare case in marathons, especially under harsh conditions. In August one of the swimmers coming in from Alcatraz died on the course.

My point is that many events are, in fact, quite arduous and should not be approached lightly. Guts alone will not carry the day. Proper conditioning is an absolute necessity, and weekend warriors would be well advised to limit their forays into areas where they will not harm themselves and cause great inconvenience and trauma to others. Any good doctor will advise caution in approaching marathons, endurance triathlons, long swims, etc. To disregard that advice is to act the fool, and we should leave that description to our so-called leaders in Washington.

GREAT ACHIEVEMENTS IN RUNNING

Theo Jones

Marcia and Keith are one of those running couples whose quiet demeanor gives no hint that they have major accomplishments in other aspects of their lives. They have been selected to record internationally known musicians, such as soprano Eileen Farrell, jazz greats like Dick Hyman, local favorites like The Kronos Quartet, and major orchestras like the London Philharmonic and Royal Philharmonic. They have nine Grammy nominations and two Grammy winners.

Marcia's experience in dealing with and recovering from significant injuries shows her determination and gives hope to all of us wounded warriors...

I'm really surprised and flattered to be asked to write an article for the DSE. But maybe my story will help encourage others, so here goes.

I'm Marcia Martin, age 55, wife of the much-better-runner Keith O. Johnson. I've been a member of DSE for about 20 years, and have been running a bit longer than that.

In 1984, Keith and I met through our company Reference Recordings. At the time, he was a cyclist and runner, and I was a horseback rider. I had the idea that we would have fun training for and competing in Ride and Tie, where a team of two people and a horse complete a trail course by alternating running and riding. To make a long story short, I learned to run, and he never learned to ride. We married in 1990 anyway. The horse lived to be thirty years old.

My first DSE run was December 15, 1985, the Golden Gate Bridge Toll Plaza Run. I know that because I kept running log books for most years; it was really interesting going back through them to write this! I had fun running various races around the Bay Area over the next years, and always loved the DSE runs, which helped me learn my way around San Francisco. I met so many great people and runners through the club (and still am meeting more!) and learned a lot. Keith and I both cherish our time with Walt

Stack before he passed away. I also am honored to have met and even run with Sister Marion Irvine.

A few PRs from times past:

1 Mile	6:09 (but a downhill course)
2 Miles	14:17
5K	23:52
10 K	49:40
Half marathon	1:49:28
Marathon	4:09:00...one and only one so far!

Newest PR: I entered my first Senior Games track meet this year and ran the 200m in 42 seconds.

My proudest running accomplishment is to have run the Double Dipsea five times. Four of them were great experiences. The other was one of those inexplicably horrible races, with ghastly leg cramps that added over an hour to my time. I may stick to running just the single from now on!

Some of my funniest running moments are due to the DSE. I vividly remember a DSE race in the back valley of Pacifica, where a swarm of bees chased everyone for a mile or so. I also remember a "Women's Distance Classic" at the Legion of Honor, back when Walt was still with us; from

sheer determination not to let anyone pass me on the last hill, I placed in the top few, and won a pair of shoes, heard a lot of pretty raunchy jokes from Walt, and got one of his famous place-winner kisses!

Running had its ups and downs and some breaks in it while I raised my older son, had a new baby with Keith in 1993 (Marcus, who sometimes comes out to the DSE races with us), and ran our business.

Then, I had a nagging ankle injury through all of 2000 and into 2001. Physical therapy, orthotics and rest didn't help. Several sports doctors convinced me that my ankle was

not healing because my foot didn't work correctly due to a long-standing bunion deformity. I was dubious, since I had had the bunion since my teens and it was not painful. But eventually, they talked me into surgery. When it was done in July 2001, disaster ensued. First, the surgery accidentally severed the blood supply to my big toe joint, so over the next year the bone died and collapsed. Also, the trauma and the swelling and tight cast caused a painful, usually incurable nerve disorder called Reflex Sympathetic Dystrophy (RSD). And, to add insult to injury, my ankle did not get better. Later, properly done MRIs diagnosed a posterior tibial tendon tear, which healed

with six weeks of proper therapy, but left my foot REALLY flat.

So, the doctors were telling me I would lose the ability to walk on my foot and needed to stay on pain drugs for the RSD, have more surgery, fusions or joint replacement (and of course no more running would be possible). I opted NOT to do any more surgery, to get off the pain pills, worked with another doctor on alternative therapies for bone healing and worked very hard on rehabilitation and improving my diet, health, mental strength and anything else I could work on. I succeeded.

I'm very grateful to be running again, even though much more slowly than before. Keith and I can still share wonderful times with friends and competitors, and the connection with nature is priceless: I love trail running. It has been six years now. My big goal in rehabilitation was to be able to run a long way without pain. Guess it has worked because I'm training for the CIM Marathon this December 2nd and have recently run a 21 and a 25 miler in preparation! I expect to finish and sure hope I get a finisher's medal. It will be my first marathon in 20 years. Wish me luck!

My current favorite quote is from George Eliot: "It is never too late to be who you might have been."



◆◆◆ 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 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.

Sun Dec 23 NO DSE RUN

Opportunity to enter Miracle Mile/Christmas Classic 5K, www.peopleevents.org

Tues Dec 25 Xmas Blind Date Relays, FUN RUN, 2 x 2 miles

START/FINISH: Stow Lake Boathouse in Golden Gate Park

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

COURSE DESCRIPTION: Take an immediate right turn around Stow Lake, right over first bridge onto island, take right fork and run along dirt trail up Strawberry Hill. Run a circular loop up to the top of the hill and return downhill the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Tue Jan 1 Hangover FUN RUN, 4 miles

START/FINISH: Golden Gate Bridge lower parking lot at Lincoln Blvd & East Battery Road

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

COURSE DESCRIPTION: Run on East Battery Road path onto Golden Gate Bridge, run north across bridge to Vista Point viewing area, turn around and return the same way to finish.

Note: FUN RUN is non-sanctioned, no entry fee, no course marking, self-timed and does not count toward race attendance.

Sun Jan 6* Single/Double Lake Merced Runs 4.5M/9M

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

STARTING TIMES: Double: 8:30 AM, Single: 9:00 AM. Walkers are encouraged to start early.

COURSE DESCRIPTION: Run one or two 4.5 mile clockwise loops around the lake staying entirely on jogging/pedestrian path.

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

◆◆◆ 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, December 26, 2007

TIME: 7:00 PM

PLACE: **Doerte Murray**
526 Clayton Street
(between Haight & Page)
San Francisco 94117
415-626-3607

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

Rain is expected to begin towards the end of the first week in December, and despite the dry La Niña pattern, December is likely to be wetter and colder than normal. We can look forward to rain occurring during every week in the month. The heaviest rain will probably be around mid-month. Our exclusive long range data shows a possibility of snow at low elevations around the Bay Area between Christmas and New Years, with temperatures much below normal.



♦♦♦ Club Officers & Coordinators ♦♦♦



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Happy Birthday! ◆◆◆◆◆◆◆◆

1 Neil Mahoney
 2 George Durgerian
 Joe Wehrheim
 3 Aidan Durgerian
 4 Michael Pechner
 6 Len Wallach
 8 George Rehmet
 Juliette Johnson
 Joel Rizzo
 9 Wayne Plymale
 Peter Royce
 10 Gary Brickley
 11 Adrian Jue
 12 Hilary Fong
 Amy Sonstein
 Carlos Reyes
 13 Bean Anderson
 Grant Kolling
 George Baptista
 Jack Mulready

15 Jim Pommier
 Sean Stephenson
 16 Jesse Agbayani
 17 Blake Bengier
 George Sacco
 18 Steve Stephens
 Ed Celestina
 19 Eduardo Vazkez
 20 Susan Herder
 Derek Reisfeld
 21 George Musante
 Matt Keenan
 22 Elaine Gecht
 24 Fred Dunn
 25 Mary Stratta
 26 Tim Oliver
 27 Steven Scotten
 Clem Fortman
 28 Barbara Bernhart
 Jeff Tse
 31 David Klinetobe

New Members

DALY CITY
 Denise Lee

SAN FRANCISCO
 Hank Pellisier
 Derek Reisfeld
 Stasia Reisfeld
 Jane Stephens
 Louise Stephens
 William Stephens
 Joe Wehrheim

SAN MATEO
 Rick Torreano



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!